

Date: \_\_\_\_\_

Name: \_\_\_\_\_

### **Mid-Semester Self-Reflection**

To be able to evaluate oneself fairly, candidly, and helpfully is a valuable life skill which will be an asset to you long after you leave college. There is no single way to write a good evaluation. That will depend upon your goals, your style, and your needs. A good evaluation selects the most important results of the learning process, and from this selection much else is evident. **Give time and thought to what you write and care to how you write.** A sloppy, careless self-evaluation filled with misspellings, incomplete sentences, and half-thoughts leaves a poor final impression.

**A VITAL POINT:** Try to write in a way which communicates information about the content of your internship. Do not just speak in abstractions and personal feelings, such as "This class was extremely important to me because I was interested in it." One should be able to form some judgment about how well you understand a subject from what you say about it, not merely that you claim to understand it. In other words, **BE SPECIFIC**, BE SPECIFIC, BE SPECIFIC, BE SPECIFIC, BE SPECIFIC, and, finally, **BE CONCRETE**.

Please answer the following questions.

1. Did I do more or less than was expected by the mentor? by me? Why, or why not?
2. What is the purpose of this research?
3. What do I now understand best about this subject?
4. What do I understand least about this subject?
5. What do I need to learn next about this subject?
6. What did I expect to learn? What have I learned? Have I learned more or less than expected, and why?
7. What is the most important single piece of knowledge I have gained?
8. What new skills did I gain? What old skills were improved?
9. How has my ability to solve problems, think, reason, and research change? What skills do I need to develop next?
10. If I did this internship again, what would I do differently? Has my way of thinking changed?
11. How has this internship altered my behavior?
12. What do I expect to have gained at the end of this semester? What steps will I take to ensure those goals are met?