



Reflection Activity

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It is important to recognize and revisit an experience or previous thought, idea, or opinion. Take some time now to think back on where you were at the beginning of this process and consider how comfortable you are with the choice you have made:



How do you feel?

How have friends and family reacted to your decision?

Are you procrastinating or moving forward?

Do you need to take a step back by revisiting an earlier step in the decision-making process? If so, why?

What is the next career decision you will need to make (e.g. graduate school, internship selection, academic minor, etc.)?

What did you learn from making that decision in the past that could apply to the decision you are faced with now?