



NAME:

DATE:

WHAT?	SO WHAT?	NOW WHAT?
<p>What did you do? What did you learn?</p>	<p>Reflect on your experience. How did it help your understanding of careers, pathways, and skills?</p>	<p>How might you apply what you have learned?</p>
<p>Example: <i>I worked at Tim Hortons. I learned about team work – it was important to make sure that when a co-worker got too busy, I had to jump in and help. I learned that they did the same for me too.</i></p>	<p>Example: <i>I learned you need to work with others. Sometimes coworkers and sometimes customers. In the future I want a career with more flexibility. I like to learn new things, and I don't like night shifts!</i></p>	<p>Example: <i>I will observe others and see what skills and strategies they are using to be successful. I will incorporate my own ideas for success with those I learn from teacher, friends, and coworkers</i></p>
<p>I worked part time at...</p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div>	<p>My experience at work taught me...</p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div>	<p>I will...</p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div>
<p>I learned...</p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div>	<p>It helped...</p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div>	<div style="border: 1px solid black; height: 150px; width: 100%;"></div>