

Reflection Exercise: My Experiences

A. PAST WORK, VOLUNTEER OR EDUCATIONAL EXPERIENCES

Answer these questions in depth. Take the time to really think about your experiences, this will help you narrow the kind of experiences you enjoy and the ones you want to stay away from.

1. Identify two or three past experiences that you really liked.

- a. What were these experiences' positive aspects? (E.g. think of the work environment, of your supervisor, of your co-workers, of your tasks.)

2. Identify two or three past experiences that you disliked.

- a. What were these experiences' negative aspects? (E.g. think of the work environment, of your supervisor, of your co-workers, of your tasks.)

3. How have you positively contributed to your past experiences? (E.g. think of time when you were recognized for your effort on a special project, when you were nominated employee of the month, when you demonstrated initiative.)

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4. Name the most important thing you have learned about yourself throughout these experiences. (E.g. think of hidden talents, new interests)

B. FUTURE WORK, VOLUNTEER OR EDUCATIONAL EXPERIENCES

1. Which aspects are you looking for in future experiences? (E.g. think of the work environment, of your supervisor, of your co-workers, of your tasks.)

2. Are there any obstacles that may interfere with the attainment of these desired experiences? (E.g. think of your finances, of your time schedule, of your family responsibilities.)

3. What can you do to increase your chances of reaching these desired experiences? (E.g. think of the benefits to be gained from using the free services on campus, from doing Internet research.)