

## Student Reflection

Now that you have completed a Co-Op, take some time to reflect on what you experienced and how the Co-Op might affect your college or career plans in the future. This worksheet will be used in class.

Student name:	School:
Name of supervisor:	Beginning and end dates of Co-Op:
Company/Organization of Co-Op:	Email address for Co-Op supervisor:

What aspects of the Co-Op were interesting? Which were not? Why?

What did you like about the workplace? What would you change? Why?

Would you consider a career in this field? Why or why not?

What was the most memorable aspect of your Co-Op experience? Why?

What did you learn about the company and its employees? Please explain.

How did the people at the workplace treat one another? Please explain

What technology did you use while at the worksite? List what you used, and for what purpose.

If you wanted to work as a professional in the workplace where you were, what would the job title be? What might you do to prepare in the next five years, both in high school and college?

What knowledge and skills are you learning in school that will be used on the job? Please explain.

What knowledge or skills do you need to strengthen to be successful on the job? Please explain.

Would you recommend other students work with this company in the future? Circle and explain.

Yes No

Would you recommend other students work with this supervisor in the future? Circle and explain.

Yes No