Bluewater District School Board

**File #**

Co-op Department Student Log Sheet

**Owen Sound District Secondary School**

Week

16

For the Week\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due \_\_\_\_\_\_\_\_\_\_\_\_\_

Student

Placement Teacher Monitor

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  | TASKS AND ACTIVITIES |
| **Monday** |  |  |
|  |  |  |
| Start Time |  |  |
|  |  |  |
| End Time |  |  |
|  |  |  |
| Lunch |  |  |
|  |  |  |
| Hours |  |  |
|  |  |  |
|  |  |  |  |
| **Tuesday** |  |  |
|  |  |  |
| Start Time |  |  |
|  |  |  |
| End Time |  |  |
|  |  |  |
| Lunch |  |  |
|  |  |  |
| Hours |  |  |
|  |  |  |
|  |  |  |  |
| **Wednesday** |  |  |
|  |  |  |
| Start Time |  |  |
|  |  |  |
| End Time |  |  |
|  |  |  |
| Lunch |  |  |
|  |  |  |
| Hours |  |  |
|  |  |  |
|  |  |  |  |
| **Thursday** |  |  |
|  |  |  |
| Start Time |  |  |
|  |  |  |
| End Time |  |  |
|  |  |  |
| Lunch |  |  |
|  |  |  |
| Hours |  |  |
|  |  |  |
|  |  |  |  |
| **Friday** |  |  |
|  |  |  |
| Start Time |  |  |
|  |  |  |
| End Time |  |  |
|  |  |  |
| Lunch |  |  |
|  |  |  |
| Hours |  |  |
|  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  | Supervisor Comments: *Credits will not be awarded if this form is not completed, signed and returned on time***Supervisor Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **This Week**  |  |  |
| Total Hours |
|  |  |  |
| **Previous Log** |  |  |
|  Total Hours to Date |
|  |  |  |
| **Total Hours to Date** |  |  |
|  |  |  |

## **WEEK 16**

**Using the computer or a piece of lined paper, write about one of the topics listed above, or one of your own. The main idea is to reflect on your placement and what you are learning from it.**

**This should be a minimum of 100 words (or roughly half a page) in length. Please print and staple to your log sheet. Your supervisor does not need to read your reflective writing.**

**A REFLECTIVE JOURNAL IS…**

* Writing to get in touch with and express your feelings about your experience
* Writing to think about your experience
* Writing to analyze and solve problems arising from your experience
* Writing to summarize and focus on the meaning of your experience
* Writing to make sense of your experience
* Writing to clarify what your experience means to you

A Reflective Journal is **NOT**….writing about what you did – that goes into your log.

**Starters – Topics for Reflection**

* What I want to learn from my experience…
* The people at my Cooperative Education placement who are role models for me and why…
* How I feel about an experience I have had at my Cooperative Education placement…
* What I am feeling about my Cooperative Education experience…
* A problem at my Cooperative Education placement I want to analyze and solve…
* What I like about my Cooperative Education experience and why I like it
* What I don’t like about my Cooperative Education experience and why I don’t like it
* What I find satisfying or rewarding about my work…
* What I find frustrating about my work…
* My accomplishments at my Cooperative Education placement are…
* Is this the type of work I want to pursue as a future occupation? Why or why not?
* What have been the highlights of my Cooperative Education experience and why?
* What have been the low points of my Cooperative Education experience and why?
* What am I learning through my experience that is encouraging me to pursue my educational and career goals?
* What am I learning through my experience that is encouraging me to refine or revise my educational and career goals?
* What am I learning about myself through my experience?
* What skills am I developing through my experience?
* How are my attitudes changing through my experience?
* A summary of my Cooperative Education experience to date and what it means to me…