

WEx Student Reflections Activity Please circle appropriate course designation **12A 12B**

Student completes the **Students Reflections Activity** after 100 hours work experience and returns to Career Counsellor along with the with **Final Student Evaluation**.

Name: _____

1. List three worksite specific duties/tasks that you performed at your worksite.

-
-
-

2. Name the equipment or tools you learned to operate.

-
-
-

3. What are the potential safety hazards in this work (how might an injury occur)?

-
-
-

5. What skills did you learn at school that were transferable to your work experience?

-
-

6. Give an example of how your work performance improved by communicating with co-workers or a supervisor.

-

7. Employability Skills Checklist

Using the scale below, rank your Employability Skills learned through Work Experience placement.

1 = weak 2 = needs improvement 3 = good 4 = excellent

	1	2	3	4		1	2	3	4
FUNDAMENTAL SKILLS					TEAMWORK SKILLS				
Communication					Respect & relations with others				
Initiative					Cooperation				
Attitude - Application to work									
Attitude – towards training					PERSONAL MANAGEMENT SKILLS				
					Attendance				
TECHNICAL SKILLS					Punctuality				
Technical Proficiency					Work area				
Quality of work					Ability to follow instructions				
Quantity and efficiency					Sense of Responsibility				
					Grooming and appearance				
					Health and work safety				
					Organization, planning, & efficiency				