

**Intern Self-Reflection and Evaluation of Internship Site**

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| Career and Employment Services, University of Puget Sound |
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**General Information**

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| --- | --- |
| Name: | Semester/Year: |
| Internship site: | Supervisor: |
| Position title: | Instructor: |

**Internship and Role at Organization**

What role did you play at your internship site? Consider the range of tasks, duties, responsibilities, and how they relate to overall goals of the organization.

**Reflection on Internship Site**

Please reflect on how your internship site provided professional development. Consider training, coaching, and mentoring provided by your internship supervisor and/or others in the organization.

What was your most valuable learning experience at this internship site?

Would you recommend this internship/organization to other students? Why or why not?

Additional comments:

**Professional Development and/or Personal Growth**

Please describe what you consider to be your most significant lessons learned during this internship. Please provide specific examples.

How has your internship experience influenced your thinking about future career plans?

What key knowledge, skills, or abilities did you develop or enhance during your internship will you apply in the future?

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*We would like to share your comments (excluding “professional development and/or personal growth” section) with future internship seekers. Please complete the following:*

*Please include my name intact so other students may contact me for additional information.*

*Please black out my name so my information is anonymous.*

Career and Employment Services Office use only

Date received by CES: by CES staff member:

I have reviewed the intern’s self-reflection and evaluation of internship site:

Instructor signature Date

**Please return to Career and Employment Services: CMB #1081 by:**

Date