



Internship Reflection

It's the end of the summer, so let's look inward. How are you going to be intentional in your skill development and selection of activities, courses, and desired major? How will you move forward? The following questions will help guide you in the reflection process.

1. As a result of this internship, I learned the following about myself:

2. What is the most important thing I learned about myself?

3. What did I like and/or not like about the internship? Therefore, I'm going to...

4. What are 2-3 things I consider my strengths? How am I going to further develop my strengths?

5. What skills did I develop? How can I apply these skills to academic coursework, extracurricular activities, future internships and post-grad life?

6. What new skills, knowledge, and abilities did you learn? How can I apply these new skills, knowledge, and abilities to academic coursework, extracurricular activities, future internships and post-grad life?

7. What is an area of improvement? How do I plan to develop this area?

8. What are 2-3 things am I interested in learning more about in the industry? How am I going to seek this information?
