



Reflection Exercise

At the end of the semester or year, you'll want to reflect on all experiences—courses and extracurricular activities. How are you going to be intentional in your skill development and selection of activities, courses, and desired major? How will you move forward? The following questions will help guide you in the reflection process.

1. As a result of my courses and activities, I learned the following about myself:

2. What is the most important thing I learned about myself?

3. What did I like and/or not like about the course(s) and activities? Therefore, I'm going to...

4. What are 2-3 things I consider my strengths? How am I going to further develop my strengths?

5. What skills did I develop? How can I apply these skills to future academic coursework, extracurricular activities, internships and post-grad life?

6. What new skills, knowledge, and abilities did you learn? How can I apply these new skills, knowledge, and abilities to future academic coursework, extracurricular activities,, internships and post-grad life?

7. What is an area of improvement? How do I plan to develop this area?

8. What are 2-3 things am I interested in learning more about in academic disciplines/major or extracurricular activities? How am I going to seek this information?
