

## EcoMentors Self-Reflection Form

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What do you feel are the most important work/life skills that you gained after completing your 4 classroom visits?

What new realizations do you have about your own abilities? What have you discovered that you are good at? Bad at?

How do you think you could have gotten more out of the program?

How do you think you will use the skills you gained in the future?  
In your personal life?

Studies and school?

Work?

How has your experience being an ecoMentor changed the way you talk to people about the environment?

What would you say to someone else about the ecoMentors Program?

Since beginning your work as an ecoMentor, have you had any new opportunities because of being involved in the program?