

## *Getting Started....*

Before you seek out an internship, you should conduct a thorough self-assessment to understand what type of internship you want and what you hope to accomplish through the experience. Below are some questions to ask yourself in order to get you started. We also provide more in depth self-assessment tools in our office (The Myers Briggs Type Indicator & the Jackson Vocational Interest Survey). See a career counselor in our office for details.

### *Questions to ask yourself*

- What are my strengths and weaknesses? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What are my interests? \_\_\_\_\_  
\_\_\_\_\_
- What aspects of my major do I enjoy? \_\_\_\_\_  
\_\_\_\_\_
- What would I like to learn more about? \_\_\_\_\_  
\_\_\_\_\_
- What have I always wanted to try? \_\_\_\_\_  
\_\_\_\_\_
- Where do I see myself in five or ten years? \_\_\_\_\_  
\_\_\_\_\_
- What do I need to get there? \_\_\_\_\_  
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- What type of environment do I want to be in (large company, small organization, established firm, start-up venture, non-profit, rural, urban etc.)? \_\_\_\_\_  
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- What careers am I considering? \_\_\_\_\_  
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- Why do I want to be an intern? \_\_\_\_\_  
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- What are my goals for an internship? \_\_\_\_\_  
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