

Freshman Reflection Piece

Overview

The Freshman Reflection Piece - your career paper - will help you connect your career and personal goals to the academic path you need to take to accomplish those goals.

Each section of this project will ask you to answer a set of questions or respond to some statements using the information you have gained by completing career research and personal assessments in the Focus 2 Career program.

If you have any questions about this project, please consult with your UNIV 101 instructor.

Instructions: Please enter your text in the box below each question

Section 1: Reflection

Reflect on personal interests, strengths, and challenges to achieve academic, career, and personal goals (SLO 1)

Refer to your Focus 2 Career Work Interest Assessment, find your top three letter codes for career interests, and provide descriptions IN YOUR OWN WORDS, of each of these here.

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Click or tap here to enter text.

Looking back at your Focus 2 “Personality Assessment” and “Work Interest Assessment” assessments, identify at least two characteristics that are a benefit to you in your chosen career.

Click or tap here to enter text.

Explain why these characteristics are positive for your specific academic goals and career of interest.

Click or tap here to enter text.

Looking back at your Focus 2 “Career Personality” and “Work Interest” assessments, identify at least two characteristics that may cause difficulty/conflict in your chosen career.

Click or tap here to enter text.

Explain why these traits could be a challenge to you in achieving your academic and career goals.

Click or tap here to enter text.

Setting aside the Focus 2 Career results for a moment, how well do you think your personality matches with your career goals? Do you believe that you will be a good fit to your career based on your personality, strengths, and interests?

Click or tap here to enter text.

Section 2: Requirements of Degree Program

Analyze the requirements of the degree program as a path to academic and career goals (SLO 2)

Briefly, what is your intended career title and what degree program at Nicholls are you following to achieve your goals?

(In other words, what is your major and concentration? What degree are you earning?) You can access the listing of majors in the [academic catalog](#).

Click or tap here to enter text.

What degrees, or licenses, certifications are required to qualify you for the career you are pursuing? (example: state teacher license, nursing license, graduate degree). If none are needed, explain why your degree will help you meet your intended career goal?

Click or tap here to enter text.

Now say more. How do all the pieces of your degree program – general education, required courses, electives, and major courses – fit together to prepare you for your career? (reference your degree checklist for courses)

Click or tap here to enter text.

Which courses specific to your major will benefit you in your journey towards your career? Choose any three courses (must list course name and number) in your degree program/area of study, and explain how these courses will help prepare you for your career. At least two courses must be 300 level or higher, see your advising handbook for course descriptions.

Click or tap here to enter text.

Which courses (must list course name and number) do you think will be the biggest challenge for you? Can existing university resources help you overcome these challenges? If so, how? At least two courses must be 300 level or higher, see your advising handbook for course descriptions.

Click or tap here to enter text.

Consider a possible minor that is offered at Nicholls and explain how the minor fits into your career goals. How would you use the minor to make yourself more marketable for a future employer? (You can see a list of minors in the Academic Catalog)

Click or tap here to enter text.

Section 3: High Impact Learning Practices

Connect high impact learning practices with academic and career goals. (SLO 3)

Certain undergraduate opportunities are referred to as "high-impact" because they can make a big difference in student success. These 'High-Impact Practices' (HIPs) share several traits: they demand considerable time and effort, facilitate learning outside of the classroom, require meaningful interactions with faculty and students, encourage collaboration with diverse others, and provide frequent and substantive feedback. (NSSE, 2007).

Examples of High Impact Learning practice opportunities at Nicholls:

Clinical Experiences

Internship

Job Shadowing

Senior Capstone Experiences

Senior Thesis Projects

Service Learning

Student Teaching Experiences

Study Abroad

Undergraduate Research

First-Year Seminar Courses (UNIV 101)

From the list above, name one or more High Impact Learning Practice that would be a good fit for your own educational, career, and/or personal goals.

Click or tap here to enter text.

For the High Impact Learning Practices you named above, explain: (answer under each question below)

Why would you like to participate in the practice?

Click or tap here to enter text.

How would the practice contribute specifically to your goals?

[Click or tap here to enter text.](#)

List any High Impact Learning Practices that you are currently participating in. How are these connected to your academic and career goals? (UNIV 101 is a high-impact learning practice)

[Click or tap here to enter text.](#)

Section 4: Extracurricular Opportunities

Connect extracurricular opportunities with academic and career goals. (SLO 4)

Examples of extracurricular opportunities at Nicholls:

Greek Life

Student Government Association

Student Programming Association

Academic Program Organizations

Band

Cheerleading

Sports (Intercollegiate or Intramural)

Church-Based Organizations

Honor Societies

A complete list can be found at <https://www.nicholls.edu/organizations/directory/>

Identify one or more extracurricular activities that you can participate in that could positively impact your education and help you achieve your academic, career and/or personal goals.

Click or tap here to enter text.

Why should you participate in the activities identified above? How will participation help you achieve your academic and career goals?

Click or tap here to enter text.

List any extracurricular opportunities that you are currently participating in that will help you achieve your academic and career goals. If you are not currently participating in any extracurricular opportunities, why?

Click or tap here to enter text.

Section 5: Student Services

Connect student services with academic and career goals. (SLO 5)

Examples of student services at Nicholls:

Academic Advising Center

Tutorial and Academic Enhancement Center

University Honors Program

Louisiana Center for Dyslexia and Related Disorders

Ellender Memorial Library

University Counseling Center

University Health Services

Career Services

Student Access Center

Campus Recreation (The Rec Center)

Residential Living

Financial Aid

Student Employment

Veterans Affairs

More information is available at: <https://www.nicholls.edu/services/>

Identify one or more student services that you can take advantage of that will positively impact your education and help you achieve your academic, career and/or personal goals.

Click or tap here to enter text.

Why should you participate in the services identified above? How will this help you achieve your academic and career goals?

Click or tap here to enter text.

List any student services that you are currently participating in that will help you achieve your academic and career goals. If you are not currently utilizing any student services, why?

Click or tap here to enter text.