



PERSONAL REFLECTION

INSTRUCTIONS: Use the questions below to reflect on how your personal experiences may be shaping your career perceptions and plans for the future:

What are some of my proudest accomplishments/memories? What personal qualities helped me achieve these successes? How might these qualities help me succeed in a major or career?

What messages/expectations about career or work have I received from my family/community? Am I in alignment or in conflict with these messages?

How might my identities impact my career goals or interests? Examples: gender, race/ethnicity, age, ability status, socioeconomic status, etc.

Is there a mission/cause to which I want to devote my work? Is there a population I want to serve?

What are some class subjects I've enjoyed learning and why? What are some class subjects I haven't enjoyed learning and why?

What are some activities that provide me satisfaction? These can be for work and/or pleasure.
Examples include: Travel, reading, sports, using my creativity, fixing cars, cooking, helping others, etc.

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What are some aspects I liked and disliked from previous work-like experiences?
Examples: Work, volunteering, club participation, school group projects.

List Experience Below	Aspects I Liked	Aspects I Disliked

What is my favorite quote/motto?
How might this connect to my success or satisfaction in a major or career?

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