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?

Finally:
- If classes and workshops are offered online in the fall, what challenges would you expect to face in terms of learning in an online environment? How would you plan to address those challenges? Are there any supports that you would require?