**SELF REFLECTION ASSIGNMENT**

***Please complete all 4 sections below by following the written instructions and typing your answers into this word document.***

***Once you have answered each question below. You can upload this completed word document to Canvas to complete the assignment.***

1. **Identity and Purpose: Answer the questions below.**

* What is your “WHY”? Why did you join the Year Up program? What motivates and inspires you to complete this program even when it will get tough?! (Your “why” is the things(s) that give you purpose and motivation)
* My why in life is my community. I joined Year Up because I decided to pursue better things in my life that can help me and the community around me. My family is from a small region in Ethiopia called Tigray, which is currently going through a genocide. However much things got tough I know I can’t quit because I have a whole community that is depending on me to build everything after the war is over.
* What words or phrases would you use to describe yourself today?
* The words that would describe me today are Reliable, Courageous, hardworking.
* What are some important components of your identity that you are most proud of?
* I am most proud of my Tigrayan identity. My culture and ethnicity have showed me courage and perseverance. It played a huge role in who I am today and how I base my values in life.
* Who do you envision yourself to become? Are there any characteristics or skills you would like to develop by the end of this year?
* I envision myself becoming fearless and more outgoing, I would also like to develop more public speaking skills. In general, I want to become more confident.

1. **Strengths: Use the online resource below to learn about a variety of strengths you may possess and answer the questions.**

Online Resource: [https://www.strengthsquest.com/193541/themes-full-description.aspx (Links to an external site.)](https://www.strengthsquest.com/193541/themes-full-description.aspx)

* Please list the top 5 strength types that you believe you possess from the online resource.
* Adaptability
* Belief
* Deliberative
* Empathy
* Responsibility
* What is the biggest / best thing you learned from this experience? Are there any additional strengths you would like to add to the list?
* I learned that each one of them have their own value they bring out in people, and we don’t have to categorize ourselves with just few strengths. I would like to add Self-Assurance so I can be more confident in me and my work.

1. **Growth Areas: Please answer the questions below.**

* What 3 growth areas you would like to work on during your time at Year Up?
* Public speaking
* Professionalism
* Leadership

1. **Goals: Please answer the questions below.**

* Please list 3 long-term goals (or big vision ideas) that you have for yourself and want to accomplish in the next 5-10 years.
* Become a leader at a big tech company
* Start a nonprofit organization
* Achieve my goal to travel the world