Make the Most of Your Internship/Research Opportunity
During your Internship: Mid-Project Self-Evaluation

Why are you doing this internship/research project?

What do you like most so far about the experience?

What is the most challenging aspect of the experience?

List several people with whom you have networked (informally or formally):

Who would you like to have more contact with or what area would you like to know more about?

What are you getting out of this experience?

Is it what you anticipated?
Are you learning more or less than you imagined?

Look at your initial learning goals. Are you meeting or exceeding your personal and/or professional goals?

What changes can you make within or outside of your position to improve your satisfaction with your summer experience?