Sp16 co-op reflection/guided inquiry stuff*

* required for first time co-ops only

Reflection/Guided Inquiry #1  Sent 2/1/16 Due 2/16/16 (6 months)  Sent 2/1/16 Due 2/16/16 (4 month)
1 Tell us about a typical day in your life at your co-op position. How do you spend your time? What types of decisions do you make at work? What types of decisions do you make outside of work? Describe at least one internal and at least one external motivator for you as you start co-op.
2 In what ways is your co-op experience (e.g. day-to-day tasks, personal projects, networking or other activities) contributing to your personal and professional learning objectives?

Reflection/Guided Inquiry #2  Sent 4/4/16 Due 4/18/16 (6 months)  Sent 3/16/16 Due 3/30/16 (4 month)
1 Describe a challenge you have encountered during your co-op. What skills, knowledge, and personal qualities did you use to approach it? What, if anything, did you learn from it?
2 What opportunities have you had during your co-op to apply skills and/or knowledge that you learned in the classroom? Please provide one or two examples.

Reflection/Guided Inquiry #3  Sent 6/6/16 Due 6/20/16 (6 months)  Sent 4/20/16 Due 5/4/16 (4 month)
1 Tell us about a typical day in your life as a member of this profession. How do you spend your time? What types of decisions do you make now that you are approaching the end of this co-op?
2 Revisit your responses to Guided Inquiry 1 . How are they different or similar to the answer that you just gave in Guided Inquiry 3? Have any of the motivators that you mentioned changed in importance? Which are no longer motivators? What new motivators do you have?
3 Based on the experiences that you have had during this co-op, what new skills and knowledge have you developed? What are new skills and knowledge you would like to acquire when you return from co-op and why do you need them? Which of these do you expect that you will learn through your coursework? For those you want to learn outside of the classroom, where do you expect to learn them?

Reflection/Guided Inquiry #4  Sent 10/5/16 Due 10/19/16 (6 months)  Sent 10/5/16 Due 10/19/16 (4 month)
1 Refer back to your answer to reflection 2 where you described a challenge. With what type of mindset (growth or fixed) had you approached that challenge? Having had the experiences that you have had since, would you approach it differently today? Why or why not?
2 What are some connections between the work you were doing in co-op and the work that you are now doing in your classes? Describe where the skills or knowledge that you acquired during co-op applies to your day-to-day activities.
3 Describe an ideal future co-op experience. How will it be different from, and/or built on, your co-op experience and coursework? What additional skills or knowledge will you want to acquire? In what ways will you be a different person than you were when you started your first co-op?

* all of these are required for first time co-ops only