

Student: \_\_\_\_\_

Week of: \_\_\_\_\_

Coop Teacher: \_\_\_\_\_

Rec'vd onTime?  Date Rec'vd: \_\_\_\_\_

	Daily / Weekly Activities	Scheduling Your Time
<b>Monday</b>		<b>Expectation: Organization Learning Skills</b>
Date _____		Ask your supervisor or co-workers what strategies they use to help keep them organized. What strategies do you use or plan to use to make your schedule easier to manage?
Start _____		
Finish _____		
<input style="width: 50px; height: 20px;" type="text"/> Total Hours		
<b>Tuesday</b>		
Date _____		
Start _____		
Finish _____		
<input style="width: 50px; height: 20px;" type="text"/> Total Hours		
<b>Wednesday</b>		
Date _____		
Start _____	<b>New Learning</b>	
Finish _____		
<input style="width: 50px; height: 20px;" type="text"/> Total Hours		
<b>Thursday</b>		
Date _____		
Start _____		
Finish _____		
<input style="width: 50px; height: 20px;" type="text"/> Total Hours		
<b>Friday</b>		
Date _____		
Start _____		
Finish _____		
<input style="width: 50px; height: 20px;" type="text"/> Total Hours		

**Hours:**

This Week

Past Total

Total to Date ★

**Formative Assessment Teacher Comments:**

**Signatures** ➤ Student: \_\_\_\_\_ Employer: \_\_\_\_\_

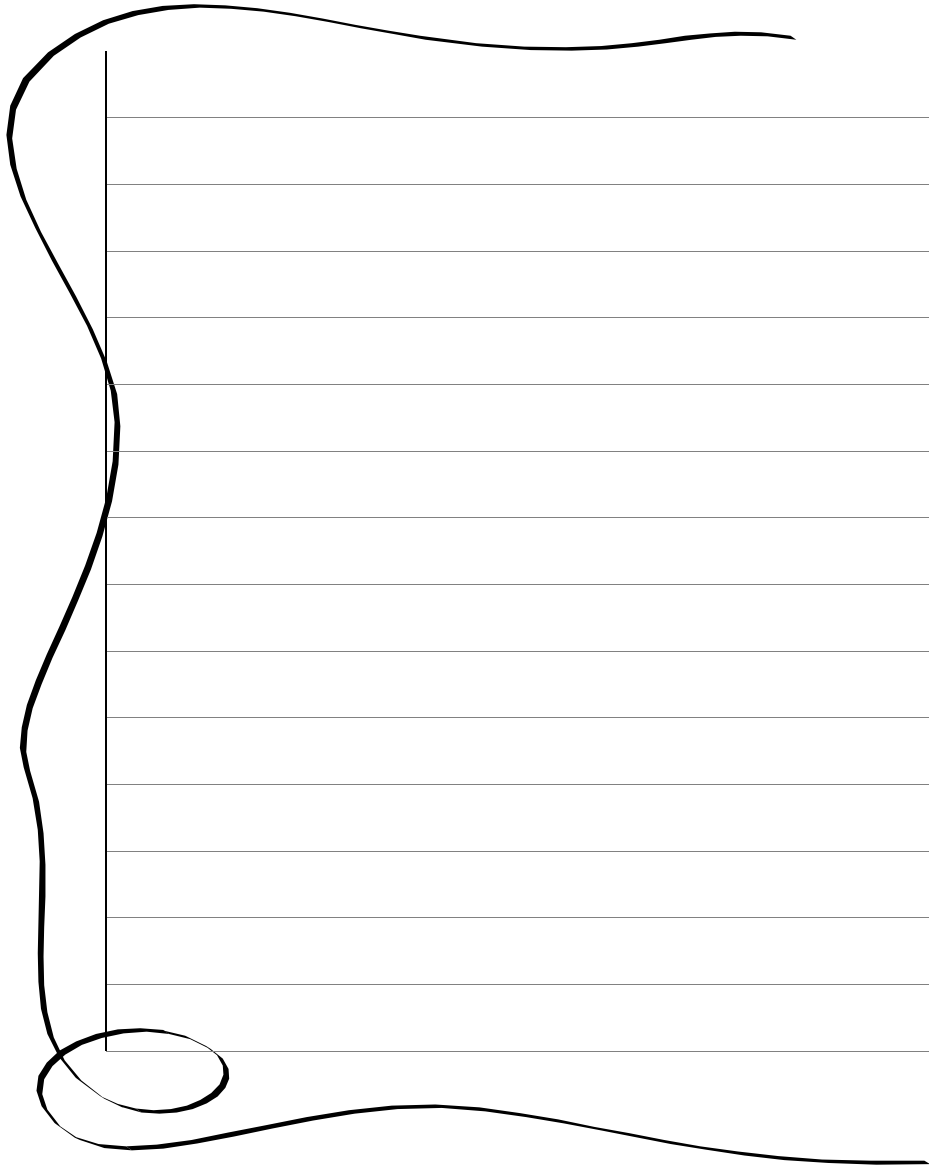
★ Please enter this number in the "Past Total" box at the bottom of your **Week 3** Log sheet

# Reflection Focus

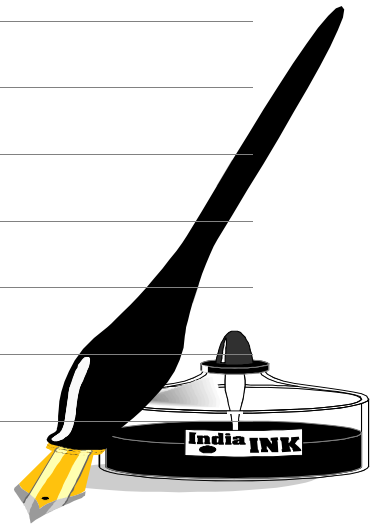
**Stress and time management** are important skills to learn but you have to work at them. Discuss your ability to manage school, Coop Education, part time job, home responsibilities, etc. Do you use an agenda to keep track of due dates and appointments? What do you do to manage stress? (Exercise, read, music . . .?)  
What stresses you out about your Coop placement? What can you do about it?

Discuss any other feelings or issues you have!

**Expectations:** RL1 Relate the placement experience both to the curriculum expectations of the related course and to the expectations related to cooperative education, using a variety of strategies, activities, and tools  
RL2 Reflect on and analyze placement experiences



A large, decorative bracket on the left side of the page, framing the writing area. The writing area consists of 15 horizontal lines for text entry.



	Needs Improvement	Satisfactory	Good	Excellent
Critical Thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insightful Reflection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Literacy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>