

# Career-Related Learning Experience (CRLE) Proposal Stayton High School

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Class of: \_\_\_\_\_

Guide Group Teacher: \_\_\_\_\_

CRLE Date: \_\_\_\_\_

Student has participated in a job shadow / internship / mentorship / professional interview or has completed a structured work-experience (paid or unpaid) based on the student's career interests. PLEASE COMPLETE THANK YOU LETTER & ATTACH A COPY, EXCEPT FOR WORK EXPERIENCE.

Which type of CRLE will you complete (check one):

JOB SHADOW     INTERNSHIP     MENTORSHIP     WORK EXPERIENCE

PROFESSIONAL INTERVIEW     INTERNSHIP     OTHER APPROVED EXPERIENCE

Briefly describe and outline the steps of your CRLE:

How many hours do you expect to spend on this CRLE (minimum 2 hours): \_\_\_\_\_

Provide name and contact information of the adult mentor who will help you complete this CRLE:

\_\_\_\_\_

**Please check with your advisor to ensure that your activity can be considered a CRLE.  
Your page must be signed by the adult mentor that supervised your CRLE.**

APPROVAL:

\_\_\_\_\_  
Guide Group Teacher Signature

\_\_\_\_\_  
Mentor Signature and Contact Number

# CRLE Reflection

**Your 1-2 page reflection (word-processed and double spaced) should include the following:**

- Describe the activity of your CRLE. What did you accomplish?
- List the name of a professional, organization, business, or community partner you worked with during this activity. Attach a business card or other proof of completion. Describe one or more important things you learned from that contact.
- How does this CRLE experience fit with your personal interests, strengths, skills, talents, and/or career goals?
- What are your current post-high school goals? Did your experience in this activity change any of your ideas or goals about what you might want to pursue *after* high school?
- Please explain how you demonstrated personal management, teamwork, communication, and/or problem solving.

**Please attach proof of competition and turn in to your guide group teacher for placement in your portfolio.**