



## 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?