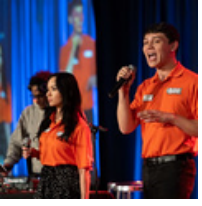




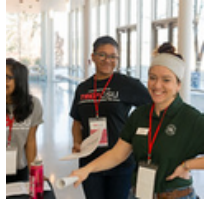
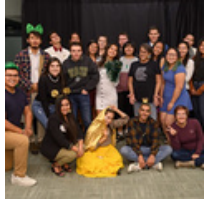
THE POWER OF SELF-REFLECTION

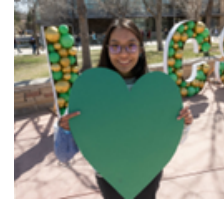
Career Development Tool

CAREER COMPETENCY	*Self-Reflection*
DESCRIPTION *Quick summary of the tool*	*This activity gets students to think about the importance of self-reflection.*
GOAL	*To prompt students to see the value behind self-reflection.*
TO CONSIDER *Thoughts to consider when deciding whether to use this tool*	*NONE*
PREPARATION *Preparation needed prior to facilitating this tool*	Print copies of article for students.
SUPPLIES & COST	• *Attached article*
INSTRUCTIONS *Detailed instructions to facilitate this tool*	1. *Distribute article to students.* 2. *Have staff read the article.* 3. *Have a discussion based on the article using the provided questions as needed.* 4. *Debrief to explain the goal of the article.*
FACILITATOR TIPS *Tips for facilitating this tool: variations, ways to tailor tool to your staff area*	• *Small Staff Size: Have staff share out to the larger group.* • *Large Staff Size: Have staff share with a partner*
DEBRIEF QUESTIONS *Questions for student employees to think about*	• *What stood out to you in the article?* • *In what ways do you practice self-reflection? Examples: meditation, journaling, peer discussions.* • *How do you practice self-reflection at work?*







THE POWER OF SELF-REFLECTION

Career Development Tool

By Kare Anderson What is self-reflection?

It's when you take time to think about and consider your character and actions.

This seems obvious, doesn't it? How can we grow if we don't develop the capacity for self-reflection? Would we even want to change or improve if we couldn't self-reflect? Helping clients to increase their capacity for objective self-reflection is one of my skills. Much of this work is helping clients assess their habits, work ethic, time management, attitude and other key factors that influence job performance and productivity.

Self-appraisal requires skill. Our subjectivity is often entrenched in automatic thought habits and emotional responses. A coach helps to bring more objectivity into this skill building.

Research is showing that taking time to reflect on things before responding or taking action actually improves and empowers our memory and perception.

In today's over-stimulated world of constant email, texting and multimedia input, reflection and self-reflection seem to be becoming a lost art. The art of reflection requires some quietude and space, one reason that many business organizations and even the U. S. Armed Forces are exploring meditation and mindfulness. This doesn't mean that we should all rush out and join a meditation class, but it does point to the amount of data and research that supports the benefits of reflection and down time from the constant barrage of information and stimulus.

3 Reasons Why Self-Reflection is Important for Success

- Discover New Perspectives about You and the World
- Improve Decision Making & Responsiveness
- More Optimal Performance

How often do we reflect on a situation, problem, interaction we've just had? How often do we take time and look at it from new angles without judgment and do some deeper thinking about it?

Coaching is a place where you get to do that. Give yourself the gift to pause all the 'doing' and take a bit of time to go to a place to ponder and reflect in an empowering way.