

The activity directly below is included with permission from CAMOSUN COLLEGE

<b>NAME:</b>	<b>DATE:</b>
<b>Please take the time to reflect on your work experience:</b>	
<ul style="list-style-type: none"> <li>• Some new things you learned.</li> </ul>	<ul style="list-style-type: none"> <li>• How you felt when you started and finished.</li> </ul>
<ul style="list-style-type: none"> <li>• People you met.</li> </ul>	<ul style="list-style-type: none"> <li>• Any problems you encountered.</li> </ul>
<ul style="list-style-type: none"> <li>• Any skills that you feel you have gained.</li> </ul>	<ul style="list-style-type: none"> <li>• Any skills that you feel you can improve on.</li> </ul>
<ul style="list-style-type: none"> <li>• Were you late, early, on time?</li> </ul>	<ul style="list-style-type: none"> <li>• Any questions to ask employer or instructor.</li> </ul>
<b>NAME OF EMPLOYER:</b>	<b>HOURS OF WORK EXPERIENCE:</b>
<b>How did you feel when you started work?</b>	(poor) 1   2   3   4   5 (okay) 6   7   8   9   10 (great)
<b>How did you feel when your shift ended?</b>	
<b>What was the best part of the day?</b>	
<b>What tasks did you do at work today? List at least 3.</b>	
<b>What else do you want to tell us about today?</b>	