



Explo Reflection Questions

KNOW YOURSELF *MORE*

- What motivates you to find out if you might be suitable for a vocational training path?
- The Web, documentation, hands on activities, experts, etc.—which are you best at drawing on to learn about trades and occupations? What does this tell you about the way you like to learn?
- What kind of worker are you? Describe your strongest skills and those skills you need to improve.
- What skills do you have that you think could be useful if you decide to follow a vocational training path?
- How do your goals help with your explorations?
- What influences the goals you set? Any surprises?
- How are your goals the same or different from those of your friends? Why is that?
- What do your friends think of your exploration choices? How does their opinion influence your own?