

## Reflection of Learning Experiences Paper

The Reflection of Learning Experiences paper is an opportunity for students to reflect on the experiences they received through each level of the Leadership Designation program.

In this, students should describe their experiences and what they mean for their personal and professional development. Students should also look ahead to the future and discuss what they plan to pursue in the next stage of the program, if applicable.

### Paper requirements:

The paper should be 3-4 pages and must be turned in along with the Application for Designation Completion to the Institute for Leadership Advancement in CBA 420. Students' papers will be kept on file with their individual records, therefore the papers should reflect strong communication skills.

### Suggestions to help guide your reflection paper:

Please consider the following:

- From your self-assessment(s), ethical lens workshop, 360 evaluation, and course in personal leadership skills, describe what you learned about your personal leadership style. Some highlights might include:
  - What are your greatest strengths?
  - What are your greatest areas for improvement?
  - Where do you see your biggest opportunity for growth?
  - Did anything surprise you?
  - What, if anything, was your most powerful discovery?
- Discuss the speakers you saw and briefly summarize each speaker's message. Be sure to describe who the speaker was, what did she/he do, and what made each speaker unique.
  - Next, briefly compare and contrast the speakers' messages and identify which, if any, had the greatest impact on you and why?
- What would you like to learn more about?
- Have you adapted or changed your behaviors in any way? Identify areas, if any, in your personal and/or professional life where you employed the takeaways from this level of the Leadership Designation. Examples might include: How you communicate with others, how you work on a team, how you speak your mind, how you give or receive critical feedback, how you set or accomplish goals, how you lead others, how you present yourself, etc.
- Other highlights you want to mention.
  - Have you had an "A-Ha!" moment?
    - An "A-Ha!" moment is a moment of clarity, where something suddenly makes sense in a meaningful way for you.
  - Major successes?
- Goals for next Level (if applicable)