

# Post Fulbright App Submission Reflection Worksheet

*There is always more you could have done. Be grateful that there is a deadline that forces you to stop and move on with your life.*

1. What did I do or accomplish?

Be objective here and list out all the things you physically did ... all the people you contacted, the books you read, the classes you took, the expertise you gained on a topic or country, etc.

2. Look at the list and **be proud of yourself**. You are part of the less than 1% of eligible people who actually apply for a Fulbright US Student Award.

3. What did I not complete or wish I had done differently?

This can be the people you didn't get in contact with, the affiliation you didn't secure, etc.

4. Tell yourself, **"I did the best job I could with the knowledge, resources and limited time that I had. What didn't happen is now in the past and it's okay."**

*There is no failing. There is just learning.*

5. What did I learn in this application process about myself? What lessons can I take from this experience?

No matter what happens with the selection, discover what you gained from the application experience. Did you learn how to write a powerful personal statement? Did you learn what worked and what didn't work with contacting potential affiliations?



6. Don't be alone on this journey. Join the [Slack](#), [Facebook Group](#), or [Reddit Community](#).