

## **SUGGESTIONS ON POINTS OF REFLECTION**

Prior to your internship/cooperative education experience you had personal, academic and career goals. Reflecting back on them now:

- What did you actually achieve?
- Did you reach your planned goals?
- Did you achieve skills/knowledge/attitudes that you hadn't planned for?
- How has your experience generated ideas about your career?
- What was the biggest challenge you faced during this internship/cooperative education experience? How did you react? What did you learn about yourself in the process?
- How has your internship/cooperative education experience influenced your understanding of yourself, your interests and abilities, your major and/or possible careers?
- Did you discover strengths you didn't know you had?
- Did you learn about skill areas you need to improve upon? If so what is your plan for improvement?