



## Guidelines for Written Reflection

To receive the SEED certificate you must submit to the Job Placement Resource Center (JPRC), via email at [jprc@harpercollege.edu](mailto:jprc@harpercollege.edu), a written reflection that addresses what you learned in the SEED Program and/or from your employment with the College.

The reflection should be 1 – 2 pages double spaced in length. (Send as a Word or PDF)

Please select and respond to one or two of the following prompts for each workshop you attend.

- What stood out to you? What surprised you, really clicked with you, interested you, or made you want to learn more?
- What will you do differently in your current student job based on what you've learned? (For example, what will you do more of or less of?)
- What are three major points you learned that you could share with someone in your same position to increase job performance?
- What is a career goal you're considering? How might you use your SEED training in your future career?
- What is one of your biggest strengths? How can you put that to work for you in your student job or future career? What is a quality you want to work on? What actions will you take, and/or what resources will you use, in order to work at this?

You will have up to two weeks after attending the program to submit your reflection.

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