## Reflection Essays / Reflection Questions

**Reflecting on the Employability Skills   
From Minnechaug Regional High School**

Self-Evaluation Using the Skills from the Work-Based Learning Plan(WBLP)

Using the Guidelines for Work Based Learning Plan Ratings (see attached), evaluate your skill level for each **employability skill** by circling the rating that YOU believe best describes your performance at your internship.

In one paragraph, identify one **employability skill** in which you believe your performance is strong and site an example showing how you successfully demonstrate this skill at your internship. Discuss why this skill will be important for you in the future?

In a second paragraph, identify the one **employability skill** that you believe is your weakest or most challenging and site an example demonstrating your struggle with this skill at your internship. Discuss why strengthening this skill will be important for you in the future?

**Using the Reflection Screen  
From New Bedford High School**

The New Bedford program has used the reflection questions built into the Massachusetts Career Ready Database. These questions are based on the employability skills and career/workplace-specific skills used in the Work-Based Learning Plan, and provide an option for online essay writing. Sample questions include:

Customer Service: Can you think of a situation in which you have applied interpersonal skills to calming an upset person, clarifying something that was confusing, or solving a problem?

Leadership Skills: Your leadership style will evolve over time as you get more experience. Picture yourself in ten years — what is your leadership style like?

Motivation and Initiative: Many people buy books and videos about motivation and listen to motivational speakers to get advice about how to “get moving” and accomplish more in their lives and careers. In your opinion, what are the best ways to get motivated and stay motivated?

Critical Thinking and Problem Solving: Suppose you were writing a guide to troubleshooting issues, problems or challenges that commonly come up in this work. What would be the three most important issues that you would write about?

Workplace Policy, Safety and Culture: Compare and contrast the "culture" at this organization with the "culture" of your school (or another organization). Is one place or the other more formal, informal, fast-paced, relaxed, strict, serious, etc.?

Classroom Management: If you are interested in teaching, you probably know that your classroom teaching and leadership style will evolve over time as you get more experience. Picture yourself in a classroom in ten years -- what is your "classroom teaching style" like?

**Pre-Program Questions   
From Newburyport High School**

Newburyport High School students answer four “essential questions” as a pre-test before starting their internships:

* What training and education is required to succeed in your chosen career pathway?
* What traits does one need to succeed in any job?
* What preparation is required to perform well in the workplace?
* Why should I hire you?

**From Bourne High School**

Imagine you are in your final years of life. You are sitting in a rocking chair reflecting on the life you have lived. You are contemplating the answers to the following questions:

* Did you choose a career (or careers) that you enjoyed? − If so, how did that happen? − If not, why not?
* What are the 10 most important work values to you?
* What would you do if time, money, and experience were not a concern?
* What would you do or learn if you knew you couldn’t fail?
* What are you passionate and energized by?
* What are your current skills, abilities, and talents?
* What is stopping you from moving forwards and achieving your goals, including any self-limiting beliefs about yourself?
* What beliefs do you need now to achieve the life of your dreams?
* What will you commit to now to move forwards?
* Which activities did you do that you wanted to? − What encouraged you to do them?
* If you had your life to do over again what would you do differently?
* What would you have kept the same?
* What things did you choose to do in your life that made you happy? Write or draw your answer below.