

Learn About Yourself Reflection Activity

Getting to know yourself requires more than just action. It requires reflection about current and past experiences which may reveal something about your interests, skills, and values. You can use this information to plan for future experiences which may be beneficial as well. It is important to remember that learning about yourself is as much about finding out what you DON'T LIKE as it is about finding out what you do like. Take some time to complete the following worksheet to assist you in the process.

Previous or Current Volunteer, Work, or Organizational Experience	What I learned about my interests	What I learned about my values	What I learned about my skills
Example: Babysitting	<ul style="list-style-type: none"> • I enjoy working with school aged children. • I don't like working with babies. 	<ul style="list-style-type: none"> • I value honesty and kindness, and appreciate the ability an adult has to pass these habits on to children. 	<ul style="list-style-type: none"> • I am good at conflict resolution. • I have limited patience working with kids who aren't able to talk yet.

Taking the information you recorded above, it is time to plan for future self-exploration experiences. In the space below develop an action plan to gain more experience in your areas of interest.

Activity Idea	What I hope to gain from this experience.	Who do I need to contact to pursue this experience?
Example: Volunteer or work at an after school program for disadvantaged youth	<ul style="list-style-type: none"> • Experience with groups of children. • Experience with children from a variety of backgrounds. 	<ul style="list-style-type: none"> • ISU Student Volunteer Center • Local schools • YMCA or Big Brothers & Big Sisters?