

Co-op Journal Questions



Remember that these questions or statements are an opportunity to put down your feelings and thoughts about what you have been learning. Hopefully this will enable you to clarify your needs, goals, and accomplishments.

Before you begin writing, indicate which question you are answering, and neatly write the answer on the back of your time sheet. Try to answer who, what, where, why, and when of each situation.

1. Explain how your expectations from this experience have changed your future plans.
2. What aspects of the job do you consider boring? How do you overcome this?
3. Explain a memorable moment you've had on the job. Include in your description when it happened, who was involved and how it made you feel.
4. DON'T EVER CHANGE THIS! This part of my job I love to do everyday.
5. What parts of the job are stressful? How do you deal with the stress that comes with the job?
6. Have you started to bond with other staff members? Describe the person/people you have connected with and tell how this relationship(s) has formed.
7. Explain the goals you hope to achieve through your experience at your Co-op placement.
8. This week someone made me feel that being there really made a difference.
9. Tell about a negative experience you had at work. What strategies did you use to cope? What can you do to avoid this from happening again?
10. Many skills that you are practicing and mastering at the workplace can be used at school and in your future employment opportunities. Identify which skills you have learned at work that makes you a better student at school. Be specific by providing examples.
11. Tell about how you've accomplished a goal at your co-op placement. What was the goal? How did you successfully achieve it? How long did it take?
12. I couldn't believe my (eyes, ears) ...
13. NOT FOR ME! These parts of my job I find very unattractive.
14. Explain what routines you go through everyday to learn more about what you're doing?
15. Do you find yourself wanting to go to co-op everyday to learn more about what you're doing? What aspects of your job make you feel this way?
16. What have you been learning about yourself as a result of your placement experiences?
17. Create a question of your own about your experiences in the co-op field and then answer the question in several detailed paragraphs.