



Returning IESP Students: Personal Reflection Guidelines

Please write a candid personal reflection essay. The essay should be approximately 750 - 1,000 words in length (3-4 typed pages, double spaced) written in good academic form.

Use the following prompts to guide your essay and include examples from your experience in first-year Indigenous Enriched Support Program to support your ideas.

Part One: Your experience in the program

Reflect on your academic experiences, both positive and negative, during your first year in the IESP.

- What strengths and skills did you develop?
- What obstacles did you face in achieving your goal of admission to a degree?
- What services did you use (Workshops, Coaching, etc.)?
 - What was your experience of these services?
- How strong was your attendance in the program (Workshops and FYSM)? Why?
- For students who withdrew from first year IESP or who have had a break from studies at Carleton University since their IESP year:
 - Please include a discussion of why you withdrew or took time away, and what you have done during that period of time away from Carleton University.

Part Two: Plan for the upcoming year

What are your academic goals for next year?

- How will a return to IESP help you meet these goals?
- What program supports do you plan to use?
- What specific plans do you have to ensure you will be successful after another year in the program?