

Simply taking a few minutes to reflect with a student a couple of times a semester can have an incredible impact on their ability to draw connections and build on their experiences at work.

A survey of on-campus student staff members, February 2017 through October 2018 Outcomes of Reflective Conversations	% agree/strongly agree <i>n = 127</i>	
	2 or more conversations	No conversations
[I see] connections between my work and my life after Puget Sound.	80%	42%
[I see] connections between my job and my academic major/coursework.	74%	40%
[I see] connections between my work and my life as a student.	80%	49%

A survey of on-campus student staff members, February 2017 through October 2018 Outcomes of Reflective Conversations	% agree/strongly agree <i>n = 127</i>	
	2 or more conversations	No conversations
My job has helped me use critical thinking skills to form opinions and solve problems.	88%	53%
My job has helped me improve my writing skills.	33%	9%
My job has helped me learn more about career options.	66%	50%
My job has helped me develop more effective time management skills.	92%	81%
My job has helped me improve my verbal communication skills.	94%	84%
My job has helped me develop conflict resolution skills.	76%	67%
Because of my job, I am able to work effectively with individuals with a variety of backgrounds, experiences, and cultures.	84%	84%
My job has helped prepare me for the world of full-time employment.	82%	84%