A Journey of Discovery
Student Professional Development at Duke

December 7, 2017
The Voyage Inward: A Reflection on Self-Reflection

Christina Plante and Leanne Brown
Assistant Directors of Career Services
Reflection Competency

• Engage in reflection before, during, and after experiences, to understand motivations and impact. Use reflections to make intentional decisions regarding strategic career goals and next steps.
Why Reflect?

- Make decisions
- Tell your story
Stages of Reflection

- Before
- During
- After
How We Help Students Reflect

• 1:1 Appointments and drop-in advising
• Partner presentation requests
• Career Center events
Reflection Questions

• What gives you energy?
• What do you care about?
• What problems do you want to solve?
• What did you learn about yourself from your experience?
Top 10 Values

• Take 10 minutes to review the list of values and select your top 10.
Top 5 Values

- Take 5 minutes and select your top 5 values out of your top 10 list.
Discussion

• How did you get to your top 5?
• How do your values manifest in your life (work and personal)?
• Do you see students in conflict with values and life choices?