

# Student Academic Internship Self-Reflective Evaluation Form

To be able to evaluate oneself fairly, candidly, and helpfully is a valuable life skill which will be an asset to you long after you leave college. This is perhaps the most important reason why we require a self-evaluation.

There is no single way to write a good evaluation. That will depend upon the course, your goals, your style, and your needs. A good evaluation selects the most important results of the learning process, and from this selection much else is evident. Give time and thought to what you write and care to how you write. A sloppy, careless self-evaluation filled with misspellings, incomplete sentences, and half-thoughts leaves a poor final impression even if you did very well in a course of study.

**A VITAL POINT:** Try to write in a way which communicates information about the content of your internship. Do not just speak in abstractions and personal feelings, such as "This class was extremely important to me because I was interested in it. One should be able to form some judgment about how well you understand a subject from what you say about it, not merely that you claim to understand it. In other words, BE SPECIFIC, BE SPECIFIC, BE SPECIFIC, BE SPECIFIC, and, finally, BE CONCRETE.

## Please answer the following questions

1. Did I do more or less than was expected by the instructor? by me? Why, or why not?
2. What do I now understand best about this subject?
3. What do I understand least about this subject?
4. What do I need to learn next about this subject?
5. What did you expect to learn? What did you actually learn? more or less, and why?
6. What is the most important single piece of knowledge you gained?
7. What new skills did you gain? What old skills were improved?
8. How has your ability to solve problems, think, reason, and research change? What skills do you need to develop next?
9. If you did your internship again, what would you do differently? Has your way of thinking changed?
9. How has your internship altered your behavior?

**Please return this Self-Reflective Evaluation Form to your internship faculty coordinator along with your academic assignment.**

**Thank you.**