



photo provided by Claire Wincott

*“I would have liked to have **an easy way to reflect**. It would have had to be clear questions that were **sent to my email daily** so that I did not forget to do it, but I know that I would do it.”*

*••• **Claire Wincott**
Thor Solutions
DC Summer 2015*

Internships ••• **iTeam**

*“I think that a **reflection platform** would have been useful, because it is nice to go back and have an actual physical representation of what I did. **I can actually remember things when I write them down...** more than just talking about things. I just needed someone there to prompt me to write down what I was doing.”*

*••• **LSA Freshman**
Undergraduate Research
Opportunity Program (UROP)*

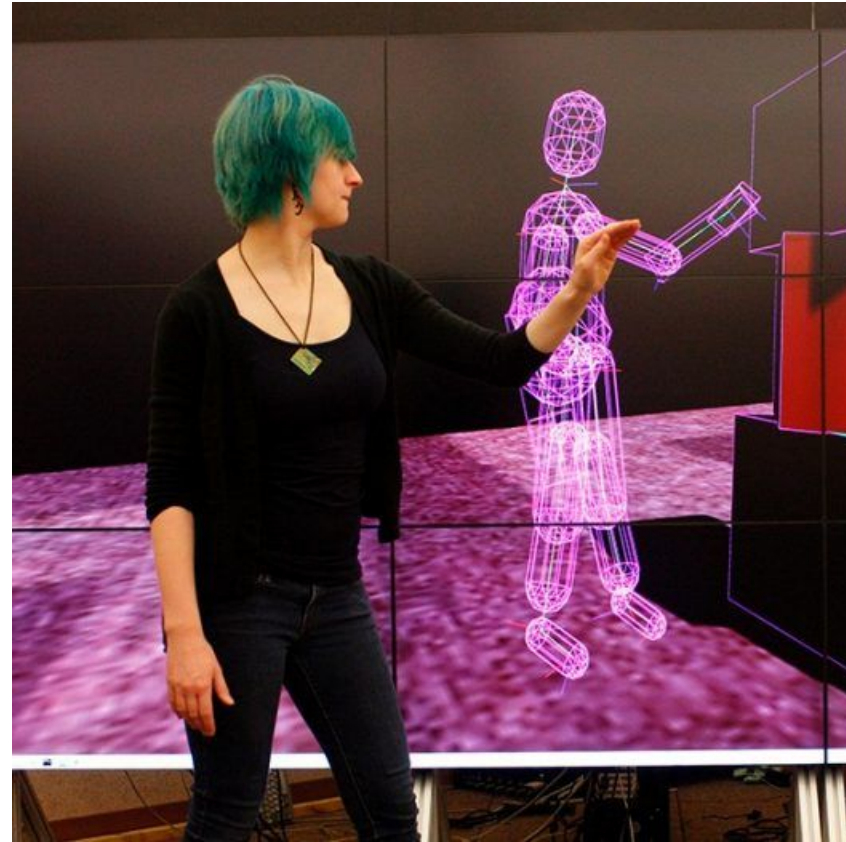


photo courtesy of UROP



photo provided by Brigid Greska

*“I wish that I had been **more proactive to form relationships** with the people that I was working with so that I would have **felt more comfortable asking for feedback** and then going back and asking for recommendation letters in the future.”*

*••• **Brigid Greska**
Goldman Sachs, Utah
Summer 2015*

*“Before entering the School of Music, Theatre, and Dance, I wish that someone had sat down and really told me how hard it was going to be. I had **a gap in my understanding of myself** and where I was at as a student, and I wish that I could have recognized that before I got **stressed and overwhelmed.**”*

*••• **SMTD Junior**
Matrix Theatre Detroit*



photo courtesy of Arts of Citizenship



photo provided by Lindsay Cannon

*“After I finished working in my lab, **I wrote a letter to the next student** who was going to be taking my place. I wished that I had something like this when I was entering the lab, and I know whomever read the letter of advice from me was **a step ahead** because they had gotten it.”*

*••• **Lindsay Cannon**
Public Health & Social Work*

Research ••• **iTeam**