**Introduction**

This poster outlines the use of a reflective career planning report as a piece of assessed work for the 5 credit course *Careers & Employability for Postgraduates* MT55EP. Students are requested to write the report to enable them to reflect critically on the value of their taught postgraduate studies and other relevant learning experiences in relation to employment and careers.

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**What is reflective writing?**

Reflective writing includes both description and analysis and helps students clarify their thoughts, understand important aspects, identify areas where they need more help and work out strategies for solving problems. It also helps students to personalise and contextualise their own learning experience.

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**What are some of the benefits of reflective writing?**

- It provides an opportunity for students to think critically about what they do and why, and to learn and develop as a result of this exercise.
- From an academic perspective, reflective writing provides a ‘window’ on the student experience and helps to identify any academic issues to address.

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**What does the reflective career planning report entail?**

Students write a 1,000 word report and are encouraged to include information such as mind maps, diagrams, flow charts and images. Reflective prompt questions are distributed to students at the end of each careers workshop to support students with their report writing. The assignment is marked against the following criteria:

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**What do our students think?**

End of course evaluations indicate that students value the opportunity to become more aware of career development issues and to reflect on their learning.

“The reflective career planning report was a good brain and mind exercise.”

“The career planning report helped me think about my learning and ways to think.”