

# Mountain View High School

## Career Related Learning Experience Record

In order to earn a high school diploma, students must complete career related learning experiences/ activities prior to the end of their senior year. These experiences should be in a career field they are interested in pursuing. The goal is 16 hours of CRLE, but more important is the quality of the experience and what you learned. See your counselor to see if any of your classes qualify and are embedded with CRLE requirements. These may include the following:

Classes with CRLE Embedded

Volunteer/Community Service Projects

Internships

Job Experience

Field Trips

Job Shadows

School Projects

STC Programs

Career Center Workshops

STUDENT NAME: \_\_\_\_\_ GRADE \_\_\_\_\_ ID # \_\_\_\_\_

SUPERVISOR for CRLE Experience \_\_\_\_\_ COUNSELOR: \_\_\_\_\_

**EXPERIENCE(s):** Briefly explain the experience(s) you are choosing for your CRLE. \_\_\_\_\_

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**DATE(s): OF EXPERIENCE(s):** \_\_\_\_\_

**REFLECTION:** You must write 3 paragraphs about your experience and how it either changed or confirmed your interest in this career field.

Please type and attach on a **separate piece of paper**. See back of this sheet for reflection paper requirements.

School Authorization by: \_\_\_\_\_ Date: \_\_\_\_\_

# CRLE Extended Application Reflection Requirements

(three paragraphs required on the following topics)

## 1. DESCRIPTION OF PROJECT OR EXPERIENCE(S):

Describe in detail your experience(s) or project. Include why you chose this project or experience how it or they relate to your interest(s), post-high school goal(s), career preparation or Academy coursework or endorsement; with whom you worked or consulted, in what capacity, his/her expertise, and contribution to your project or experiences; what research you conducted or preparations you had to make, what sources of information you used, and what tasks you performed or responsibilities you had. Include any other information you feel is important in describing your project or experiences.

## 2. REFLECTION ON PROJECT OR EXPERIENCE(S):

Describe what you learned. Include what you hoped to learn, what you discovered about yourself, what you learned about the topic of the project or experience(s), what new knowledge and skills you learned or acquired that were not taught in classes, how you applied the knowledge and skills you learned in school in this project or these experiences, what challenges you encountered and how you handled them, how this project or these experiences stretched and challenged you, and to what extent this project or these experiences met your expected outcomes and prepared you for the future. Include any other information you feel is important in reflecting on your project or experiences.

## 3. REFLECTION ON CAREER CONNECTIONS

Describe insights you gained into careers related to this project or experience. Include available career options or pathways, advancement potential, job availability, income and education and skills requirements. Explain how this project or experience(s) have influenced your decision to continue (or not) study or a career in this area, how prepared you are to enter the workforce in this area after high school, what advanced training or schooling you need to be better prepared and what adjustments you need to make in your long-term plans. Include any other information you feel is important in reflecting on connections between your project or experience(s) and careers or career preparation in this area.

## 4. APPENDIX OF RELEVANT DOCUMENTS OR EVIDENCE

Include any documents or evidence you feel is important to include related to your project or experiences.