

REFLECTING ON MY CRLE

Complete the Reflective Essay after you have finished your Career-Related Learning Experience.

It is important to consider what you learned and how you will apply what you learned to your future. To assist you, prompts have been provided that guide your writing of the essay. The questions are designed to help you reflect on the experience.

Do NOT fill in your answers on this worksheet; you must word process your reflection in essay format. Please use Times New Roman #12 font.

1. What did you select for your CRLE? Why was it important to you? How did your experience fit with your education, occupation, and personal goals?
2. What obstacles did you encounter and how did you overcome them?
3. Which career-related learning standards did you demonstrate (reverse of paper)? How?
4. What other skills and knowledge did you learn and develop?
5. How would you evaluate the experience overall? Did it meet the expectations you had when you selected it?
6. How would you evaluate your participation and work?
7. What could you do better next time?

CAREER-RELATED LEARNING STANDARDS

1. **Personal Management:** Exhibit appropriate work ethic and behaviors in school, community, and workplace.
 - Maintain regular attendance and be on time.
 - Be accountable for decisions and actions.
 - Interact appropriately with colleagues.
 - Identify tasks that need to be done and initiate action to complete them.
 - Plan, organize, and complete tasks on time, meeting agreed upon standards of quality.
2. **Problem Solving:** Apply decision-making and problem solving techniques in school, community, and workplace.
 - Use problem solving and decision-making skills to address workplace problems.
3. **Communications:** Demonstrate effective communication skills to give and receive information in school, community, and workplace.
 - Speak clearly to provide information and directions.
 - Use technology and traditional methods to gather, process, and convey information.
 - Read technical/instructional materials for information and apply to specific tasks.
 - Give and receive feedback in a positive manner.
 - Write clearly and accurately.
 - Listen attentively.
4. **Teamwork:** Demonstrate effective teamwork in school, community, and workplace.
 - Work effectively as a member of a team.
 - Demonstrate respect and flexibility in team situations.
5. **Employment Foundations:** Demonstrate academic, technical, and organizational knowledge and skills required for successful employment within a career endorsement area.
 - Follow health and safety practices.
 - Dress appropriate to work environment.
 - Use tools and technology appropriate for the workplace.
 - Understand how the organization fits into its industry and community.
 - Understand how to work effectively within the organization's structure.
 - Demonstrate job-seeking skills.
6. **Career Development:** Demonstrate career development skills in planning for post high school experiences.
 - Assess personal characteristics related to career goals.