

Internship Goals Reflection Worksheet

Reflecting on your individual goals and researching the program options are important steps in selecting the right internship for you. Use the questions below to help shape what kind of experience aligns with your future goals.

1. What are your goals and expectations for your internship?

- What skills do you hope to gain or develop during your internship? What skills do you already have?

- What do you want to learn overall?

- What types of job functions interest you (e.g. research, marketing, sales, etc.)?

- What types of tasks would you like to do during your internship that are reasonable given your work background and academic experience?

- What types of organizations are you interested in interning for (e.g. healthcare, NGOs, private sector, education, etc.)?

- What kinds of careers are you planning to pursue after you graduate? How would this internship support your future career goals?

- Would you consider an internship outside of your area of study? What valuable experience or transferable skills could you gain from an opportunity outside your major?

2. What is your academic and professional background in the field?

Note: Some internships may require specific coursework or experience to be eligible. Be sure to check for prerequisites and internship requirements.

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3. What types of internship placements are available?

[UC Davis Summer Internships abroad](#) detail the types of opportunities available for each program on the placements tab. This includes sample internship placements from previous years or detailed descriptions of the set rotations.

4. What resources and support are available before, during, and after your program?

See what support is included with UC Davis Summer Internship Abroad.

5. Which countries or regions of the world are you interested in or open to? Would you prefer to be in a big city, small town or rural area? Why?

The availability of internships will vary from region to region so it is important to be flexible.

- Take the opportunity to learn about the culture of the country or region of interest:
 - i. StudentsAbroad.com - [Country Specific Guides](#)
 - ii. U.S. State Department - USA Study Abroad: [Country and Regional Profiles](#)
 - iii. GoInGlobal - Work culture abroad in various countries
 - iv. Connect with students who have studied or interned abroad in a location of interest. Reach out to study abroad advisors to learn how.
- Check out our [Access and Diversity Page](#) to explore how your identity can impact your global learning experience.

6. Other considerations and notes:

In addition to your own research, we encourage you to meet with your major advisor, a [Study Abroad advisor at the Global Learning Hub](#), or a [career advisor at the Internship and Career Center](#) to help guide you as you select the right internship abroad program. Consider sharing and discussing your your expectations and goals with family, friends and advisors.