Step 1: The outcome I am reflecting on for this worksheet is:

**Occupation**
- Apply knowledge of occupational science to understand self and others as occupational beings

**Diversity**
- Describe my own dimensions of diversity
- Reflect on how issues of diversity influence occupational opportunity and human interactions
- Describe the dynamics of context and occupation across the lifespan

**Communication**
- Use the language of occupational science
- Demonstrate interview skills
- Demonstrate effective collaboration
- Demonstrate professional writing

**Reasoning**
- Reflect on my personal values and how they influence my actions and the reactions of others
- Demonstrate narrative reasoning
- Demonstrate an understanding of the purpose and methods of scholarly inquiry
- Demonstrate the use of scholarly resources

**Professional Identity**
- Demonstrate responsibility as a student
- Reflect on my experiences and skills as an advocate, educator, leader and researcher

Step Two: A brief description of a learning experience that helped me achieve this outcome is:

Step Three: How I progressed toward or was able to achieve the outcome identified in Step 1 through the learning activity described in Step 2: