



Structured Work Experience Self-Assessment

Name _____ Advisor _____

Please type at least a one-page paper which discusses the following questions. Turn in to the Career Education Specialist.

- 1) Describe your work experience.
 - a) What tasks are you accountable for?
 - b) How long have you worked there?
- 2) Consider your understanding of your job at the beginning when you started and then look at your growth at the end. Discuss the growth and development that took place. In your review consider the following:
 - a) Did you participate in any helpful training orientations?
 - b) Did you participate in any goal setting programs?
 - c) Did you have a mentor who helped support you?
 - d) What areas of your job were the most demanding?
 - e) What areas of your job were the most frustrating?
 - f) Were there instances where you needed to ask for help and who did you approach for help or support?
 - g) What helpful work traits do you feel you acquired during this experience?
 - h) In a larger perspective, how will this experience help you in the future?
- 3) During this work experience, students should also focus on potential career goals.
 - a) How did this experience help you explore plans for the future?
- 4) In the course of working, did you meet any individuals whose working style you admired?
 - a) Tell how this influenced you.