

INTERNSHIP

Reflection Questions



CAREER &
ACADEMIC
PLANNING

MAKE YOUR NEXT MOVE

Student learning

- You can look back on your learning objectives (if you created them before your internship began) to see what skills you learned and can translate those skills into bullet points for your resume.
- What did you learn from your internship experience? (Consider both positive and negative elements)
 - What were your specific responsibilities, tasks or projects during your internship? (Think of specific examples that you can highlight on a resume or use in an interview)
 - Did your internship feel meaningful to you?
 - Did your internship challenge you?
 - Did your internship contribute to the organization's mission?
- If you answered no to any of the above questions, ask yourself "why"? Processing your internship experiences both positive and negative will help you learn more about yourself and the types of positions you should seek out in the future.

Work environment

- Did you enjoy the work environment at your internship site?
- Did the work culture of the organization fit with your work values?
- Can you picture yourself working in a similar environment like that in the future?
- Did you like/not like the management style of your supervisor?

Skills gained

- What skills did you gain during your internship?
- How can you list these skills on a resume or describe in a job interview? (Think of a specific example to go with each skill you gained)

Building upon your internship

- How did this internship experience influence your career education?
- How can you continue to get more experience in your career field of choice? (Consider joining groups on LinkedIn that relate to the field you are pursuing)

Overall evaluation

- What was the best part of your experience?
- What did you like or dislike about the work environment?
- What did you learn most about yourself?
- Would you change anything, if so, what? What would have made the internship better?