

**Career Related Learning Experiences (CRLEs) are structured educational experiences that connect your learning to the world beyond the classroom. You must complete 2 (two) CRLEs to graduate. Answering the following questions about your experience will help you meet one of those Oregon graduation requirements for career exploration. The CRLE Reflection must be word-processed, double spaced using a size 12 font.**

Write a *thorough, thoughtful* reflection about your work, volunteer, internship, or extended learning experience.

1. I participated in the following type of CRLE:

- Career Day
- CAS (Creativity, Action, Service) for IB
- Community Service Project
- Field Trip
- Guest Speaker
- Internship
- Job Shadow
- Mock Interview
- NW Youth Career Expo
- School-based Enterprise

2. Date of my CRLE:

3. Location of my CRLE:

4. Who was the speaker, advisor, event host or leader present at my CRLE?

5. Who was the Business/Organization represented?

6. **In one paragraph (3-5 sentences)** explain why you chose to participate in this experience. Describe what you knew about this career area before. Finally, tell why you chose to use this experience for your CRLE requirement.

7. **In one paragraph (3-5 sentences)** describe what you learned that surprised you about this career experience. Was participating in this career activity a good or even life changing experience? Why or why not?

8. What is today's date?

