



My SKILLSfuture

User Guide on 'Know Yourself' (Pre-University)



SKILLSfuture SG



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6 MY REFLECTIONS (KNOW YOURSELF)

Record your thoughts on **Know Yourself** via **My Reflections**.

<p>1.</p>	<p>Click View My Reflections.</p>	<p>The screenshot shows the 'Know Yourself' section of the MySkillsFuture portal. At the top, there is a navigation bar with 'About', 'Know Yourself', 'World of Work', 'Education Guide', 'Help', 'Feedback', and 'Logout'. Below this, the 'Know Yourself' title is displayed, followed by a 'View My Reflections' button highlighted with a red box. The main heading reads 'Find Out More About Yourself' with a subtext: 'Discover more about your career interests, skills, work values, and learning'.</p>
<p>2.</p>	<p>Record your thoughts by answering the questions.</p>	<p>The screenshot shows the 'My Reflections' questionnaire interface. It features a header with a desk lamp and an open book, with the text: 'My Reflections. Reflection questions are open-ended questions that will guide you in looking back on the things you have learnt, and how you have learnt them.' Below this is a progress bar showing '0% Complete'. The main content consists of four question cards, each with a text input field and navigation buttons: <ul style="list-style-type: none"> Question 1: 'What are your interests, abilities and passion? How would they affect your education and career choices?' with a 'Next' button. Question 2: 'What do you value most at home and in school? Why?' with 'Previous Next' buttons. Question 3: 'What are some tasks you enjoy or dislike doing? Why?' with 'Previous Next' buttons. Question 4: 'People around you say you enjoy _____' with a 'Previous' button. At the bottom of the interface is a 'Save Progress' button. </p>