

Work-Based Learning Reflection Form Questions for WBL Activities



When students complete a work-based learning activity, they will be asked to reflect on the impact of that activity on their career journeys using the questions noted below. The primary WBL activity noted in the NAF WBL Participation Tracker will determine which reflection form, aligned with the appropriate WBL continuum phase, will be distributed. Students will complete the WBL Reflection Form by logging into their student NAFTrack account.

Aspirations

	Career Awareness	Career Exploration	Career Preparation
This activity gave me a glimpse into 1 or more careers.	*	*	*
I am interested in learning more about a career explored during this activity.	*	*	*
Which career are you interested in learning more about?	*	*	*
This activity helped me realize a career I am NOT interested in.	*	*	*
Which career are you eliminating as a possible career option?	*	*	*
This activity provided me with useful information about pursuing my education or career goals.	*	*	*

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Connections

		Career Awareness	Career Exploration	Career Preparation
	During this activity, I felt that another person or people cared about me and my success.	*	*	*
	Participating in this work-based learning activity helped connect me with other people who can help me pursue my education or career goals.	*	*	*
	I am likely to stay in touch with my mentor, supervisor, and/or other employees I met during this experience.			*
	Did you use your networking skills to exchange contact information with or write a follow-up note to an industry professional you met during this activity?		*	

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Skills

Take a moment to think back on your skills before you took part in this experience. Please indicate the degree to which your skills were impacted by this experience.

- Collaboration/teamwork skills
- Communication skills (verbal and written)
- Problem-solving skills
- Taking initiative, working independently, and adapting my work based on feedback from others
- Being mindful of others' feelings and needs and adapting accordingly
- Planning for success and managing my time well

I feel more confident in my skills as a result of this experience.

The work I performed was challenging, allowing me an opportunity to build my skills.

The work I performed was of real value to a company or community partner.

I received constructive feedback on my progress and abilities from my supervisor(s) and/or mentor(s) throughout this experience.

Career Awareness	Career Exploration	Career Preparation
	*	*
	*	*
		*
		*
		*

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		Career Awareness	Career Exploration	Career Preparation
Reflective	What was the most meaningful part of this activity for you?	*	*	*
	What did you learn about yourself in this activity?	*	*	*
	Is there anything you would like your teacher to know about this activity?	*	*	*