# **Reflecting Back and Looking Forward**

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| What do you think went well last year? |  |
| What was your biggest challenge last year – how did you overcome this? |  |
| What skills did you draw upon to succeed and overcome challenges? |  |
| What did you learn about yourself? |  |
| Who/what supported your learning or helped motivate you? |  |
| How did you develop your learning beyond the classroom? |  |

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| **Preparing for level 6** |  |
| What do you think are the differences in [expectation](https://progression.southwales.ac.uk/guidance-support/stepping-your-final-year/what-expected-me/) between level 5 and level 6? |  |
| Thinking about the positives and how you have overcome challenges, is there anything you would do differently this year? |  |

You may find the following resources on USW’s [Study Skills](https://studyskills.southwales.ac.uk/other-academic-skills/reflecting/) website useful. There are also other support services you may find useful, and you can book an appointment with Progression Advice <https://progression.southwales.ac.uk/make-appointment/> to discuss how you can get back on track and to help you succeed.