

The reflexion paper

In addition to a scientific report for the host organization, MSc internship students also write a reflexion paper for themselves. This paper is your personal evaluation of the internship. The goal is to stimulate you to think about the experience and take advantage of it for improving your functioning and for making career choices. The reflexion paper is normally shared only with the REG supervisor and with auditors, but it may be shared and discussed with the internship provider if the student desires so.

You can use the following structure for your reflexion paper.

(1) Introduction.

Explain which host organization you chose for what purpose and why.

List your learning goals.

(2) Brief description of the host organization / internship provider.

(3) Description of your activities.

Describe your work for the host organization, including work not included in scientific reports that you produced.

Refer to the internship report(s) for details.

(4) Reflexion on your functioning.

Ask yourself the following questions:

- a. Did you achieve your learning goals? If not, why not?
- b. Were you able to adapt to the working environment of the internship provider? Why? How?
- c. Have you set the right priorities and made the right choices at the start of the internship? If not: why not?
- d. Next time, what would you do differently? Why?
- e. Was the internship provider satisfied with your work? If not: why not, and do you agree?

(5) Conclusion.

Assess how this internship has helped you to determine your further career goals, for example by answering the following questions:

- a. What did you learn from the internship that is important for your future career? Discuss not only the technical aspects or new knowledge, but also in terms of co-operation, planning, work attitude, etc.
- b. How does the internship relate to your study program and your anticipated future career as an academic?
- c. Did your MSc study and this internship provide you with all the necessary tools and knowledge that you need for your future job? What did you miss?
- d. What are your strong points? Can you justify the selection of these strong points?
- e. Overall, what is your evaluation of the success of the internship?