

## Insight Out Learning: Reflection Handout: Planning for the Future

Present Goal:

Future Career Goal:

	Current skills and attributes, which are relevant to me achieving my goal	Skills and attributes, which I need to develop to help me achieving my goal	Identified activity which I need to undertake to achieve my goal
Present Goal:			
Future Career Goal:			

This reflection assessment should be completed and attached to your Reflective Evaluations from each session, Motives and Values, Future History, RISKIT and Business Blueprinting and included in your compilation of all your work.

**Insight Out Learning**

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## Insight Out Learning: Reflection Handout: Further Information and Support

Where can you find further information, support and advice on good practice for your ideas?

### Seeking Advice:

- Tutors.
- Higher Institution Career Service.
- Friends and Family.

### Further Information:

- Websites.
- Enterprise Companies.
- Art, Design and Craft Councils.
- Local Authorities.

[www.nesta.co.uk](http://www.nesta.co.uk)

[www.designersblock.org.uk](http://www.designersblock.org.uk)

[www.sie.ac.uk](http://www.sie.ac.uk)

[www.businesslink.org](http://www.businesslink.org)

### Good Practice:

- Join relevant professional bodies and keep up to date with industry changes and developments.
  - Keep a record of all contacts.
  - Keep all networks 'live' by maintaining contact.
  - If in doubt seek guidance and advice from professionals.
  - Research all opportunities thoroughly.
  - Follow up all opportunities.
  - Be reliable.
  - Remember to update your CV regularly. See [www.prospects.ac.uk](http://www.prospects.ac.uk) or [www.windmillsprogramme.com](http://www.windmillsprogramme.com) for CV advice and information.
  - Review you motives and values regularly.
  - Review you future History regularly to check progress.
- Don't take rejection personally- learn from it and stay motivated!

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