



Co-Curricular Recognition Program Worksheet

Exercise: Self-Reflection and Identification of Learning. Complete 1 worksheet per activity.

Part 1: List the activity/role you participated in and answer the questions below.

Organization: _____ Role: _____

1. List your duties for this role. Alternatively, if you are describing an award, please list what you had to do in order to achieve this award.

2. How did this activity/role allow you to contribute to society?

3. What did you learn about yourself from this activity/role?

4. Did this activity/role change the way you see yourself or impact your future career plans in any way? If so, how?



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Part 2

Discuss with a partner your responses to the above questions and work together to identify the types of skills you gained from this activity/role.

Examples of Skills:

Time Management	Team Work	Goal Setting	Design
Communication	Marketing	Working Independently	Computer
Organization	Self-Awareness	Adaptability	Client Service

List the skills below with a brief description of how you gained the skill.

Example: Society member: Marketing skills gained from staffing a fundraising booth on campus.

Example: Residence Don: Organization skills gained from planning meetings and activities for residence assistants

1. _____

2. _____

3. _____

4. _____

5. _____

How do you feel you might be able to use these skills in other activities such as future employment or volunteer work, or further education?
