

# COOPERATIVE WORK EXPERIENCE EDUCATION PROGRAM

## Final Reflection Project

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Reflection can be used to reinforce course content and to develop a variety of competencies including critical thinking, communication skills, and multicultural understanding. Reflection can assist the student in finding personal relevance in their work. The process of intentional reflection helps students make sense out of their experiences.

Reflection activities such as project logs and journals provide opportunities for students to share project progress and concerns on an ongoing basis.

Reflective activities:

- Essay, research paper, or final paper.
- Personal narratives
- Journal or Log
- Other - \_\_\_\_\_

Reflecting on your past work experiences is an important part of your career development. From these Co-Op experiences you discover your skills, strengths, needs, and interests. Examining your past work experiences help you assemble a career direction and plan for your future work experiences. While writing your Final Reflection Project, consider the following questions and statements:

Reflection analysis should include, but not be limited to:

- What duties did I perform (Learning Objectives and Career Development Assignment)?
- What did I learn? What new skills did I develop?
- What did I discover about myself in Co-Op? What are my strengths and weaknesses? Did I discover any new interests? Any new dislikes?
- What influence will this experience have on my future academic experiences? Has this experience reinforced my major choice or altered it?
- Has my course-work prepared me for my current/future work?
- Could I have been better academically prepared for my current work responsibilities/Learning Objectives?
- Did my Learning Objectives help improve my work performance?
- Did my Co-Op experience influence team work or a better working relationship with my co-workers and/or supervisor?
- What information or skills did I learn that I can bring back to the classroom?
- What classroom learning experience did I bring to my Co-Op experience?
- How did my Co-Op experience influence my career decision?
- Describe an important piece of information you have learned at work, that you would consider relevant to a class you have taken.
- Describe an important piece of information that you learned in school that applies to a work-related problem.