



INTERNSHIP EVALUATION WORKSHEET

Internships and Volunteer Activities offer great insight for potential future careers by providing the opportunity to “try before you buy”. In order to gain this insight, it is important to take the time to evaluate each internship and volunteer activity.

Internship or Volunteer Activity Title: _____

Company or Organization: _____ Dates: _____

Did You Accomplish Your Goals?

Even if you didn’t have written goals, you had a reason for accepting this internship or seeking this volunteer opportunity. Use this space to reflect on what you had hoped to accomplish.

What Did You Learn About ... Yourself?	... Your Future Career?
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What would you say are your highest priority work values?

Did you like the type of work you performed? Or did you observe another job/position you think you’d be more interested in?

How would you describe your work ethic compared to the others you worked around?

What did you discover that you didn’t like and want to avoid in your career?

What skills/knowledge were you able to demonstrate or develop?

Based on this experience, do you think you’d like to work in a small, medium, or large company?

What habits do you need to develop or improve prior to entering the workforce?

Did you like working in this industry? Or should you look for a similar position in a different industry?

In what ways did this internship or volunteer activity clarify your career plans?