



## REFLECTION EXERCISE

**If you wish to prepare your answers in advance for the reflection piece, below are the questions that you will be asked:**

1) What does **Leadership** mean to you? *(150 words)*

2) As part of obtaining your Leadership Certificate, you were asked to complete at least 10 hours of a *Leadership in Action opportunity* to assist you in turning your leadership skills into action. Please describe your Leadership In Action experience, including your role (title) and major responsibilities. *(200 words)*

**Reflecting on your Leadership in Action experience:**

3) What did you learn about yourself? *(250 words)*

4) What did you learn about your community? *(250 words)*

**Reflecting on your experiences as part of the Seneca Leadership program:**

5) What experiences do you feel were the most beneficial in helping you explore and understand the various aspects of your leadership identity? *(250 words)*

6) Is there a particular idea/topic about which you've been challenged to think differently? *(250 words)*

7) What skills have you gained and/or improved as a result of being involved in the program? *(250 words)*

8) In what way(s) did your experiences in the Seneca Leadership program connect to your academic studies? *(250 words)*

9) Please share any recommendations you have to improve the Seneca Leadership Program. *(150 words)*