

FREE – Find the Right Experience and Employment

Intern and Experience Reflection Exercise

A) Cognitive Reflection:

Examine the skills and knowledge you acquired from your experience.

1) Identify new or enhanced skills acquired from your experience and list below:

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2) List three situations where you utilized your new or enhanced skills.

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3) What academic experiences did you utilize during your work experience?

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4) What knowledge (information) did you acquire from your work experience?

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5) How can you utilize this knowledge in your future work experience?

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C) Affective Reflection:

Examine what you feel as a result of your experience (emotions and attitudes).

- 1) Which aspects of your job did you most enjoy? Why?

- 2) What did you like or dislike about the work environment/atmosphere?

- 3) What would you change about your experience?

- 4) How do you feel that your work contributed to your employer?

- 5) How will your feelings related to the experience impact future intern and career choices?

Students are invited to meet with a Career Center staff person to reflect on their experience in its entirety.

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B) Work Culture Reflection:

Examine your work style preferences and how you interacted with specific work cultures and work processes.

- 1) Did you engage in team related projects? If so, please describe the project and what role you played as well as the role of other team members?

- 2) If you could improve one aspect of working with the team, what would you improve and why?

- 3) Describe a project you had to prepare. How did you plan the project and what resources did you use?

- 4) What decisions did you make? How did you make your decisions? What were the outcomes of your decisions?

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