

# PERSONAL REFLECTION

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Use the questions below to reflect on how your personal experiences may be shaping your career confidence 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 I would like my work to contribute to? Is there a certain population I would like 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: Travel; reading; sports; using my creativity; fixing cars; cooking; helping others; etc.

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 You Liked | Aspects You Disliked |
|-----------------------|-------------------|----------------------|
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What is my favorite quote/motto? How might this connect to my success or satisfaction in a major or career?