

Outline for My Co-op Experience Written Reflection

1. **Content of Reflection** should include:
 - a. An introduction, including yourself and your placement
 - b. Your career goals, and feelings going into Co-op
 - c. Specific things you learned about yourself while in co-op (provide examples)
 - d. How co-op has helped you get to your goals, learn new skills, or perhaps change your career goals.
 - e. Your career plans or goals moving forward. i.e. what next?
 - f. 1 piece of advice you would give future co-op students on the in class/course work in co-op (i.e. logs, journals, in class, pre-placement)
 - g. 1 piece of advice you would give future co-op students on the work experience portion of co-op (i.e. showing up on time, having a positive attitude etc.)
 - h.
2. **Format of Reflection**
 - a. Minimum 500 words
 - b. Must be typed
 - c.

**** Hint - you may use your Journal 5 “Capturing the Student Voice” Reflection for this assignment, just add more!!****

	Level 1	Level 2	Level 3	Level 4
Thinking - Self Reflection	Minimal self reflections	Some self reflection	Good self reflection and examples used	Excellent self reflection and extensive examples used
Communication - Grammar and punctuation - Format is followed	Minimal editing evident Missing content (500 words)	Some editing evident	Good editing evident	Thorough editing evident

Video/Podcast Reflection Content

1. Should be the same ideas and content as in your written reflection above.

Your video/podcast reflection can be you reading your written reflection, or using it as a guideline to speak about your co-op experience.

Format of Reflection:

1. Should be between 30 seconds and 1 minute long

	Level 1	Level 2	Level 3	Level 4
Knowledge <ul style="list-style-type: none"> - Use of workplace terminology - Demonstrates knowledge of placement, and co-op course 	Demonstrates limited use of workplace terminology or knowledge of their co-op placement and course.	Demonstrates some use of workplace terminology and knowledge of their co-op placement and course.	Demonstrates considerable use of workplace terminology and knowledge of their co-op placement and course.	Demonstrates an excellent use of workplace terminology and a thorough knowledge of their co-op placement and course.
Communication <ul style="list-style-type: none"> - Confidence and clarity - Voice audible and expressive 	Limited use of appropriate communication skills	Satisfactory use of appropriate communication skills	Good use of appropriate communication skills	Exceptional use of appropriate communication skills
Application <ul style="list-style-type: none"> - Student effectively organized, presented and recorded their reflection 	Demonstrates limited organization or effectiveness in presenting and recording their reflection	Demonstrates some organization and effectiveness in presenting and recording their reflection	Demonstrates significant organization and effectiveness in presenting and recording their reflection	Demonstrates a high degree of organization and effectiveness in presenting and recording their reflection