

## Things to remember when writing your personal reflection

1. At Go Global, we are well-versed in our partner institutions' strengths and program details. Rather than reiterating these, let us know what and why they matter to you!
2. If you're feeling stuck on how to start, try speaking with an advisor, a friend, or even yourself about the above topics and make notes from your conversation. Sometimes, these conversations can lead to a great personal reflection for your application.
3. Be sure to explore our [partner university search tool](#), visit the partner's website, and dive into our [Student Reports](#) to uncover valuable details and student insights that can ignite inspiration for your choices and goals!
4. Remember, personal reflections have no definitive right or wrong—rather, they serve as a platform for introspection, and for our team to get to know you as part of the holistic assessment of your application.
5. Go Global advises against using AI-generated self-reflections for your application. Our team values honesty and authenticity in your reflections and using AI may unintentionally compromise the goal of the self-reflection. Instead, we encourage you to reflect on yourself, the exchange/study abroad program and your goals to allow you to provide a more genuine reflection. Remember, we aren't looking for perfection, so use this as the opportunity for our team to get to know the real YOU!