

Lincoln Connect Reflection

- Connect with a mentor on or join an industry group on **Lincoln Connect**.
- Contact careers@lincoln.ac.uk if you'd like any support.
- Reflect on what you have learnt from the mentor or industry group and complete the reflective log.
- To use this activity as a 5 POINT ACTIVITY examples include
 - Exchanging messages with a mentor
 - Sharing relevant resources in an industry group
 - Asking questions or responding to comments in the group feed
- When you have completed this document please upload it to your Lincoln Award digital pathway on **CareerLinc**.

Lincoln Connect Reflection

Name:

Date:

Name of Mentor/Industry Group

Please write below your personal reflection on the course.

There are no right or wrong answers for this section. There is no maximum word count but most people write about 250 words and often include in their reflection:

- Why you chose to connect with this mentor or group
- What you have learnt from the mentor or group
- How you will build on the knowledge gained and use it in the future