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| **Name:** Joe Bloggs | **Date:** 01/09/2023 |
| **GCU Email:**  jbloggs001@caledonian.ac.uk | **Tel:** 0141 234 5678 |
| **Programme of Study:** BSc (Hons) Applied Psychology | **Programme Level:** Level 3 | **Student ID:** S1234567 |

Please carefully read and complete the following:

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| **What Common Good activity are you involved with?** | Local Foodbank volunteer |
| **When did you do this?** | September 2021 - present |
| **Where did you do this?** | Glasgow NE Foodbank |
| **How many hours did you do?*****(Minimum requirement of 25*** ***hours)*** | 7x4 hour shifts – 28 hours |

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| I understand that to achieve the *Confidence* attribute, I must be able to demonstrate at least 3 of the attribute points below. Please tick at least 3 boxes below which apply to your Common Good activity, and provide an example of how you demonstrated the attribute. |

*GCU defines* ***Confidence*** *as:*

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|[ ]  *Acting assertively and reasonably* |
|  | Please provide an example of how you demonstrated this Attribute point. |

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|[x]  *Challenging yourself and continually learning from the experience* |
|  | I had never worked in a Foodbank before and found the experience both challenging and rewarding. It was challenging as many of the people who use the foodbank are often in desperate situations, and this was difficult emotionally, but after some weeks I developed positive relationships with those who use the foodbank and work at the foodbank, and the experience of being able to make such positive difference to people’s lives is hugely rewarding. |

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|[ ]  *Respecting your own and others’ rights and needs* |
|  | Please provide an example of how you demonstrated this Attribute point. |

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|[x]  *Becoming a ‘change-maker’, making a positive difference* |
|  | Often the foodbank can be the difference between people eating or not eating that day or that week, and being part of something that provides support for people in difficult circumstances is very important to me. |

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|[x]  *Being able to understand, respect and engage with a diverse range of audiences and stakeholders* |
|  | My work at the foodbank taught me the importance of being aware of, and sensitive to the needs and circumstances of the diverse range of people who visit the foodbank – from those may be working but need to use the foodbank to make ends meet, to those who are homeless, or people who have come from different countries or cultures. |

***What do I do now?***

1. Have the form signed by your Verifier (don’t forget to give your Verifier the ‘Guidance Notes for Verifiers’ form)
2. Email your completed form to CGApplications@gcu.ac.uk

**FOR VERIFIERS ONLY**

(Please note, a Verifier *must* be a staff member or supervisor who can directly confirm the activity and the number of hours declared.)

**Declaration:**

I,       *(name & job title)*, can confirm that       *(insert student name)*, has satisfactorily completed the activity and hours stated, and that the activity aligns with the Active & Global Citizenship attribute points.

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| **Company/Organization:**       | **Your role:**       |
| **Email:**       | **Tel:**       |
| **Signature (this can be typed):**       | **Date:**       |
| **Additional comments *(optional)*:**       |

**FOR OFFICE USE ONLY**

**Date received:**

**Approved by:**

**Feedback (optional):**