

Student Interest Group Career Reflection Worksheet

Student Interest Group events and activities provide you opportunities to reflect on and develop your career planning. In particular, these programs allow you to....

- Understand yourself – your interests, values, skills related to medicine and specialties
- Explore your options – obtain current and relevant information about available career options

To take this reflection to the next level of learning/career development, answer the following questions after attending an event/activity:

Student Name:

Event Name:

Sponsoring Group:

Date of Event:

Understanding Yourself More

- What stood out to you about the event/topic?

What do you

- Like about the career related information shared?
- Dislike about the career related information shared?
- What surprised you about the career related information you learned?
- How might your interests, values and skills support the specialties or aspects of medicine discussed?

Exploring Your Options Further

- Now, what aspects of medicine or specific specialties, do you want to learn more about?
- What resources, strategies and skills can you use to learn more about the items named above?
- What is your action plan to learn more about this specialty(ties)?