Pre-Reflection Activity:
1. What experiences do you intend to obtain from this internship?
2. What *skills do you intend to develop or enhance through this internship?
3. What previous learning will this internship experience build upon (i.e. from prior classes, work, volunteer, leadership, or other)?

Critical Reflection 1
1. Describe your overall experience in your first few weeks of your internship.
2. What are some of the initial challenges you have faced?
3. What are you most excited about now that you have started?

Critical Reflection 2:
1. What have you learned so far about the office culture at your internship site? Does this line up with your own vision of where you want to work?
2. What skills have you started to develop or refine, and how?
3. What aspects of your job responsibilities do you enjoy the most? The least?

Critical Reflection 3:
1. Describe an interpersonal conflict that you encountered or witnessed. How was it addressed? Was it resolved?
2. Following your midway evaluation, how do you feel about your supervisor’s feedback?
3. What would you like to accomplish by the end of your internship that you didn’t seek out at the start?

Critical Reflection 4 (Final):
1. Describe, in detail, how you have met each of your learning outcomes set at the beginning of the internship.
2. Using the SkillSeeker, what skills did you develop the most, and why? The least, and why?
3. How has your internship helped you grow as a professional?
4. What did you learn in this experience that you feel could not be learned in a classroom setting?
5. Identify a suggestion you could give to your employer/supervisor on how the organization can operate more efficiently.

Video Journal Reflection:

This question set is used for students enrolled in the Certified Internship Program. However, feel free to use this as practice for reflecting on any internship experience.

1. How do you feel your internship experience is helping inform or shape your career goals? Preview
2. What work samples or artifacts would you like to have created by the end of your internship to help others understand what you have learned? Preview
3. What are you working on developing within yourself right now? Preview
4. Given what you have learned about your personality preferences, how would you describe your ideal work environment? Preview
5. How successful have you been in communicating with others in your workplace, including your supervisor? Preview