

## Reflection Options (REQUIRED)

### **For students who enrolled Fall 2021 and beyond ONLY**

After much consideration and exploring best practices, we have decided to modify the reflection aspect of the co-op experience. We will not lose this important component but will be streamlining this and leveraging NUworks to generate reflection prompts at specific intervals through a student's co-op experience. We will also hold group reflection meetings when students return from their co-op. These sessions will enable students to learn from each other and provide an open forum for discussions. While the co-op itself is not credit bearing, students will receive a Satisfactory, Unsatisfactory or Incomplete for the co-op on their transcript. In order to receive a Satisfactory for their co-op experience students will need to do the following:

- Respond to the 3 prompts (sent through NUworks) during their co-op experience
- Complete the self-assessment (sent automatically through NUworks)
- Attend a reflection discussion (if students are unable to attend one of the multiple sessions offered then they can write a reflection paper, for which we are in the process of determining reasonable criteria).
- Not a requirement, but encourage their employer to complete the student evaluation (this will also go out through NUworks – we currently don't have an employer evaluation in place)

This new Reflection process will be required of all incoming CPS students effective Fall 2021.

### **FOR CURRENT STUDENTS ENROLLED PRIOR TO FALL 2021**

We will continue to offer COP6940 / COP3940 for those that have planned for this or for those that choose this path. This course is credit bearing (3 or 4 credits depending on program) and takes the place of a required elective.

#### **COP6940/COP3940. Personal and Career Development. (3-4 Hours)**

Offers a companion course to an internship or co-op. Offers students an opportunity to use the work experience along with this course to (1) clarify vision of a successful professional and personal future and identify goals to creating that vision; (2) identify strengths, weaknesses, and communication and conflict-management preferences; (3) design a career action plan; and (4) develop and practice articulating professional goals, personal brand, and knowledge and experience gained from the co-op. Encourages students to engage in a combination of (1) introspection; (2) critical reflection on experiences in the workplace and with online collaborative learning and group behavior; (3) learning to identify and analyze career and

personal development opportunities in the external environment; and (4) practicing communication, relationship building, conflict management, and leadership skills. Requires permission of the CPS Office of Cooperative Education.