



Reflection has been described as turning experience into learning.

Towards the end of your Work Inspiration experience you were asked to complete five statements:

I was inspired by... I was surprised by... I am curious about... I want to... I felt...

But what did you learn from Work Inspiration? Did it change or reinforce your understanding of work and what work might suit you?

To find out what you learnt, think about what you did at Work Inspiration and then answer these questions (you can refer to your Workbook):

WORK INSPIRATION

What personality type did I identify myself as? _____

Was this a surprise? Yes /No

After reviewing my personality type and reading about the other personalities - was it correct? Yes /No

If No: What personality type would be more accurate and why? _____

What are my strengths? _____

What activity did I find most helpful in deciding what I want to do after Year 12? _____

Is this a different pathway to your previous thoughts? Yes /No

Why was it helpful? (Finding out that you don't like something can be just as important as deciding you like something.)

WORLD OF WORK

What did I learn about employer expectations (dress, behaviour, language, hours, working conditions, etc)?

On the workplace tour what job did I find most interesting? _____

In the "Careers Happen" part of Work Inspiration (where you asked an employee about their career journey) what did I learn about how careers happen?

LESSONS LEARNT - MY KEY LEARNING POINTS

List three words that had an impact on me:

1. _____
2. _____
3. _____

List three skills learnt outside the classroom that will be of use in the workplace:

1. _____
2. _____
3. _____

From the reflections above, what lessons did I learn about the World of Work that I would like to include in my letter of thanks to my Work Inspiration Host Employer/Industry contact?

1. _____
2. _____
3. _____

What school subjects would best help me achieve my career goal? _____

After reviewing my Work Inspiration experience and my reflections above, what investigation or research would be useful to help me get the job I want after school? (This could include looking at vocational subjects I can do at school, further study options after Year 12, job options after Year 12, developing some contacts of people in the job I want to do, etc.)

