

## Student Reflection Log

**What is this?** This is an optional tool for student employees. Reflection can be powerful, especially when paired with check-ins.

**Student's Name** \_\_\_\_\_

**Position Title** \_\_\_\_\_

**Date** \_\_\_\_\_ **Semester/Year** \_\_\_\_\_

**Semester Meeting**  **one**  **two**

**Department** \_\_\_\_\_

**Supervisor** \_\_\_\_\_

1) What's one thing you've learned at work recently? (Skill, habit, insight, or realization) \_\_\_\_\_  
\_\_\_\_\_

2) How is this job connecting to your academics right now?

- Helping me manage my time
- Building confidence
- Reinforcing what I'm learning in class
- Helping me explore interests
- Other: \_\_\_\_\_

Example or explanation (optional): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3) What's something you're proud of in your work?

\_\_\_\_\_  
\_\_\_\_\_

4) What's one area you want to grow or improve?

\_\_\_\_\_  
\_\_\_\_\_

5) Looking ahead...

- I want to get more confident in this role
- I want to take on more responsibility
- I want to prepare for internships/leadership roles
- I want to prepare for graduation/next steps

What support would be helpful? \_\_\_\_\_

