**REFLECTION QUESTIONS AND PROMPTS**

**FOR INTERN AND CO-OP STUDENTS**

**PREPARING FOR YOUR EXPERIENCE**

* What are you most looking forward to as you prepare for your internship/co-op?
* What concerns or worries do you have?
* How have you prepared for this experience?
* What past experiences and prior knowledge will help you be successful in your internship/co-op?
* What goals have you set for yourself during this experience?
* At the end of this experience, I will be able to…
* What type of support system do you have in place? Do you have individuals you can go to for advice?

**MID-POINT CHECK-IN**

* Rate your level of comfortability within your team/area, with your supervisor, and with your co-workers. How have these work relationships contributed positively or negatively to your experience thus far?
* How does your particular set of tasks and responsibilities fit in with the overall activities of the department or organization?
* What is your typical day like?
* How does your internship/co-op tie into the academic work you have done so far? What specific courses or concepts have been particularly most helpful to you?
* What do you find most rewarding about this position?
* Which of your strengths are proving to be your biggest assets for this employer?
* If you could change one thing about your organization, what would it be?

**WORKPLACE CULTURE**

* Did you experience challenges with office politics or resistance to change within the organization? If so, how did it affect you, your work, and/or your team?
* What personal qualities or abilities have you observed, that make someone successful in this job or field?
* Talk about the pace of change within your office or organization. Was this surprising and/or difficult?
* How does the work your organization does influence social issues and/or policy?
* Tell one fun story that happened during your internship/co-op.
* Beyond the actual internship, what other perks or learning opportunities did your organization provide?
* What made you excited to come back to your internship each day?

**CONCLUDING THE INTERNSHIP/CO-OP**

* What was one learning objective or goal you had for yourself on this internship/co-op? Did you accomplish it?
* Would you work for your site supervisor again? Why or why not?
* How did you affect change in the work you did? What barriers or support systems did you encounter as you tried to implement change?
* In what ways can you use what you’ve learned in your internship/co-op to enhance your experience in the classroom as you finish your degree?
* Would you recommend other students intern with the same company? Why or why not?
* What strengths, weaknesses, and skills did you discover through this experience?

**ARTICULATING THE GREATER IMPACT**

* As a result of this experience, have your career objectives changed in any way?
* How do you see jobs in this field changing in the future?
* Within this field, what entry-level jobs are best for learning skills and gaining as much knowledge as possible?
* What advice would you give to yourself going into this job again, or to others going on co-op or doing an internship next semester?
* What will you do between now and your next internship/co-op/job to prepare for your next opportunity?