

ITERATIVE SELF-REFLECTION QUESTIONNAIRE

STEP 1: Start with some basic self-reflection questions

1. What is important to me? What causes do I care about or what types of problems do I want to solve?

2. Who do I look up to – what about them inspires or motivates me?

3. What impact do I want to make?

4. What do I have to offer others? What comes to me easily, that I am good at? What do others think comes to me naturally, or that I'm good at? *These could be learned or inherent skills!*

5. How do I like to spend my time? What do I enjoy doing the most at work? What makes me happy and energized? When do I feel most at ease?

6. What extracurricular activities do I enjoy? Have I learned or can I learn anything about myself based on taking on these activities?

7. What made me become interested in science initially? What do I like the most about my work, and what do I like the least?

8. Who has influenced my ideas about my career options?

9. How do I define success and career satisfaction?

10. When am I most “in the zone”, “inspired”, or motivated – during and outside of work?

11. What type of work environment do I prefer? e.g. fast-paced, predictable, collaborative, etc.

12. What do I want most in a job?

- a. In opportunities to grow on the job:
- b. In recognition and awards:
- c. In challenges and opportunities it presents:
- d. From my supervisor:
- e. From my coworkers:
- f. In day-to-day tasks:
- g. Supporting my vision of work and life:
- h. Other things I'd like to do as part of my job:

Putting it together?

13. Where you do see yourself in 5-10 years (think about your life/work values)?

STEP 2: If you have explored several paths, reflect on if the path would be a good fit for you

14. What about the work do I think will be enjoyable? What about the work won't be enjoyable? Do I know, or can I find out more about the balance in different roles in this space?

15. Will the work use skills I enjoy using? Would I be able to develop new skills that I want to have?

16. Will I learn new content, and would this be interesting to me?

17. Does this match the lifestyle I desire? Will it give me the work-life balance that I'm looking for?
(Remember, everyone's definition of work-life balance is different!)

18. What are my values? Will this role allow me to adhere to my values through my work?

19. Do I need to do more research to help consider these questions? When can I get more information?

***STEP 3: Reflect further, after you've learned more about specific career paths
(e.g. from networking, informational interviews, job simulations, internships)***

20. Am I still interested in this career path after the research I've done?

21. Did I learn anything about this career path that I didn't know about?

22. 5 things I liked

- a.
- b.
- c.
- d.
- e.

23. 5 things I didn't like

- a.
- b.
- c.
- d.
- e.

24. What barriers might I face to pursue this career?

25. How can I overcome these?

26. How do I begin to/further prepare for this career path? What are my next steps?

27. Did I learn about any other paths in this process that I would like to learn more about? What were they?

28. Who is in my network, or who do I need to add to my network for this career path?