

INTEGRATION DAY #2 – November 11, 2019

1. Continue to make the cycle that appears below your focus in these final 7 weeks of Co-op.

Continuing with Goal Setting as you craft your Co-op Learning Plan.

Practice: **EXPERIENCE >> REFLECT >> APPLY**

(What?) >> (So What?) >> (Now What?)

(your tasks >> journals, conversations, Hour Republic, Learning Plan >> integrate)

2. Did you remind your employer that you'd be here today? If not, do that now!
- Several of you still handing in vague or missing daily 'descriptions' with your hours (why are you doing each task? By doing this, you're giving me more insight into what you're doing but, more importantly, YOU'LL better understanding the purpose behind the tasks you've been assigned ...and receive a better grade)
 - As we slowly enter the home stretch of the semester, visit Hour Republic daily during your work week: (to update your hours and work activities, to make sure past submissions aren't still 'pending' or have been declined, and to check for messages from me or your supervisor (attached to your weekly submissions or by checking your inbox by hovering over your name in the upper right)
 - This Friday, November 15 is a PA Day. You are not expected to go to Co-op but you are welcome to as long as you stick within the hours established on your WEAf. **Remind your supervisor either way!**
 - Wed, Nov 27 is Wellness Day #2. Your options...
 - Go to Co-op (ensure you're working within your WEAf hours; if you're behind on hours, this should be your no-brainer choice. It's likely your best choice regardless)
 - Attend one of the workshops that are offered (and let your supervisor know why you won't be in)
 - Get extra help for your morning class(es) (and let your supervisor know why you won't be in)
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Hours Update...

CO-OP HOURS...

Assuming you work 3 hours a day/15 hours a week (4.5/22.5 hours a week for 3 credits; 6/30 hours for 4 credits), there are still...

124 hours (186 for 3 credits; 248 for 4 credits) left to earn. So, to comfortably be on pace to achieve the 220 hours (330 for 3 credits; 440 for 4 credits) you require, you should have at least...

106 verified hours (154 for 3 credits; 202 for 4 credits) as of Friday, November 8.

3. NEXT INTEGRATION DAY IS MONDAY, NOVEMBER 25 (in two weeks). **SEE YOU HERE AND THEN.** Submit today's 2.5 hours to me TODAY. Submit the rest of the week's hours to your supervisor after you're done work on Friday.

Questions?

...Any?

...Even one?

TODAY...

1. Starting your '**Co-op Student Learning Plan**'. The Learning Plan shell and instructions have been posted to our Google Classroom.
2. Work on the work you owe (outstanding hours are your first priority). **TODAY WILL BE AN INDEPENDENT, QUIET, & PRODUCTIVE WORK PERIOD.** Not optional. :)
3. Submit today's **2.5** hours to me

