Explo Reflection Questions

End of term or year

• Compare your last exploration activity to your first. Has anything changed?

• Was the information you learned about vocational training different from what you anticipated? How so and does this impact on your attitude about vocational training?

• Have your ideas and/or attitudes about vocational training changed? If so, how?

• After carrying out several career explorations, what have you learned about yourself that you can add to your personal profile?

• What do you know now that you would have liked to have known before you started your first exploration?

• After having experienced the vocational training career exploration process, how would you guide a friend who is interested in exploring vocational training?

• Who were some of the key people that helped you learn about different trades and occupations? Explain. What type of information did they provide? What connections/conclusions were you able to make after discussing with specific key people?