



First Work Term (APSC 110) – Experiential Assignment

Objective

The experiential assignment allows you to reflect on your first co-op work experience, the skills you have gained, and the skills that you need to develop for success in future work terms. Your first co-op experience forms the foundation from which you will build your career; by reflecting on the experience you can ensure you are fully capturing the skills you can offer future employers and those you need to acquire or further develop.

Instructions

Answer each of the following questions (max. 200 words per answer). Provide examples or explanations to support your answers:

1. What did you learn from your job search for this position? What do you intend to do the same and what will you do differently when seeking your next co-op position?
2. Describe 1-3 technical skill(s) you have acquired or further developed during your work term. How will these skills be useful in future work terms?
3. Describe 1-3 soft skill(s) you have acquired or further developed during your work term. How have they helped you succeed in your role?
4. What has been the greatest challenge you have faced in your first co-op experience? (*Use the START technique in your response*)
5. What has been the highlight of your work term so far? (*Use the START technique in your response*)

Submission

Submit your responses in Canvas on or before the deadline outlined in the Work Term Checklist (<https://coop.apsc.ubc.ca/current-students/undergraduate-checklist/>).

Grading

Your Experiential Assignment responses will be assessed as follows:

Excellent	Articulate, interesting, and engaging responses that convey your self-analysis and reflection to the reader in fully developed and easily read answers; free from any grammatical or spelling errors.
Good	Well-written responses providing clear reflection, description and analysis of skills and development over the work term contributing to future employment. May have a few grammatical or spelling errors.
Satisfactory	Addresses questions but provides limited evidence of reflection of development and challenges; simplistic, basic responses demonstrating little consideration for future career development. Average written response with grammatical, punctuation and/or spelling errors.
Unsatisfactory	Poorly written and or incomplete responses to questions. Little to no consideration of reflection and self-awareness of the work term experience and for future employment. Provides few examples. May have multiple grammar, punctuation and/or spelling errors.