

REFLECTIONS

A **Reflection** is a journal-like passage of at least 500 words where you reflect on your Co-op experiences...

- ...to assist you as you apply the **Experiential Learning Cycle** of *Participation (What?)* > *Reflection (So What?)* > *Application (Now What?)*
- ...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

Reflections are to be submitted on the assigned dates (3 per semester) through your Hour Republic Co-op Dashboard. Each reflection will be graded out of 40 marks.

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

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

To submit your Reflection 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