

SELF-REFLECTION BRAINSTORMING GUIDE

WANT MORE RESOURCES?

Application Bootcamp »

As you think through why you want an MBA, why now, and why Berkeley Haas, you may find it easier to step back and reflect first on your current situation. Having a better understanding of your starting point – the past, present, and how you got here – may help inform your business school application narrative. To help you get started, we've curated a list of 12 self-reflection questions. These are intended to provide support, direction, and motivation but are not a necessary input to your application process. Good luck!

THOUGHT STARTERS

1. What do I enjoy most about my current job, taking into account my roles and responsibilities, my employer, my team, and my company culture, mission, and location?
2. What do I enjoy least? Or, what would I change?
3. What specific experiences help to showcase what I enjoy most/least about my job?
4. What would make me happier, and how do I define happy? Am I happiest when I am challenged, successful, valued, well-compensated, having an impact, building relationships, etc.?
5. What skills or experiences are missing from my repertoire, both professionally and personally? In other words, what are my areas for improvement?
6. What kind of environment brings out the best in me? Or conversely, which environments stifle my creativity and growth? How does this translate to the type of business school environment or culture that will best support me?
7. What characteristics do I most value in my friends? How does this inform the type of culture I seek for business school and the type of people who I want in my personal and professional network?
8. When I reflect on my most influential supervisors or mentors, what characteristics give them that designation for me? What elements of their leadership style do I hope to emulate?
9. Why did I choose my undergraduate institution and/or my recent employers, and am I happy with those decisions and experiences? How can these learnings inform my priorities for selecting a program for business school?
10. What am I passionate about? And how do those passions inform the type of leader, manager, or person I want to become? How do they inform the type of impact I want to have – on my team, my community, the world?
11. What adjectives would I use to describe myself? What adjectives would others (a friend, coworker, client, supervisor) use to describe me? What experiences from my background will help showcase these characteristics in the application process?
12. In 2+ years from now, when I reflect back on my business school experience, what kind of legacy do I want to leave? What impact do I hope to have had on my community? How will I be a different, better, stronger person than I am now?