

Evaluate Your Internship to Learn if This is the Right Career for you.

Internships are an essential part of the college experience, providing you the opportunity to test-drive a career field, make contacts, build marketable skills and figure out your likes and dislikes within specific industries. Now that you are a week or two into your internship, have learned your co-workers names, where the printers, conference rooms and best cafés are, it's time to think about how you are going to evaluate the experience to learn if this is the right career for you.

When clients intern I check in with them periodically to learn about their experiences. In the beginning to make certain they are settling into the workplace and routine, mid-way to ensure they are making the most of the opportunity, and then at the end to help answer — is this the right career for me.

Evaluation Criteria	First 3-weeks	Mid-way Point	Post-Internship
Internship Relevance <ul style="list-style-type: none"> ▪ I have a realistic view of my field of interest. ▪ I had opportunities to apply the concepts, theories and skills developed from my course of study. 	1 2 3 4 5	1 2 3 4 5 1 2 3 4 5	1 2 3 4 5 1 2 3 4 5
Skills <ul style="list-style-type: none"> ▪ I have an understanding of what skills are critical to success in this career. ▪ I had opportunities to use and develop: <ul style="list-style-type: none"> – Interpersonal/human relations skills – Oral communication and presentation skills – Problem Solving abilities – Critical thinking skills – Writing skill 	1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5	Skill(s): Example: Example: Example: Example:	Skill(s): Example: Example: Example: Example:
Career Path <ul style="list-style-type: none"> ▪ I have a realistic view of this career field. ▪ I have an understanding of how to get started in this career. ▪ I learned how people progress their careers in the field. ▪ I know what I will need to sacrifice to be successful in this career field. 		1 2 3 4 5 1 2 3 4 5 Describe: Describe:	Describe: Describe: Describe: Describe:
Work and Life <ul style="list-style-type: none"> ▪ I have an understanding of the type of place I want to live. ▪ I have an understanding of the work/life balance I will have in this career and industry. 		Describe: Describe:	Describe: Describe:

Evaluation Criteria	First 3-weeks	Mid-way Point	Post-Internship
<ul style="list-style-type: none"> ▪ I have an understanding of the work/life balance working in this company. 		Describe:	Describe:
<p>Meaningful/purposeful work</p> <ul style="list-style-type: none"> ▪ The work is challenging and stimulating. ▪ I am/will be proud of the work I produce. ▪ I understand how this career fits with what is important to me. 	Yes/No	Example: Most proud of: In what ways:	Example: Most proud of: In what ways:
<p>Organizational Culture</p> <ul style="list-style-type: none"> ▪ I can articulate the values that are most important to me in the work environment. ▪ The people in the department/group aligned with the values that are most important to me. ▪ The culture aligned with the values that are most important to me. ▪ The pace of work allowed me to do quality work/do my best work. ▪ The pace of work allowed me to consistently complete projects on time. 	Values: In what ways: In what ways: Example: Yes No-Explain:	Values: In what ways: In what ways: Example: Yes: No-Explain	Values: In what ways: In what ways: Example: Yes: No-Explain
<p>My Work Style</p> <ul style="list-style-type: none"> ▪ I responded well to supervision and feedback. ▪ I worked effectively with others on team projects. ▪ I showed the capacity to be a self-sufficient, independent worker. 		Feedback: Experience: Example:	Feedback: Experience: Example:

How is your internship going? More Than A Resumé, for LookSharp asks college students to share their experiences and advice on making the most of an internship. Interested in sharing your experience email info@morethanaresume.com