



HIP INTERN SELF-ASSESSMENT WORKSHEET

		HIP Project No.: HIP-16-	
Intern Name:		Phone:	
Email:			
Record mentor's information for your future reference only			
Mentor Name:		Phone:	
Email:			

Use this worksheet as a personal and professional learning opportunity. Reflect on what you have learned during your internship experience, be honest. Your reflections DO NOT have to be shared with anyone. However, you may wish to discuss some of your reflections with your mentor to get your mentor's perspective.

This self-assessment along with your mentor's "HIP Intern Feedback Summary" become useful tools you can use to help you achieve your career goals.

What have I learned about myself?

What are the benefits, skills and knowledge I gained from the internship?

How will I apply what I learned during my internship?

What do I wish I could do better?

Did this internship help me in pursuing my career goals?

If yes, how? If no, why not and what would you have done differently?

Did I take every advantage to do professional networking during my internship? What else could I have done to increase the number of my professional networking contacts?

What are the specific steps for applying what I learned?

Other comments: