

Student Work Journal

Select a question each day and note your thoughts, feelings, and experiences.

The following questions may be used to help get you started.

- What new skills did I learn?
- What did I learn that can be applied to other situations?
- What was the most challenging part of my day?
- What was the highlight of my day?
- What problems did I encounter?
- What did I learn about the work of this company?
- Was I able to practice employability skills such as communication, teamwork and positive attitude?
- Did I see others practising these skills?
- Did anyone (parents, work supervisor, teacher supervisor) make a meaningful comment about work experience which I would like to record and remember?

Day 1

Day 2

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Day 3

Day 4

Day 5
