

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?