



## Letter to My Future Self

### Learning Outcomes

The purpose of this assignment is to encourage you to:

- Define your own personal beliefs through self-reflection.
- Identify where you have met your goals (in relation to the incident in question).
- Evaluate if your actions align with your values, beliefs, and attitudes.

### Instructions

For this assignment, you will write or record a letter to your future-self. The specific content and format of the letter is entirely up to you but should aim to remind your future-self about values, feelings, lessons learned, hopes and goals for the future, and changes you want to make moving forward. This is an opportunity for you to analyze personal values, and consider how your actions may affect others around you, your future goals, and your educational success. You may want to consider answering the following questions in your letter:

- *What has living in residence been like so far? What has university been like so far?*
- *What is most important to me at this point in my life? What values drive my life right now? How does this relate to my role in residence?*
- *What are my goals for this year?*
- *What are some short-term or long-term goals and aspirations that I have?*
- *What expectations do I have for my university career?*
- *Where do I see myself at the end of my first year in residence?*
- *Where do I see myself at the end of my undergraduate degree?*
- *What do I want to express the most about how I feel at this current point in my life?*

In completing this assignment, we hope that you will learn about your own values, beliefs, and motivations. More importantly, you are giving yourself the valuable opportunity to evaluate how well you succeeded in staying true to your own values and goals when you open this letter in the future.

The date on which you open the letter or re-watch the video is entirely up to you. Depending on what kind of goals, values, and reflections you write about, you may choose to do so at the end of your first year in residence, when you graduate from your degree, or to commemorate another milestone that you decide upon yourself.

## **Requirements**

**Length:** Minimum of 500 words typed word document **OR** 3-4 minute Video

**Style:** For written submissions, your writing does not have to be in a formal academic style, as it is a letter to yourself, but should use appropriate language, spelling and grammar. You may also include pictures, quotations, or anything else that you think is appropriate to include in a letter to your future-self.

## **To Submit**

Please submit a copy of the letter or video to the Community Standards Assistants to [communitystandards@uoquelpk.ca](mailto:communitystandards@uoquelpk.ca) by **11:59 pm** on the due date outlined in your outcome letter.

*Student Housing Services is dedicated to upholding confidentiality. Your letter will be reviewed for completion and quality of the submission by a Community Standards Assistant and may be reviewed by a member of the Residence Life Management Team.*

*If you have any accommodations or require this information in an alternate format, please contact [communitystandards@uoquelpk.ca](mailto:communitystandards@uoquelpk.ca)*