

Reflecting on your experience

To help you reflect on what you learned during the internship, we encourage you to write a [blog post](#) in your [personal space](#) at the end of each week, responding to at least 3 questions below:

1. What have been your key successes, achievements, or learnings?
2. If you have a personal/learning/training development plan, what progress have you made towards those plans? Provide examples of progress made.
3. What challenges have you faced? How did you deal with these challenges?
4. What feedback have you received? How did you deal with the feedback? What did you learn from the feedback?
5. What have been the connections between what you learned in ActSEA and what you learned in the classroom?
6. How has the internship helped you better understand your abilities, strengths, weaknesses, values and/or interests? (Please identify these abilities, strengths, weaknesses, values and/or interests)
7. Reflect on your working style and personality as a team member of ActSEA. Do you think there is anything you should try to change?
8. What changes have you experienced in yourself?
9. What insights have you gained into the type of work you have been involved in? Has your perception towards the type of work you are doing changed? If so, in what way?
10. What have you valued most from your experience so far? How will you apply this to other aspects of your life?
11. How does your experience relate to what you want to do as a career? What did you discover about your fit in this type of career?
12. Any thoughts on ActSEA's vision, mission, culture, strengths, and weaknesses. Has your perception of ActSEA changed? If so, in what way?
13. What were your expectations of the internship? To what extent has the internship met your expectations so far? What else would you like achieve in the remainder of the internship?

For interns/trainees who are with ActSEA for more than 3 months, the frequency of the reflection can be reduced as we progress through the internship/traineeship.

Inspired by [The College of Wooster](#).