

REFLECTIVE JOURNALS

A **Reflective Journal** is a passage of at least 500 words where you write about your Co-op experiences...

- ...to summarize and focus on the meaning of your tasks and experiences
- ...to analyze and solve problems arising from your experiences
- ...to evaluate your experience
- ...to clarify what your Co-op experience means to you

Journals are to be submitted on the assigned dates (4 per semester) through your Hour Republic Co-op Dashboard.

- ❖ 'Journal Topics: Learning from Experience! Reflective Comments on the Placement Experience' **

** located on website at <http://bcicoop.weebly.com>
under the tab 'Hours & Journals' **

To submit your Journal entry via Hour Republic...

- Go into 'My Reflections / Journal'
- Select 'New Reflection'
- Choose the correct date (there will be no topic to choose since I allow you to choose your topic in any given week)
- Type your Journal entry in the box, "My Reflection / Journal"
- Click 'Submit Reflection' to submit it to your Co-op teacher