



Reflection Guide

LinkedIn is an excellent platform to help get yourself noticed, showcase your academic and extra-curricular activities whilst looking for and networking with potential employers.

To complete this stage:

1. Join LinkedIn and set up your profile

(if you do not have a profile already!)



Go to www.linkedin.com to get started. Setting up a basic account is free and quick.

Follow the prompts to add details to your profile. Be sure to **add your University of Exeter studies**, but don't worry about getting everything else perfect first time – you can come back and make changes later.

2. Reflect on your experience as a Peer Mentor linking it to employability



Identify 2–3 key skills you developed in your role as a Peer Mentor and reflect on these using the STAR framework outlined below.

You can also explain how your Mentoring experiences link to the industry or job role you're aiming for.

We recommend placing your reflection in one of the following sections on your profile:

- Project
- Volunteer Experience
- Experience

STAR

STAR stands for **S**ituation, **T**ask, **A**ction, **R**esult. It is a framework to ensure you can demonstrate the skills and competencies you have developed in previous experiences. The STAR technique is very useful to answer competency based questions on job application forms and at interviews.

Situation: Set the scene with a very brief outline of what Peer Mentoring entails.

Task: What were your duties and responsibilities? What were you aiming to do/achieve/accomplish/solve?

Action: Describe the actions *you* undertook. What did you do? (Remember to highlight YOUR involvement, try and avoid sentences beginning with “we...”).

Result: What was the outcome/impact of your actions? What tangible results do you have to show? What did you learn? What skills did you develop in the process and how?

3. Submit your LinkedIn Profile URL

On LinkedIn, view your own profile and copy the URL at the top.

Go to your MyCareerZone workflow and under the ‘LinkedIn Reflection’ stage, paste the URL.

If you absolutely do not want a LinkedIn profile, there is an alternative text box on the stage where you can type in your reflection.