Career planning. Part 1: Reflecting on Graduate Attributes and Essential Skills · Here, you are asked to critically reflect on the knowledge and competencies that have been gained over the duration of your degree. (PSYCHOLOGY) · This reflection should include a review of at least three (3) courses or course-related activities that have aided in the development of competencies such as critical thinking; solving real-world problems; improving communication skills; collaborative learning; and time management. · Your reflections should also speak to how you have managed challenges and setbacks. Consider whether these situations involved corrections/ improvements to your own behaviours, or changes in other external factors (e.g., other people; timelines). · Having completed your review, what would you say are the top three essential skills you've developed? For reference, essential skills are those that have the greatest relevance and transferrability across vocational and professional settings. Provide a brief explanation for your choices. Part 2: Developing a SMART Career Plan (3 PAGES) This next step involves crafting a specific career plan in which you outline the following: · Your current career aspirations (this can include upward mobility within your current industry/ organization) o What drew you to this field? In what ways have your aspirations evolved over the last five years? o How does this career align to your personal strengths/ preferences uncovered in your career self-assessment results? · Three (3) SMART goals (specific; measurable; achievable; relevant; time-bound) for meeting these aspirations. o Considerations should be given to the essential training, experience (paid or voluntary), and availability of resources. o Use the template provided on the course page as a guide to outlining your SMART goals.