

Reflection Question Instructions

You may respond meaningfully to these questions through writing, video message, audio message, social media post, collage, or any other visual representation as appropriate. Please keep video and audio files under 10 MB. For larger files, use your [Office 365 One Drive](#) and share access with leadership@utoronto.ca.

Please note that we will not share, copy or reproduce anything you submit without your consent. All file names should include your name and the leadership program you are working towards. For example: "FirstInitial_LastName_LearningtoLead.doc"

All completed reflections should be submitted via email to: leadership@utoronto.ca

Reflection Questions

1. What did you watch/read and what were your first impressions?
2. Did the resource change your previous thinking? Why or why not?
3. What were some challenging moments or concepts when watching/reading the resource?
4. What is the most important thing that you learned in the article/video? Please expand on why it was important and/or its significance.
5. How will you integrate what you've learned into your academic/professional/personal life? What are your next actionable steps?