

Student Reflection Questions

These reflection questions may be used in conjunction with any work-based learning experience. They should be answered for each work sample or writing sample that will be included in your portfolio. The goal is to reflect on learning in relation to the learning objectives of the work-based learning experience. The reflection on learning has several purposes. Doing this reflection helps you:

- make connections between what you do in your work-based learning experience and the intended learning outcomes of the experience,
- learn to evaluate the quality of your work in relation to the standards established for those intended learning outcomes,
- think about how you have improved your knowledge and skills over time, and
- identify your strengths and make plans for what you want to do next to improve even more.

What you write in your reflection becomes important supporting evidence of your learning that you can share with others along with actual samples of your work when you are applying for jobs, scholarships, or admission to new education or training programs that will help you achieve your career and life goals.

To complete your reflection, write brief answers to each of the following prompts:

- 1. Describe what you did in the learning experience, or the work/writing sample, that you are reflecting on. What project or assignment was it part of?**
- 2. Review the intended learning objectives for your work-based learning experience. What concepts and skills from the intended learning objectives did you demonstrate in this experience, or work or writing sample?**
- 3. Evaluate your own performance or product in terms of the standards and criteria given in the Student Skills Assessment Rubric.**
- 4. If this is not the first time you have reflected on your performance or products in relation to these intended learning objectives, describe how your work, and the knowledge and skills they demonstrate, have improved since the last time.**
- 5. Describe what you would like to do next to improve your performance or product in terms of the standards and criteria given in the Student Skills Assessment Rubric.**