

IN THE FIELD: POST EVENT REFLECTION

Now that you've attended an In the Field session, we invite you to enhance your learning by completing some additional reflection activities.

When participating in an experiential learning activity, such as In the Field, it's valuable to not only consider what you learnt in the moment, but to consider how your thoughts and insights have changed.

Please consider the following questions and apply your answers to any future career exploration opportunities and plans.

Identify one 'aha!' moment you had. ('Aha!' moments are moments when you have sudden inspiration, insight, recognition, or comprehension.)

Did any of the stories shared at this event change your perception of the career field highlighted today?

What new understandings do you have about this field of work?

How might the insights gained from this event be applied to your academic studies or future career?

Based on this In the Field experience, what is one action you can take to support your career explorations goals?

Reflect on your goals here:

Thanks for participating in In the Field and we look forward to seeing you at future events. If you have any questions or curiosities, or if you would like to share a story about your experience, please feel free to reach out to careerexploration@utoronto.ca.

To help you reflect on your career goals and life after U of T, the department of Career Exploration and Education offers a diverse range of services, resources, and opportunities for you to feel supported in every step of the way in your career exploration journey.

Check them out here:

[Career Exploration & Education at U of T](#)

[Career Start \(For considering your career possibilities\)](#)

[Career Resource Library \(For navigating the world of work and future education\)](#)

[Career Navigator \(Connecting with U of T alumni in your specific programs\)](#)

[Career Education Workshops](#)

[Goal Setting for Your Career](#)

[Alumni Networking](#)

[Career Pathways for Neurodivergent Students](#)

[Identities at Work](#)