

## Work Experience Log Sheet (Week 1)

Student Name: \_\_\_\_\_

Work Placement Location: \_\_\_\_\_

Dates covered by this log sheet: \_\_\_\_\_  
**(no more than 5 days)**

How many hours did I begin this week with (please bring forward the last hours worked on your previous sheet and place them here. It is your responsibility to keep track of your own hours.

Hours from previous log sheet: (week one will be zero) \_\_\_\_\_

<p>What math did I have to use this week at work or at play? Why is Math an important skill to have?</p>	<p>What English language skills did I use this week at work or at play? Why is it important to speak and write correctly in the world of work?</p>
<p>What work activities did I take part in this week and what did I learn from taking part in those activities? (use the space beside this one and on the next page to complete the activity)</p>	<p>Continued:</p>

<p>How does my work this week tie into my career pathway?</p>	<p>How does my work this week tie into my focus area?</p>
<p>Consider one thing you learned this week – it could be a practical skill, something about your own character, about relationships with co-workers, employers, customers, responsibility, etc. Discuss how what you learned from this affected you.</p>	<p>What do I excel in and what do I need to work on in this job to be my best?</p>

Total hours of work for this period:	Running balance of hours:
Student Signature	Employer Signature
Parent Signature	Please email completed form to:
	diana.camerin@sd72.bc.ca