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.