Daily Log/Reflective Journal Assignment

For this assignment you are to write a paragraph each day or week (depending on your faculty sponsor’s requirements) reflecting on your work experience. Think about how your time was spent at the work site and summarize your experience. The questions below may be helpful when you are developing your daily or weekly reflection:

- What was the best thing that happened today at your site? How did it make you feel?
- What thing(s) do you like least about your site?
- What criticism, if any, did you receive and how did you react to them?
- How have you changed or grown since you began your work at this site? What have you learned about yourself and the people you work with?
- How does working at this site make you feel? Happy? Proud? Bored? Why do you feel this way?
- Has this experience made you think about possible careers in this field?
- What kind of new skills have you learned since beginning to work at this site? How might they help you?
- What are some advantages or disadvantages of working at this occupation?
- If you were in charge of the site, what changes would you make?
- How has your work changed since you first started? Have you been given more responsibility? Has your daily routine changed at all?
- What do you think is your main contribution to the site?
- How do the people at work treat you? How does it make you feel?
- What have you done this week that makes you proud?
- Has this experience been a rewarding one for you? Why or why not?