**REFLECTION GUIDE**
**for Social Good Contributor**

Please submit a reflection to connect@ust.hk **on or before 15 April 2026**. The reflection will be reviewed based on the criteria outlined in the rubric provided at the end of this guide. A reflection that does not meet the stated expectations may result in NOT receiving the award.

**Format options**: You may express your reflection in the language and format (e.g. writing, video, artwork or other creative forms) of your choice that best tells your story. *[Recommended lengths: writing 900–1200 words; video 3–5 minutes; artwork accompanied by a 300–500 words artist statement.]*
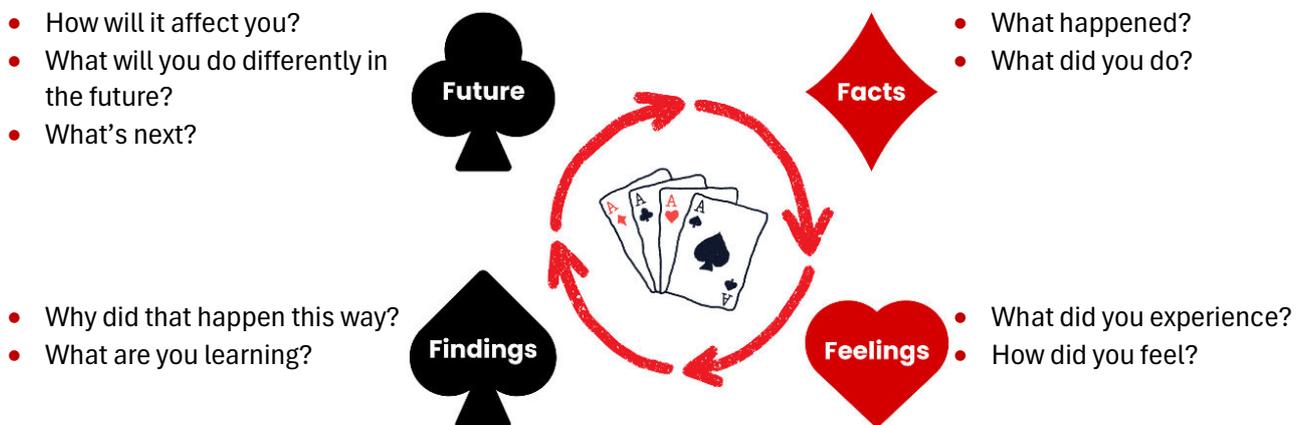
**Support**: **Advising sessions** are available if you need assistance with your reflection piece. Scan the QR code to make an appointment with our advisors. We look forward to meeting you soon!

This guide will help you engage in meaningful self-reflection and articulate your experiences, learning and impact from your participation in various HKUST Connect volunteer services, experiences, workshops and talks.

Use it to explore how these experiences collectively shaped your identity as a Social Good Contributor, deepened your empathy and social awareness, and informed your approach to community impact. You are encouraged to structure your reflection using the 4Fs model of the Active Reviewing Cycle developed by Dr Roger Greenway.

**Active Reviewing Cycle (4Fs)**



**Future**
- How will it affect you?
- What will you do differently in the future?
- What's next?

**Facts**
- What happened?
- What did you do?

**Findings**
- Why did that happen this way?
- What are you learning?

**Feelings**
- What did you experience?
- How did you feel?

As you reflect on multiple experiences, aim to synthesize insights across activities rather than describing each in isolation. Consider the following prompts:

- How did insights from workshops/talks influence your approach during volunteer engagements?
- What common themes, values, or questions emerged across your volunteer services, experiences, workshops and talks?
- Where did you notice patterns in community needs, systemic barriers, or strengths across different contexts?
- Which experience challenged your assumptions the most or changed your perspectives? How did other experiences reinforce or reshape your learning?

**Rubric for the Social Good Contributor Reflection**

| | Above Expectations (3) | Met Expectations (2) | Below Expectations (1) |
|---|---|---|---|
| **Understanding of Social Issues and Context** | Demonstrates critical thinking in identifying root causes and shows a nuanced awareness of the systemic issues impacting the community, offering insightful connections between community challenges and broader systemic barriers. | Analyzes the root causes and systemic challenges impacting the community, making basic connections between community challenges and broader systemic barriers. | Identifies basic social issues with limited analysis of systemic factors or interconnections, offering only minimal or surface-level reflection. |
| **Empathy** | Consistently demonstrates compassionate empathy by showing deep understanding of others' feelings, experiences and needs, demonstrating the ability to view situations from others' perspectives, responding thoughtfully and respectfully. | Shows recognition and general appreciation for the feelings and experiences of others, and makes an effort to consider others' perspectives, responding in in a generally respectful manner. | Shows limited or inconsistent awareness of others' feelings or perspectives, with responses that may appear surface-level, or lacking in empathy and sensitivity. |
| **Community Impact** | Clearly articulates multiple, specific ways how their contributions addressed identified community needs, providing tangible examples of positive change or impact supported by evidence of meaningful outcomes. | Describes at least one meaningful way how their contributions benefited the community, with some evidence of positive impact. | Lacks a clear description of concrete benefits or changes for the community resulting from their actions, failing to connect their contributions to community needs. |
| **Personal Growth & Social Impact Reflection** | Demonstrates thoughtful and deep reflection on how participation in HKUST Connect event shaped their values, mindset, and sense of social responsibility. Clearly explains connections between events and their personal growth, and identifies specific intentions for future learning and contributions. | Reflects on personal growth with clear examples, connecting experiences in HKUST Connect events to an understanding of social responsibility. Recognizes some shifts in attitudes and values or future aspirations, but lacks depth or specific goals. | Provides minimal or cliched self-reflection, failing to connect experiences in HKUST Connect events to personal growth, changes in personal values or future goals. |

**Submissions determined to be generated by AI tools will be disqualified from consideration for the Award.**