Course Reflection

# Instructions

Reflect on your experience in this course as you answer the questions below. Be sure that you produce high-quality responses. For information on what a high-quality response is, see the article called [High-Quality Responses to Open-Ended Questions](https://resourcecenter.byupathway.org/high-quality-responses-to-open-ended-questions).

1. How did completing the assignments help you communicate your skills more effectively?

It helped me learn how to clearly communicate my strengths and experiences, especially in professional settings such as resumes, cover letters and interviews. I used to struggle to identify how my day-to-day work reflected the real skills that employers value. With this course, I have practiced how to express my capabilities in a way that employers will understand, for example, explaining not only what I do, but how and why it is important. Writing STAR (Situation, Task, Action, Result) stories was especially helpful. It helped me frame my experiences in a structured way that shows results and growth, making my communication more confident and professional.

1. What did you learn in this course that was unexpected?

One thing I didn't expect was how much I was going to discover about myself. I thought the course would focus mostly on resumes and job applications, but it also guided me to explore my interests, values and long-term goals. I realized that career planning is not just about finding a job, but about building a life in line with your goals and priorities. The self-assessments helped me recognize strengths I had overlooked and even consider new career paths I hadn't thought of before. It made me more aware of where I want to go professionally and spiritually.

1. How will you use what you have learned to help others?

I plan to use what I've learned to help friends and family members who are also looking for jobs or making career transitions. I now feel confident to help someone write a resume, prepare for an interview or even think about long-term career goals. I also want to share the idea that their life experiences already have value, they just need to learn how to communicate it effectively. For example, I have already helped a friend organize his work experience using the STAR method we learned. This course has reminded me that serving others does not only mean spiritual help, but also helping them to progress temporally and professionally.