



KICKSTART YOUR CAREER JOURNEY THROUGH REFLECTION

A resource from the Co-op and Career journey kit
Need help? Visit www.uvic.ca/coopandcareer.

Reflecting on your experiences takes time, but from a learning perspective, it can help you think about where you've been and where you want to go. Reflection can help you assess situations, make better decisions, and gain a deeper understanding of how your actions impact others.

As you begin any career exploration, it's a good idea to ask yourself some basic questions. Reflect on your past experiences as you answer these questions and you'll discover solutions!

Here are some basic questions to develop your reflective skills. Answer these questions by yourself or work with a Co-op and Career staff member:

- What are you most proud of in your work so far?
- What would you like others to say about you and what you do?
- What do you most need to learn about or improve upon?
- What do you worry about most in your work performance?
- How do you know when you have done well?
- What mistake/s have you learned the most from so far?

This next set of questions will help you go a bit deeper as you explore your career pathway:

- What is the best aspect of your life as an employee/student?
- What is the worst aspect of your life as an employee/student?
- When you spend time thinking about ideas or methods for doing your work well, what comes to mind?
- Do you discuss what makes for 'good work' with your colleagues or friends? What does that tell you about the development of your competencies?
- Do you ever ask a colleague or friend to give you feedback on your work? What does that tell you about the development of your competencies?
- Are there things you would like to change about the way you do your work or the outcome of your efforts?
- What does your course work tell you? Have you applied any of the principles / concepts that you have learned at school into the workplace? To what end?

You can ask yourself these questions before, during and after your work and life experiences. Your answers can help you plan for your future.

