

# Exploring Health Professions

## REFLECTION WORKSHEET

We invite you to use this worksheet as it makes sense to you. You might find it helpful to journal your answers to the questions or talk through the questions with a trusted advisor, friend, or family member. While your answers to these reflection questions will likely not give you an exact career match, they can be helpful touch points as you continue to explore.

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REFLECT ON YOUR:

**Interests, Values & Priorities, Skills & Personality Traits, & Goals**

### Interests

You may have well-developed career interests. Or, you may have just started thinking about what you want to do as a future career. Think broadly about your interests and what draws you to them. The following questions can help get you started.

- What would you spend your time doing if you had an extra hour in the day – or, if you had a whole day or an entire week free?
- When you look at and think about the world around you, what are you most curious about?
- When you look at and think about the world around you, what injustices do you want to see righted?
- What do you enjoy watching, reading, or studying in detail?
- What courses do you naturally gravitate towards?
- After what kind of project do you feel the greatest sense of accomplishment?

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# Values & Priorities

What we value shapes how we use our time and energy while also driving the choices we make. In light of changes and developments in our lives, we may reprioritize what we value.

Values shared by most healthcare professionals are equity, commitment to human service and well-being, empathy, hard work, curiosity, science, kindness, and compassion.

Take time to reflect on (and investigate) your values & priorities.

- List what you think you need to be true of your life – i.e., what can you not live without?
- List what you think you want to be true of your life – i.e., what would you be miserable without?
- Do you prefer to interact with others one-on-one or in a group?
- Do you prefer to work on specific tasks or look at the big picture?
- Do you prefer to work from a detailed schedule or have flexibility in your work day?
- Do you like to have a predetermined workload or have lots of variety in your daily work?
- Do you enjoy working with people and communicating with individuals of all ages and backgrounds, from all walks of life, in a variety of situations (including stressful ones)?

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# Skills & Personality Traits

While each of us is inherently skilled in certain areas, we all grow and change over time. Take a moment to reflect on your skills and personality traits.

## SKILLS

- What do you naturally excel at – in school, musically, physically, relationally, anything that comes to mind?
- List at least three things that you know how to do that require special knowledge and expertise. How did you learn to do them? How did you get good at doing them?
- List the same number of things that you want to learn to do that require special knowledge and expertise.

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## STRENGTHS & WEAKNESSES

- List your greatest strengths and think of times in life when they have been evident.
- List your greatest weaknesses and think of times in life when they have been evident.
- Ask people who know you well what they see as your greatest strengths and weaknesses. How do their lists align with yours?
- What do you do to continue growing in your strengths?
- What do (or can) you do to learn more about and deal with your weaknesses? Can they be overcome, or do you need to find ways to live well with them? What are some of the things you can do to live well with them, if the latter is the case?

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## PERSONALITY

- How would you describe your personality?
- How would your friends, co-workers, teachers/professors, bosses/supervisors, and family all describe your personality? Ask them, and see what they say.

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## PROFESSIONAL DISPOSITIONS

- How do you feel (or can you imagine feeling) in healthcare settings (including clinics, hospitals, emergency rooms)?
- Do you enjoy working as a member of a team?
- Would you be committed to a job that requires keeping up with developments in your field throughout your career?
- Are you comfortable with the prospect of dealing with emergencies and traumatic situations, people who are suffering, despondent, or non-compliant, working long hours, and making difficult decisions?

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