

NAME:	
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GRAD TRANSITIONS ASSIGNMENT

WORK AND / OR VOLUNTEER EXPERIENCE REFLECTION

Please respond to the following questions about your work and/or volunteer experience:

If you completed more than one type of work and/or volunteer experience, please choose only one to complete the questions.

1. Place an (X) in the appropriate activity in which you participated:

	Paid Work Experience or Volunteer Experience
	School-Arranged Work Experience
	Volunteer Experience

2. NAME the business or organization you did this work or volunteering for and DESCRIBE the work you did.

3. LIST all the tasks / duties that you performed during this work or volunteer experience.

4. DESCRIBE any tools and / or equipment used in this work or volunteer experience.

5. Name THREE SKILLS you learned or used that can be transferred to another work or volunteer situation.

6. HOW does this work or volunteer experience benefit (help) the COMMUNITY? Be specific.

7. HOW does this work or volunteer experience benefit (help) YOU? Be specific.