

Is Traveling as a New Grad Right for You?

Self-Reflection Worksheet

Disclaimer: During my time as a student in the Long Island University's DPT program, a component of the curriculum was reflective learning. While at times I didn't recognize the benefits of reflective learning, I now realize that reflection in action is a beneficial tool to not only learn from the past, but to make the most of the present and to help guide us in the future. This worksheet is meant to serve as a guideline and tool to stimulate self-reflection.

Tips for Self-Reflection:

- ✚ Write down your responses somewhere you will be able to find them at a later time.
- ✚ Look for common themes.
- ✚ What do these themes mean?
 - What are your strengths?
 - What are your weaknesses?
 - What do you value?
 - Who are you and who do you want to become?
- ✚ Use what you've learned through self-reflection to set goals that are specific, measurable, attainable, realistic, and timely.
- ✚ Your adventure awaits!!! Enjoy the journey!!!



1. What motivates you to pursue a career in travel therapy as a new graduate?
 - a. Does this align with your personal goals? Professional goals?
2. How would you describe your learning style?
 - a. Will starting your career as a traveling therapist be conducive to your learning style?
 - b. What strategies will you utilize to facilitate a smooth transition from student to licensed clinician?
3. How did you perform during your clinical affiliations?
 - a. Were you always stressed the weekend before starting a new affiliation or were you excited to be starting something new?
 - b. How did you utilize your clinical instructors?
 - i. Did you rely on them for constant feedback after every patient and every note?
 - ii. Did you utilize them as "training wheels" for when a question arose or other resources were necessary.
 - c. Were you treating a full caseload independently ahead of schedule or did you require the entire length of the clinical rotation to ramp up to full caseload?
4. What were common themes during your clinical performance evaluations?
 - a. What are your clinical strengths? How will you utilize them to make you an incredible therapist?!
 - b. What are your clinical weaknesses? What strategies will you use to turn these weaknesses into strengths? Are there certain resources that will be helpful to you?

Note: There are no right or wrong answers. It is important to know yourself prior to accepting any position, whether permanent or travel. Understanding what your strengths are and what resources you'll need to address your deficits are vital for every new graduate to understand.

If after practicing self-reflection and you are still unsure as to whether travel therapy as a new graduate is right for, feel free to contact me to set up a time to chat at

contact@newgradtraveltherapy.com!