Reflection Tools

Take the Next Step Toward Changing the World

At Carolina you have the opportunity to get a world class education and develop skills that can help you reach your full potential as a leader. Reflection is a lifelong process and we challenge all students to think deeper about how you can challenge yourself and fully transform into the leader that you are becoming. Take time for yourself to engage in the art of reflection so that you maximize your learning and development.

Submit a Heel Life Experience Request

The Carolina Excellence initiative engages students to develop and demonstrate critical skills for the 21st century by providing the tools and support to identify opportunities and reflect on experiences. Experiences allow you to track out-of-the-classroom activities, such as awards, conferences, leadership opportunities, study abroad, or other involvement outside of your institution.

Experiences let you showcase these additional activities on your Co-Curricular Transcript (CCT) to share with future employers, graduate schools, for scholarship applications, or for any other reason you might want to share your involvement! Follow the steps below to submit an experience request:

1. Log in to Heel Life
2. Access your User Drawer by clicking your initial in the top right corner of your screen
3. Click ‘Experiences’ and you will see a list of your experiences, if you have any created. Click ‘Add Experience’ and select the type of experience you will be submitting.
4. Fill out the reflection form with all of the requested information
5. Click ‘Submit’ at the bottom of the form.

Additional Reflection Materials

We highly encourage you to view, download, and complete the reflection materials uploaded at the bottom of this page. If you would like to have someone follow up with you about how
to continue the reflection, in addition to, the tools on this webpage then please contact the Leadership Development Office.

Student Life & Leadership

Leadership Development, Student Activities, and Student Organizations
Room: 2501
Phone: (919) 962-1157
Email: studentlife@unc.edu

Carolina Union Activities Board (CUAB)
Room: 2519
Phone: (919) 962-1157
Email: cuab@unc.edu

Student Government
Room: 3109
Phone: (919) 962-5595
Email: studentgovernment@unc.edu

Source URL: https://carolinaunion.unc.edu/departments/student-life-leadership/reflection-tools