

# YOUR INTERNSHIP EXPECTATIONS

Please complete within the first week and share a copy with both your mentor and your supervisor.



With your internship experience in mind, think about what you want to take away from this opportunity—new knowledge, specific experience, development and/or practice of a career-related skill, etc. Then, using the chart below, name and strategize around achieving this goal for yourself. This can be an internship-specific goal, or an initial goal achieved within the course of this internship but one that applies to a longer-term professional goal.

If you would prefer, ask your mentor and/or supervisor to complete this activity with you.

<b>Goal</b> (Be specific.)
Goal:
Relevance/value:
<b>Action Steps</b> (Keep simple, add/delete/revise as needed.)
1.
2.
3.
4.



## YOUR INTERNSHIP EXPECTATIONS

### **Resources Needed** (Informational interview, structured observation, job shadow, etc.)

### **Timeline** (List action steps by number, resources, evidence, etc.)

Immediately:

First two weeks:

First month:

End of internship:

### **Evidence of Progress/Achievement** (Reflective journal, summary statement, exit interview, etc.)

