

Sample Co-op Student Feedback Form/Log

*Think about your work experience over the past day/week, and reflect on the relevant questions, below.
You may respond below, or on a separate sheet of paper.*

Date:

Time of Shift(s):

What did I do today/this week?

What *new* things did I learn today/this week?

What safety practices did I observe and/or follow?

How is what I learned relevant to the technical frameworks from my major?

What kind of training did I receive?

Where/from whom can I get more information for things I need to learn about?

What did I observe other people doing?

How did I demonstrate or display professional behavior?

How are you treated by your co-workers?

Do you think you are doing too much “grunt” work?

Based on your experiences, what advice would you give to other co-op students?