Reflection Questions

This is a set of questions that will empower you to evaluate your experiences and define what you have enjoyed and did not enjoy and what types of skills you have gained from these experiences. You may answer as many questions as you feel will support your Major Exploration Journey. Once you have completed answering the questions of your choice below, please return to our Major Exploration Page to move on to the other resources or the next step.

1. Think back to your work experiences or school projects. What types of responsibilities did you acquire that gave you energy and you enjoyed? What responsibilities did you not enjoy?

2. Were you more successful working with people or by yourself? Why?
3. What type of working environment inspired you to do your best work?

4. What were some responsibilities you lease enjoyed and why?

5. What types of skills did you gain from your work or project experiences?
6. If you were to have the opportunity to go back and redo your work or project experiences, what would you do differently and why?

7. What were some work or project challenges you overcame and are proud of? What did you learn after overcoming these challenges?