

Linking Learning to Careers

Student Self-Evaluation

Work-Based Learning – Unpaid Work Experience (Internship)

Student Name: _____ School: _____

VR/VABIR Coord.: _____

Work Experience Site: _____

Supervisor: _____

The following skills were identified at the beginning of your work experience. Please rate your progress with applying these skills during your unpaid work experience.

Transferable Skills

Performance Assessment Scale:

4 – Consistently and Independently, 3 – Frequently, 2 – Inconsistently and/or with Adult Support, 1 – Rarely

Mid-Way Assessment, Date _____

Final Assessment, Date _____

Commitments: Maintains an acceptable attendance record, Reports on time, Informs supervisor of upcoming appointments, Uses appropriate dress, grooming and hygiene	Score _____ Feedback: _____	Score _____ Feedback: _____
Clear and Effective Communication: Uses appropriate language, Follows written and verbal instructions, Asks questions if Instructions are not understood, Shares information verbally and in writing	Score _____ Feedback: _____	Score _____ Feedback: _____
Self-Direction: Requests/Performs assignments without prompting, Shows initiative, Is motivated, Maintains a positive attitude, Accepts feedback	Score _____ Feedback: _____	Score _____ Feedback: _____
Creative and Practical Problem Solving: Is willing to learn new tasks, Completes assigned tasks on time, Identifies problems and solutions, perseveres.	Score _____ Feedback: _____	Score _____ Feedback: _____
Collaboration: Cooperates with and assists co-workers, Is able to work under supervision, Shows respect for diversity and differing points of view.	Score _____ Feedback: _____	Score _____ Feedback: _____
Organization and Critical Thinking: Is reliable, Manages time well, Is organized and efficient, Helps to solve problems.	Score _____ Feedback: _____	Score _____ Feedback: _____



Specific Workplace and Career Skills

Performance Assessment Scale:

4 – Consistently and Independently, 3 – Frequently, 2 – Inconsistently and/or with Adult Support, 1 – Rarely

	Mid-Way Assessment, Date _____	Final Assessment, Date _____
1.	Score _____ Feedback:	Score _____ Feedback:
2.	Score _____ Feedback:	Score _____ Feedback:
3.	Score _____ Feedback:	Score _____ Feedback:
4.	Score _____ Feedback:	Score _____ Feedback:

How much do you agree or disagree with the following statements?

1. This work experience met the goals that I set out to accomplish.
 - (a) Strongly agree
 - (b) Agree
 - (c) Disagree
 - (d) Strongly disagree

2. This work experience will help me make career decisions in the future.
 - (a) Strongly agree
 - (b) Agree
 - (c) Disagree
 - (d) Strongly disagree

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3. I learned new skills as a result of my work experience.

- (a) Strongly agree
- (b) Agree
- (c) Disagree
- (d) Strongly disagree

4. Overall, I had a positive experience.

- (a) Strongly agree
- (b) Agree
- (c) Disagree
- (d) Strongly disagree

Student Signature: _____ Date: _____