

# SELF-REFLECTION GUIDE

These questions are designed to help you reflect upon the job simulation, and to help you consider what you learned. After completing these questions you will be able to:

- describe what you liked and disliked about the task
- identify at least one thing that you learned about this career field, after performing the job task
- describe the impact this activity had on your exploration of this career field

Title of the Job Simulation: \_\_\_\_\_

## Intellectual Stimulation: *Did this task interest you?*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I would like to do tasks like this on a daily basis	5	4	3	2	1
I would enjoy doing this type of background reading on a daily basis	5	4	3	2	1
I would enjoy talking to these types of professionals on a daily basis	5	4	3	2	1

What did you like most about this task?

Were there parts of this task that you didn't like? If so, what were they?

In completing this task, did you become aware of other tasks that were interesting within this field?

## Skill Development: *Do you wish to develop skills required for this career field?*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I currently possess the skills required for this task	5	4	3	2	1
I would need to develop additional skills to pursue this career path	5	4	3	2	1

What do you think those additional skills would be?

Are these skills that you are interested in acquiring? Why or why not?

***Job Simulation: Did this experience help you with your career exploration?***

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
After completing this job simulation, I feel prepared to complete this task in a professional setting	5	4	3	2	1
I will seek additional information about this career path	5	4	3	2	1

What would your next steps be for continuing to explore this career path?