**What is a Reflection?**

* Reflective writing is a type of writing that analyzes an event, memory, or observation. You will write about how the Interest Profiler has impacted you.
* This is NOT creative writing! Reflective writing helps you learn more about your experience.

**How to Reflect:**

* Description: a way to summarize what you are reflecting on
  + What are you going to reflect on? (Give specific details)
* Interpretation: a way to focus on what is important
  + What did you think about the Interest Profiler and the results?
  + What was good and bad?
* Outcome: a way to talk about what you have learned
  + How will you use the information you have learned from the Interest Profiler and the results?

(Information adapted from: [What is Reflective Writing?](https://grammar.yourdictionary.com/for-students-and-parents/what-is-reflective-writing.html) [How to Write a Reflection Paper;](https://www.wikihow.com/Write-a-Reflection-Paper) [Examples of Reflective Writing.](https://student.unsw.edu.au/examples-reflective-writing) For more examples, click the links. )

**Reflection Example:**

During the O\*Net personality quiz, I learned many things about my personality and the different jobs that would be best for me. My highest scoring personality was the “Realistic” personality. This means that I would do great in a job that is hands-on. For example, I could work with animals, machinery or a job that is outside.

For the Job Zone part of the quiz, I chose Zone Two because I have not really had previous experience with working in a “hands-on” job. After choosing this Zone, the results showed lots of jobs. The one I found the most interesting was a Pet Groomer. The job I found the most surprising was a Non-venomous Reptile Handler. Although these jobs sound fun, I do not think they are the right fit for me. I don’t think I would do well with dogs because I have allergies and snakes scare me. I think that it would be better to go back and look at other “hands-on” jobs that do not involve animals.

This resource has helped me learn more about career opportunities by giving me jobs that are based on my interests and giving me information on those jobs. The website profiler was very thorough and gave me good information to help me decide that these were not the best jobs for me.

**Outlining:**

Start with outlining your reflection. For example, look at the assignments requirements first and make a list. And make sure to use your NOTES!

* Highest score on the personality test:
* Job Zone choice:
* One Job:
* What is your dream job?
  + Are they similar? How?
* How does this help you find a career?

Next, add in the details:

* Highest score on the personality test: SOCIAL
* Job Zone choice: LEVEL 2
* One Job: CUSTOMER SERVICE
* What is your dream job? VETERINARIAN
  + Are they similar? How? THEY COULD BE SIMILAR. IF I WORKED AT THE RECEPTION OF A FRONT DESK. BUT THEY ARE NOT EXACTLY THE SAME.
* How does this help you find a career? THIS HELPS WITH OPTIONS AND HOW TO FIND WHAT FITS MY PERSONALITY.

Finally, take the outline and turn it into paragraphs like the example above.