

Mid-Term Internship Reflection & Self-Evaluation

Objective: Midway through your internship, it is crucial to step back and reflect on your progress. This self-evaluation is designed to help you articulate what you have learned, assess your original goals, and intentionally plan for the second half of your experience.

Reflection Prompts

Please address the following five sections in your paper. You do not need to answer every single question chronologically, but your essay should comprehensively cover these core themes:

1. Progress and Accomplishments

- Reflect on your day-to-day experience so far. What are the most significant skills or concepts you have learned?
- What projects or tasks have you accomplished that you are most proud of?
- Identify at least two specific things you still want to learn or experience before your internship concludes.

2. Re-evaluating Your Learning Agreement

- Look back at the specific goals you set for yourself in your initial Learning Agreement. Are you actively achieving them?
- Have any of your goals changed based on the reality of the workplace or the projects you have been assigned? If so, how and why?

3. Navigating Challenges & Expectations

- What have been the most significant challenges or roadblocks you have faced so far? How have you navigated them?
- Now that the internship is halfway through, are there any ways in which you need to adjust your expectations (either of yourself, your supervisor, or the organization)?

4. Networking and Professional Relationships

- Who are the key people you have made connections with during this first half?
- How have your interactions with supervisors, colleagues, or clients shaped your understanding of this industry and workplace culture?

5. Vocational Discernment & Looking Ahead

- How is this experience impacting your long-term career goals? Is it confirming your desire to work in this field, or is it making you reconsider your path?

- What do you specifically hope to accomplish in the remaining weeks of your internship?
How will you maximize your time left to ensure a strong finish?

Grading Criteria

Your reflection will be evaluated on the following:

- **Depth of Reflection:** Goes beyond surface-level descriptions of daily tasks to deeply analyze personal and professional growth.
- **Connection to Goals:** Clearly references the original Learning Agreement and thoughtfully evaluates progress.
- **Clarity and Organization:** Uses clear headings, professional language, and is free of grammatical errors.
- **Honesty and Self-Awareness:** Demonstrates a genuine assessment of challenges, expectations, and career discernment.