**Self-Exploration: Interview With Your Board of Advisors**

**Assignment Overview:**

Engage in self-reflection by completing interviews with your Board of Advisors. These are people who you have spent significant time with and know you well. The goal of this assignment is to enhance self-awareness of your skills and interests and how they align with potential career positions.

**Part 1: Conduct Interviews**

Select 3 people to interview, try to select people who know you from different times or places within your life (i.e., work, school, home life, sports, volunteer roles, etc.). Schedule a time to meet with each of these individuals separately (either in-person or virtually).

Ask each of these individuals the same four questions (see below).

* What are my top 3 strengths?
* What are the two skills/competences I could improve on?
* Based on your experiences with me, are you able to tell me what I am passionate about? If so, can you tell me more about why you believe this to be true?
* In your opinion, what do you believe would be the best type of position for me and why?

**Part 2: Reflection**

After interviewing each person, reflect on the questions below and write a 550 – 650 word summary of what you discovered.

* What did you learn about yourself in this process?
* How do others view you? Is it more positive or more negative than you view yourself?
* Did you agree or disagree with any of the answers you heard?
* Select 2 positions from those provided by your advisors. Reflect on their alignment with your skills and interest areas.
  + Utilize [**O\*Net**](https://www.onetonline.org/)and/or[**Occupational Outlook Handbook**](https://www.bls.gov/ooh/) to ensure you have a basic understanding of the position that was suggested by your board member.

**Learning Outcomes [NACE Career Competencies]**

* Develop a deeper level of self-awareness based on external feedback [Critical Thinking, Communication]
* Learn about specific positions that may align with your skill and interest areas [Career and self-development, Technology]

**Grading Rubric**

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| **Criteria** | **Points** | **Comments** | |
| **Completeness and Depth of Reflection** | 4 | | Comprehensive reflection on feedback provided through interview. Demonstrates a deep understanding of personal growth and insights. | |
| 3 | | Reflects on each assigned prompt but lacks an in-depth analysis. | |
| 2 | | Reflection is superficial or missing from certain prompts. | |
| 1 | | No reflection was provided, only listed summary of interview feedback | |
| 0 | | Did not complete | |
| **Connection of skills/interest to career paths** | 4 | Identifies two positions suggested through the interviews, makes a clear connection to skills/interest | |
| 3 | Identifies two positions suggested through the interviews: some connection to skills/interest | |
| 2 | Identifies one position suggested through the interviews, provides little connection to skills/interests | |
| 1 | Listed position(s) identified but no reflection or connection to skills/interests | |
| 0 | Did not identify any positions | |
| **Clarity of Writing and Grammar** | 4 | Writing is clear and easy to follow; ideas are logically connected. There are virtually no errors in spelling or grammar. | |
| 3 | Minor issues in readability or coherence. Minimal errors in spelling or grammar. | |
| 2 | Some unclear or disjointed sections and errors in spelling or grammar. | |
| 1 | Writing lacks coherence. Frequent spelling or grammar errors that affect readability. | |
| 0 | Writing is unclear and disorganized. - Structure hampers the understanding of ideas. | |

**Total Score: \_\_\_\_\_ out of 12**