

Informational Interview Reflection Worksheet

Student/Mentee Reflection

A helpful tool is the DEAL Model for Critical Reflection (Ash & Clayton, 2009). It is recommended for students to use this when reflecting upon their experience of an informational interview with a professional. Below are the steps:

– Describe, Examine, and Articulate Learning

DESCRIBE what you experienced

EXAMINE that experience from different perspectives

ARTICULATE LEARNING

DESCRIBING may include:

- Information about your interviewee and notes about the responses you received

EXAMINING may include answering questions such as:

- What was the most interesting or surprising thing that you learned from your interviewee?
- How did your previous experiences or expectations influence your understanding of what the interviewee shared with you?
- How do you see your strengths or values connecting to the career path?
- What skills or abilities did you learn are important for your future educational or career path? How do these align with your own skills and abilities? What are ways that you could develop those skills?
- What challenges might you face in pursuing your future path? How might you address those challenges?
- What did you learn about yourself through the process of engaging in the informational interview?

Then, **ARTICULATE** your **LEARNING** by thinking about the following questions:

- What are your most important take-away messages from the conversation that you engaged in?
- What do you want to learn more about to help inform your own pathway? How could you find out additional answers?
- What specific actions will you take in light of your learning? When will you take these steps?

Ash, S.L. & Clayton, P.H. "Generating, Deepening, and Documenting Learning: The Power of Critical Reflection in Applied Learning." *Journal of Applied Learning in Higher Education* Vol. 1, Fall 2009, 25-48.