Defining Moment Reflection

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Defining moments could happen a handful of times or could happen only once during one’s life. Before one can declare a defining moment in their life, there needs to be a good understanding of what a defining moment is, which can be different for everyone.

My definition of a defining moment is being able to look back at a moment in my life and think about how I felt in that moment and how I feel about it in present time. Personal reflections can be happy, sad, or fill someone with regret depending on the outcome of that moment.

A defining moment in my life was when I realized what I wanted to do in my career. It was my senior year of college and I was attending our Student Ambassador Orientation. This Orientation happens every fall for returners to meet new Student Ambassadors and to go over any changes to the campus tour. During the Orientation, one of the new Student Ambassadors came up and told me that I was the reason they decided to attend York College. Looking back, it was at that defining moment in my life when I realized I wanted to pursue a career in higher education, specifically in Admissions. I was so excited and happy to hear that I had influenced a student to attend York. Reflecting on the moment now, it makes me realize that my love for the institution was able to inspire a prospective student to attend York College and I hope that I can still do that today while working in Admissions.

While reading Lesson 6, I personally have never done reflective writing throughout college or in my career in Admissions. Regarding reflection, I am very comfortable with reflecting on moments, as well as decisions I have made in my life. I tend to overanalyze moments and decisions I have made in my life, which I find is very comparable to reflecting.
Writing a personal learning journal will allow me to reflect on defining moments that have happened in my personal or professional life. While I reflect these moments, I will be sure to remember what my values are, what I believe in, and analyze how I did and should have acted.