

Rise Assessment Cover Sheet 2026

Name	
Student ID	
Degree Subject	
Current Academic Year	
Unit Size (Which credit amount you are eligible for 15 or 30)	

Insert a hyperlink to your Rise transcript below:

Assessment Checklist

Use these tick-boxes to check that you've done everything you need to do for your assessment. Some of these are about what you have written or created, and others are about the process.

Have you...

Tick each box when you have checked that this is complete and evidenced in your submission:

I have created a reflective (not descriptive) piece of work?

I have explored the ways I learned through my experience(s) and shared what this means to me (LO1)

I have communicated how my understanding of myself has developed through reflection on these experience(s) (LO2)

I have considered how all my learning and reflection will be applied in the future and what the impact this will have on me is (LO3)

I have included references where I have used other people's words or ideas (whether an academic source or any type of content, eg podcasts, videos etc?)

I have thoroughly proofread my work and checked spelling, punctuation and grammar

I have checked what size unit I am eligible to submit for (15 or 30 credit unit)

I have checked the word count/video length/time allocation for my unit size *see details below

I have checked that any external links work for others to view (eg not private or broken)?

I have inserted/pasted my work in the box provided below

Your Work if it is an online link goes here:

Insert a link to a website or OneDrive file here:

15 credits

Written piece (1500 Words)

Audio or Video piece (3.5 - 4 minutes)

PowerPoint presentation, Sway or website (3.5 - 4 minutes to read/view)

30 credits

Written piece (3000 Words)

Audio or Video piece (7-8 minutes)

PowerPoint presentation, Sway or website (7-8 minutes to read/view)

*1000 words ≈ approx. 2.5 minutes. You may use a combination of audio/visual if you wish