



LOOKING BACK: A Self-Reflection

Campus Involvement Worksheet

ACTION EXERCISE

Get your hands on a copy of the organization contact list from the appropriate department. Pick at least three organizations you are interested in and record information about each one (names and contact phone numbers) here:

1. _____
2. _____
3. _____

Make it your goal to contact each of these organizations and find out more information about meeting times, activities, and membership. Then, get involved!

NARROWING IT DOWN

Out of all the activities/clubs/organizations you participated in after completing the previous action exercise, which ones were you most interested in? Why did these particular activities hold your interest?

1. _____
2. _____
3. _____

GETTING SOMETHING GOOD OUT OF IT

Take a look at your answers to see how they might relate to your future goals and career path. Do some of these activities provide insight into the particular field of work you might like to explore? Did the interactions you had with fellow students help you learn about communicating with a diverse group of people? Make a list of the skills you might gain or develop from taking part in these activities on a regular basis.

