

Why I Want to Be a \_\_\_\_\_

## Self-Reflection

This is an optional exercise for students, but highly recommended.

It does not have to be shared with anyone, but your responses can be discussed with your A&T or Faculty Advisors.

**Assignment #1:** List the people you know in your choice of occupation and/or the experiences you have had in that arena.

**Assignment #2:** Review the BLS Occupational Outlook Handbook info and videos (<https://www.bls.gov/ooh/>) on that occupation. Write a paragraph or two on the reasons why you want to work in that field.

**Assignment #3:** Rank the importance of the following in relation to the career/careers you are interested in.

|                              | High (3) | Moderate (2) | Low (1) | None (0) |
|------------------------------|----------|--------------|---------|----------|
| Broad Scope of Practice      | _____    | _____        | _____   | _____    |
| Variable Hours               | _____    | _____        | _____   | _____    |
| Standard Hours               | _____    | _____        | _____   | _____    |
| Job Availability             | _____    | _____        | _____   | _____    |
| High Pay                     | _____    | _____        | _____   | _____    |
| Job Satisfaction/Fulfillment | _____    | _____        | _____   | _____    |

**Assignment #4:** If you do not have any healthcare experience, or you want to explore different types of jobs in your choices of career, consider job shadowing. Go to the PPSC Careers in Healthcare website to find a guide on job shadowing.

**Assignment #5:** Many healthcare educational programs require a substantial amount of classroom, out-of-classroom and clinicals hours. The importance of keeping a regular calendar of assignments and managing coursework is critical to success in any program. Write about the realities of this for you and strategies to manage all of this while keeping a healthy life/school balance.

**Assignment #6:** Write out the strategies you will need to pay for your education. Consult with a Financial Aid Counselor and/or your Active-Duty or Veterans Military resources to find out more. Apply for PPCC Scholarships and research other scholarships at local hospitals or healthcare agencies and Pikes Peak Workforce Center (<https://ppwfc.org/funds-for-job-training/>).

**Assignment #7:** Write out at least three goals for your healthcare career. Include more if you wish.

Goal #1:

Goal #2:

Goal #3: