

Activity: Focus on Reflection



1. Create a site page and label it with the title of "**Reflective Essay**" or wording of your choice. (You will also need to enter a URL Shortcut.)
2. Think about the experience(s) that caused you to enter your current program major or pursue a specific career.
 - *The experience might have taken place in high school, with friends, while acquiring your undergrad degree, during specific employment or even because of a conversation with someone you respect.*
 - *You'll know what it was for you! Something nudged you to follow your ambition.*
 - *You're ready to use the steps listed below as you write about the experience and post it to the "Reflective Essay" page you created earlier.*
3. Use "New Content" to create an Activity content item named "**Igniting My Dream**" and enter your reflective writing in the "Full Text" field for that activity.
 - *Full Text provides you with tools such as importing text from Word if you prefer to create your content external to myeFolio.*
4. Try to write at least two full paragraphs; no less than 150 words. The following questions may help prompt your thoughts. (*You are not limited to these and do not have to answer each question.*)
 - **Briefly describe the experience.**
In recalling the person or event that inspired your resolve to prepare for your current career goal(s), describe your discovery as best you can. Include any emotions of your "Aha!" moment and the next steps you took.
 - **What obstacles did you encounter in getting this far?**
 - **Describe 2-3 ways you think you have grown or developed in the process?**
 - **If there was a highly personal reason for your decision to prepare for this as your future career, take time to express that in your narrative.**
 - **What drives you to continue working toward your goal?**
 - **Who has been most supportive of you as you follow your dream? How?**
 - **When you envision your life's work after graduation, what will that look like?**
(Where will you be working? What will be the primary focus of your work? Who will be most impacted by your work? How might you define success?)
5. When completed, post this activity to your "**Reflective Essay**" page.