

COOPERATIVE EDUCATION
Reflection Learning Topics

*Use the topics listed below to direct your weekly journal reflections on the back of the log sheet (hand-written).
 You must use these topics unless otherwise stated!!*

Log Week	Topic
1	With respect to my coop experience, I am most looking forward to ...
2	My initial reaction to my placement supervisor is ...
3	Describe the placement layout and your work station / area.
4	It is important to be interested and enthusiastic about my placement because ...
5	My interaction and communication with my supervisor to date has been ...
6	If I had to report an accident at my workplace, I would take the following steps: (list) and explain in your opinion the importance of health and safety on the job.
7	List and explain any formal rules that you have at your placement ... (i.e. no hats, no personal phone calls, etc.)
8	Write your personal definition of “confidentiality” and describe two ways that a student at any placement (not necessarily yours) might mistakenly violate placement confidentiality.
9	Open topic ... (you make one up and comment on your selected topic)
10	Comment on the individual at your placement who you spend the most of your time with and how they have helped you.
11	What two employability skills have you enhanced so far at your placement and indicate their importance in the work environment.
12	I show commitment to my coop placement when I ...
13	In your opinion, why is dependability and punctuality a must at your placement ...
14	The three duties I enjoy performing the most at my placement are ... (explaining why)
15	Something I would like to change about my placement is ...
16	How has your coop placement helped in your career choice?
17	As I approach the end of my placement, I would really like to ...
18	Open topic ... (you make one up and comment on your selected topic)
19	Open topic ... (you make one up and comment on your selected topic)