Marin County School to Career Partnership
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Intern Self Evaluation

Intern Name: _____ Date: _____

Company Name: _____Supervisor Name: _____

Please write three or more complete sentences in answering each of the following questions.

What were the major benefits of this internship for you?

How has this internship made an impact on your future career plans?

What did you like least about this internship?

How could you have been better prepared for this internship?

What new skills did you develop in this internship?

Tell us about the best day on your internship.

How could School to Career program services be improved to support you through the internship process?

Would you be willing to assist School to Career in promoting the internship program? ☐ Yes ☐ No

-please complete the next page-

Intern Name:_____ Date: _____

Company Name:_____

Do Not Complete
___1 of 1 ___ 1 of 2 ___ 2 of 2

DIRECTIONS: Put an "X" in the numbered box that MOST ACCURATELY reflects your level of skills, knowledge, or abilities for each statement below. Please be as honest as possible in your ratings and try NOT to give the same rating for every statement. This self-assessment will have no impact on your grade, credit, or any other performance evaluation of your internship.

	Need Improvement			Are Exceptional
Basic Skills Statements	**1**	**2**	**3**	**4**
1. My **Reading** skills				
2. My **Writing** skills				
3. My **Math** skills				
4. My **Listening** skills				
5. My **Speaking** skills				

	Needs Improvement			Is Exceptional
General Skills Statements	**1**	**2**	**3**	**4**
1. My **attendance and punctuality** at school/work				
2. My **hygiene and dress** for a professional workplace				
3. My ability to **accept direction and constructive criticism** with a positive attitude				
4. My ability to **take initiative and work well independently**				
5. My ability to **manage time** effectively to get things done on schedule				
6. My ability to demonstrate **teamwork** with fellow students/co-workers				
7. My ability to generate new ideas and **solve problems**				
8. My ability to be **well organized**				
9. My ability to work with **tools and technology**				
10. My ability to **follow through** with an assignment or task				

	Not At All			Very Much
Career and Education Statements	**1**	**2**	**3**	**4**
1. My high school education is important and relevant to planning and preparing for my future career goals.				
2. My career goals and direction are clear to me.				
3. I am aware of the skills and education required for the career that I am interested in.				
4. I am aware of the professional opportunities in my intended career field.				
5. I am confident that I can achieve my career goals.				
6. I feel prepared to find a good job and a meaningful career.				
7. I understand the value of attending college or a training program after high school.				

Please return this form to your School to Career Liaison