

Date.....

Name



Reflecting on My Work Methods

Looks critically at his/her exploration process:

Judges the quality of his/her process

Place an x on the ‘Needs Improvement – Well Done’ line to indicate where you feel you are for each of the points listed on the left. ▶

Did I organize and plan effectively?

Needs Improvement Well Done

Was my process consistent with my plan and goals?

Needs Improvement Well Done

Did I try a variety of exploration strategies?

Needs Improvement Well Done

Did I take time to assess each stage of the process?

Needs Improvement Well Done

Can I make links between my career exploration process and my personal interests?

Needs Improvement Well Done

Can I explain my process to others?

Needs Improvement Well Done

Did I check my information?

Needs Improvement Well Done

What I would do again ▶

What I would improve ▶

What I would do differently ▶

