



## Experiential Reflection Exercise

### A) Cognitive Reflection:

Examine the skills and knowledge you acquired from your experience.

1) Identify new or enhanced skills acquired from your experience and list below:

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2) List three situations where you utilized your new or enhanced skills.

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3) What academic experiences did you utilize during your work experience?

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4) What knowledge (information) did you acquire from your work experience?

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[gwired.gwu.edu/career](http://gwired.gwu.edu/career)

1922 F Street, NW (Old Main) Washington, DC 20052  
Ph: 202.994.6495 Fax: 202.994.6493 E-mail: [gwcarctr@gwu.edu](mailto:gwcarctr@gwu.edu)



## Experiential Reflection Exercise

5) How can you utilize this knowledge in your future work experience?

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**B) Work Culture Reflection:**

Examine your work style preferences and how you interacted with specific work cultures and work processes.

- 1) Did you engage in team related projects? If so, please describe the project and what role you played as well as the role of other team members?
- 2) If you could improve one aspect of working with the team, what would you improve and why?
- 3) Describe a project you had to prepare. How did you plan the project and what resources did you use?

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- 4) What decisions did you make? How did you make your decisions? What were the outcomes of your decisions?

### C) Affective Reflection:

Examine what you feel as a result of your experience (emotions and attitudes).

- 1) Which aspects of your job did you most enjoy? Why?
- 2) What did you like or dislike about the work environment/atmosphere?
- 3) What would you change about your experience?
- 4) How do you feel that your work contributed to your employer?



## Experiential Reflection Exercise

- 5) How will your feelings related to the experience impact future intern and career choices?

*Students are invited to meet with a Career Center consultant to reflect on their experience in its entirety.*

### NOTES:



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