

Engineering Professional Practice Reflections

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| Full name | Student number |
| School of Chemical Engineering | Date of submission  26/05/2025 |
| Specialisation/Field of Study | |

***Context:*** *Provide details of all the placements that you will reflect on eg.: company name, hours completed and short description of the placement*

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| Click or tap here to enter text.  You may write all your reflections on one placement or on different placements. Please make sure that all placements referred to in the reflections are listed here. |
| Click or tap here to enter additional placement. |
| Click or tap here to enter additional placement. |
| Click or tap here to enter additional placement. |

Please write your four (4) reflections below in line with the [**Engineers Australia Stage 1 Competencies**](https://www.engineersaustralia.org.au/sites/default/files/2019-11/Stage1_Competency_Standards.pdf)as per the [**Reflection Assessment Writing guidelines**](https://www.eait.uq.edu.au/current-students/employability/engineering-professional-practice/engineering-professional-practice-activity-table/writing-your-engineering-professional-practice).

**Reflection 1**

*Which placement does this reflection refer to?*

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| Click or tap here to enter text. |

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| Click here to choose one (1) of the sixteen (16) Engineers Australia Stage 1 Competencies from the drop-down list. |

# Insert your 300-word reflection below using headings for each element of the SEAL Framework.

***Situation:*** *What happened? What were the challenges? What were the impacts on your organization or project? (100-150 words)*

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| Click or tap here to enter text.  *What was the new experience or challenge you faced and what happened to you? How did it affect the company or the project? In this paragraph, state the activity you are referring to.* |

***Effect:*** *What was its impact on you personally? How did it make you feel? (30-50 words)*

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| Click or tap here to enter text.  *What impact did it have* ***on you, how did it affect you personally?*** *What were the consequences of this impact?* |

***Action****: What action did you take, or strategies did you employ to deal with the challenge/s? (50-100 words)*

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| Click or tap here to enter text.  What action did you take to deal with the new situation and any challenges, and why did you do this*?* |

***Learning:*** *What was the outcome? What did you learn from it and how might you do things differently in the future? (50-100 words)*

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| Click or tap here to enter text.  *What did you learn from the experience and how will you apply this in the future?* |

**Reflection 2**

***Context:*** *Which placement does this reflection refer to? Enter new experience or ‘as above’*

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| Click or tap here to enter text. |

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| Click here to choose two (2) and three (3) of the sixteen (16) Engineers Australia Stage 1 Competencies from the drop-down list. |

# Insert 300-word reflection below using headings for each element of the SEAL Framework.

***Situation:*** *What happened? What were the challenges you faced? What were the impacts on your organization or project? (100-150 words)*

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| --- |
| Click or tap here to enter text.  *What was the new experience or challenge you faced and what happened to you? How did it affect the company or the project? In this paragraph, state the activity you are referring to.* |

***Effect:*** *What was its impact on you personally? How did it make you feel? (30-50 words)*

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| --- |
| Click or tap here to enter text.  *What impact did it have* ***on you, how did it affect you personally?*** *What were the consequences of this impact?* |

***Action****: What action did you take, or strategies did you employ to deal with the challenge/s? (50-100 words)*

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| --- |
| Click or tap here to enter text.  What action did you take to deal with the new situation and any challenges, and why did you do this*?* |

***Learning:*** *What did you learn from it and how might you do things differently in the future? (50-100 words)*

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| Click or tap here to enter text.  What did you learn from the experience and how will you apply this in the future? |

**Reflection 3**

***Context:*** *Which placement does this reflection refer to? Enter new experience or ‘as above’*

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| Click or tap here to enter text. |

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| Click here to choose two (2) and three (3) of the sixteen (16) Engineers Australia Stage 1 Competencies from the drop-down list. |

# Insert 300-word reflection below using headings for each element of the SEAL Framework.

***Situation:*** *What happened? What were the challenges you faced? What were the impacts on your organization or project? (50-150 words)*

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| --- |
| Click or tap here to enter text.  *What was the new experience or challenge you faced and what happened to you? How did it affect the company or the project? In this paragraph, state the activity you are referring to.* |

***Effect:*** *What was its impact on you personally? How did it make you feel? (30-50 words)*

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| --- |
| *Click or tap here to enter text.*  *What impact did it have on you,* ***how did it affect you personally****? What were the consequences of this impact?* |

***Action****: What action did you take, or strategies did you employ to deal with the challenge/s? (50-100 words)*

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| --- |
| Click or tap here to enter text.  *What action did you take to deal with the new situation and any challenges, and why did you do this?* |

***Learning:*** *What did you learn from it and how might you do things differently in the future? (50-100 words)*

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| --- |
| Click or tap here to enter text.  What did you learn from the experience and how will you apply this in the future? |

**Reflection 4**

***Context:*** *Which placement does this reflection refer to? Enter new experience or ‘as above’*

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| Click or tap here to enter text. |

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| Click here to choose two (2) and three (3) of the sixteen (16) Engineers Australia Stage 1 Competencies from the drop-down list. |

# Insert 300-word reflection below using headings for each element of the SEAL Framework.

***Situation:*** *What happened? What were the challenges you faced? What were the impacts on your organization or project? (100-150 words)*

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| --- |
| Click or tap here to enter text.  *What was the new experience or challenge you faced and what happened to you? How did it affect the company or the project? In this paragraph, state the activity you are referring to.* |

***Effect:*** *What was its impact on you personally? How did it make you feel? (30-50 words)*

|  |
| --- |
| Click or tap here to enter text.  What impact did it have on you, **how did it affect you personally?** What were the consequences of this impact*?* |

***Action****: What action did you take, or strategies did you employ to deal with the challenge/s? (50-100 words)*

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| --- |
| Click or tap here to enter text.  What action did you take to deal with the new situation and any challenges, and why did you do this? |

***Learning:*** *What did you learn from it and how might you do things differently in the future? (50-100 words)*

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| --- |
| Click or tap here to enter text.  What did you learn from the experience and how will you apply this in the future? |