

# Career Development Center

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## Summer Internship/Research Guide

### **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?**

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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?