

That's a Wrap!

Reflecting Back on Successes
and Looking Forward to
Hopes for the Future

What were your expectations at the beginning of the semester?

What did you expect to encounter socially when you got to college?

What did you expect academically when you came to college?

How did you change?

How did you notice your lifestyle change?

How did your relationships change?

How did you experience this?

What were some
disappointments/challenges?

How did you get past these challenges?

What did you think about yourself before
and after these challenges?

What were some successes/ what are you most proud of?

Did you know you would be able to do this?

How did you do this?

What resources/strengths did you use?

What are your hopes for the future?

How will your previous success/disappointments be relevant to your future goals/hops?

What will be important for you to remember moving forward?

Looking Back

What have you learned now that you wish you knew when you started?

What advice do you wish you would have been able to give yourself at the beginning?

Activity

Write a letter to your future self. Include congratulations for anticipated successes and encouragements for future goals.

Keep it somewhere you can reference for harder days as you work ahead!