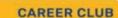
ITERATIVE SELF-REFLECTION QUESTIONNAIRE

STEP 1: Start with some basic self-reflection questions

Ι.	what is important to mer 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?
1.	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? <i>These could be learned or inherent skills!</i>
5.	How do I like to spend my time? What do I enjoy doing the most at work? What makes me happy ar
	energized? When do I feel most at ease?





	taking on these activities?
	What made me become interested in science initially? What do I like the most about my work, and what do I like the least?
·	Who has influenced my ideas about my career options?
١.	How do I define success and career satisfaction?
.0.	When am I most "in the zone", "inspired", or motivated – during and outside of work?
.1.	What type of work environment do I prefer? e.g. fast-paced, predictable, collaborative, etc.

	d.	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 i	t toget	her?
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 informatio

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?	