

My College Reflection Worksheet

When preparing for the next step in your academic journey, it's important to figure out what matters to you! Explore your passions, strengths, and challenges through this activity sheet to help develop your self-reflection skills. Articulating your interests, values, and accomplishments will come in handy during the college application process.

Which classes have been the most interesting to you? Reflect on what made these classes interesting. Are there certain subject areas that you find more interesting than others?

- 1) _____
- 2) _____
- 3) _____

What are your top academic goals? Reflect on why this is an important goal to you. Think about your timeline to accomplish your goal. Consider the specific actions you'll need to complete to achieve your goal.

- 1) _____
- 2) _____
- 3) _____

What extracurricular activities are you passionate about? Reflect on what initially sparked your interest in this activity. Ask, how have you grown and progressed by participating in the activity.

- 1) _____
- 2) _____
- 3) _____

How can you become more involved in leadership roles and/or providing service to others? Think about ways to get involved in your school or community. Reflect on the ways you currently demonstrate leadership.

- 1) _____
- 2) _____
- 3) _____

What majors or academic subjects are you most interested in studying in college? Reflect on the classes that make you eager to learn. Consider the subject areas that you excel in. Does the field of study align with your personal and/or career interests?

- 1) _____
- 2) _____
- 3) _____

What careers are you interested in pursuing? Consider researching the education and/or qualifications needed to go into the career field. Speak with a career counselor or professional in the field to gain valuable insight about your desired career.

- 1) _____
- 2) _____
- 3) _____

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What do you consider to be some of your greatest skills, talents, and/or traits? Consider the things you excel at and receive recognition for. Reflect on feedback you've received from teachers and your peers regarding your strengths. Think about how you will continue to develop and improve your skills, talents, or traits.

- 1) _____
- 2) _____
- 3) _____

What are some negative habits that have challenged your success? Reflect on your positive and negative habits. Consider challenging yourself to unlearn negative habits that don't align with your academic and personal goals. How can your negative habits be replaced with positive habits?

- 1) _____
- 2) _____
- 3) _____