

Student Name _____ Today's Date _____

Internship Site _____

Please write at least two paragraphs addressing the following:

What are your goals for this internship experience? What do you hope to learn and achieve? What are your first impressions of this internship?

Please describe one activity that you accomplished today.

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Please write at least two paragraphs addressing the following:

Describe the physical environment where you work. In specific terms describe the feeling of the environment including your general work area, etc.

Please describe one activity that you accomplished today.

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Please write at least two paragraphs addressing the following:

Describe the skills that are needed to do the job that you are doing. Do you presently have some of those skills?

Please describe one activity that you accomplished today.

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Please write at least two paragraphs addressing the following:

Describe the person with whom you work most closely with. What is his/her job?

Describe some of the characteristics that make this person a god worker. What things or situations make this person happy or upset?

Please describe one activity that you accomplished today.

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Please write at least two paragraphs addressing the following:

Today is a day to brag. What are two things that you feel that you have accomplished in this internship so far? Please explain in detail one of those things.

Please describe one activity that you accomplished today.

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Please write at least two paragraphs addressing the following:

What types of personal qualities does one need for success in this occupation or job?
What personal qualities do you have?

Please describe one activity that you accomplished today.

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Please write at least two paragraphs addressing the following:

If you had to give yourself a grade for your attendance and performance so far at your site what would it be? Why? What do you like best about your site? What do like least about your site?

Please describe one activity that you accomplished today.

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Please write at least two paragraphs addressing the following:

Are you finding it easy or hard to keep non-internship commitments such as sports, senior activities, homework etc. Why or Why not?

Please describe one activity that you accomplished today.

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Please write at least two paragraphs addressing the following:

How would you your supervisor describe your performance up to this point? What would other co-workers say or comment about your performance up to this point?

Please describe one activity that you accomplished today.

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Please write at least two paragraphs addressing the following:

Describe at least two skills or concepts that you are learning or have learned in school that relate to the work that you are performing at your site?

Please describe one activity that you accomplished today.

Sport and Medical Sciences Academy
Self Evaluation
Internship Report Card

Directions: Please rate yourself in the following areas. Remember to be fair and honest.

4= Excellent

3= Very Good

2= O.K. (needs improvement)

1= Poor (needs a lot of improvement)

TASK/ATTITUDE	POINTS	COMMENTS
Attendance		
Ability to follow directions		
Dependability		
Willingness to learn		
Ability to complete tasks on time		
Ability to adapt		
Ability to complete tasks accurately		
Going above what is expected		
Ability to show positive attitude		
Ability to follow dress code		
TOTAL POINTS		

SPORT & MEDICAL SCIENCES ACADEMY

School to Career



INTERNSHIP JOURNAL

NAME _____

Site _____