Self-Reflection Paper

What is the value of doing this assignment? In this assignment, you will reflect on the qualities, values, strengths, areas of improvement, and accomplishments that capture who you are and how they connect to the 10 Skills and your personal, academic, and professional goals. You‘ll then practice your communication skill by writing about what you‘ve identified in ways appropriate for a CV or résumé (you will not need to complete a résumé). You‘ll use this information in Assignment 3 to create an action plan for developing skills that will help you reach your future goals. After completing this assignment, you will have a document you can bring to the Career Center where counselors can help you further develop your career strategy. Your goal for this assignment is to: Reflect on and communicate your skills, goals, and accomplishments. To truly develop your communication skill it is important that you write using your own words and do not cut and paste from the Skills Definition table or any other source. Steps to complete: In Week 4, complete and submit your assignment using the following steps: STEP 1: Complete the four questions in Part 1: About Me, reflecting on your values, aspirations, key qualities, goals, strengths, and areas of growth.• For questions 2, 3, and 4 in Part 1, make sure to write five or more complete sentences for each. STEP 2: Complete the three steps in Part 2: Accomplishment Statements by reflecting on your past accomplishments, using the template to identify the challenges, actions, results, and details, and then writing two series of concise statements using the example accomplishments formatting provided. STEP 3: Complete the four-question reflection in Part 3: Reflect on Your Experiences, considering Parts 1 and 2 of this assignment and the connections you have made to the 10 Skills. STEP 4: Save the template with your completed responses as a Word file titled Your Name, WRK100\_Assignment 2 Reflection and submit it in Blackboard in Week 4.To help make sure you are properly citing your sources, please review Strayer Writing Standards.