

HIST 299R  
STUDENT FINAL SELF-ASSESSMENT

Student's Name: \_\_\_\_\_

Internship Organization: \_\_\_\_\_

Internship Supervisor: \_\_\_\_\_

DIRECTIONS: This form is designed to help you reflect on and improve your performance and is a companion to the Supervisor Evaluation Form. Please approach this assignment thoughtfully as you will be discussing your responses with your Internship Supervisor. Before submitting this form on Learning Suite, set up and conduct a discussion with your supervisor about both of your responses.

1. Career Related Learning: How well do you feel you understand the role of your internship organization and the career opportunities available to you?

- Very Well  
 Satisfactory  
 Needs Improvement (Please indicate the nature of improvement needed.)

2. Skills: Please rate how well you feel you have learned and applied the skills relevant to this position?

- Very Well  
 Satisfactory  
 Needs Improvement (Please indicate the nature of improvement needed.)

3. Human Relations: How well do you accept suggestions and relate to fellow workers, supervisors, and subordinates?

- Very Well  
 Satisfactory  
 Needs Improvement (Please indicate the nature of improvement needed.)

4. Quality of Work: Overall, how would you rate the quality of the work you did for your internship organization/supervisor?

- Very Good  
 Satisfactory  
 Needs Improvement (Please indicate the nature of improvement needed.)

5. Quantity of Work: Overall, how would you rate your productivity at your internship?

- Very Good  
 Satisfactory  
 Needs Improvement (Please indicate the nature of improvement needed.)

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6. Quality of Supervision: Overall, how well do you feel that your Internship Supervisor taught you history-related skills and techniques and guided your internship project(s)?

- Very Good
- Satisfactory
- Needs Improvement (Please indicate the nature of improvement needed.)

7. Other Characteristics: These are important professional skills to cultivate and develop for future internships/employment. They are included here to give you time to reflect on how well you exemplify these characteristics and think of ways you could improve.

Characteristics	Very Good	Satisfactory	Needs to Improve
Appearance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Punctuality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creativity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attitude toward work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dependability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Initiative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to Learn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relations with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: (Remember this assessment helps us improve the internship program for future students. Your comments are important.)

Total Number of Hours Completed: \_\_\_\_\_

I have discussed this form with my internship supervisor:

Signature of Student: \_\_\_\_\_

Date: \_\_\_\_\_

Please send all required documents to the History Internship Coordinator:

BYU History Internship Office  
 2130F JFSB  
 Provo, UT 84602  
[hist\\_intern@byu.edu](mailto:hist_intern@byu.edu)  
 (801) 422-1789