

Internship Student Reflection Worksheet

Now that you have completed an internship, take some time reflect on what you experienced and how the internship might affect your college and career plans in the future.

Student name:	College:
Supervisor:	Beginning and end dates of internship:
Company/Organization:	Email address for internship supervisor:

What aspects of the internship were interesting? Which were not? Why?

What did you like about the workplace? What would you change? Why?

Would you consider a career in this field? Why or why not?

What was the most memorable aspect of your internship experience? Why?

What did you learn about the company and its employees? Please explain.

How did the people at the workplace treat one another? Please explain

What technology did you use while interning at the worksite? List what you used, and for what purpose.

If you wanted to work as a professional in the workplace where you interned, what would the job title be? What might you do to prepare in the next five years?

What knowledge and skills are you learning that will be used on the job? Please explain.

What knowledge or skills do you need to strengthen to be successful on the job? Please explain.

Would you recommend other students intern with this company in the future? Circle and explain.

Yes No

Would you recommend other students intern with this supervisor in the future? Circle and explain.

Yes No

Adapted from original material created by NAF. Used with permission.