

# Internship Final Evaluation: Self-Assessment Form

Use this **self-assessment form sample** to effectively evaluate your internship performance. It helps reflect on your achievements, skills gained, and areas for improvement. Completing this form ensures a comprehensive final evaluation for your internship journey.

## Personal Information

Full Name:

Internship Position:

Department/Team:

Supervisor:

Internship Duration:

## Self-Assessment

### 1. Achievements & Contributions

Describe your key achievements and contributions during the internship.

### 2. Skills Developed

List and explain the skills you gained or improved during your internship.

### 3. Challenges & Solutions

Describe any challenges you faced and how you addressed them.

### 4. Areas for Improvement

Identify areas where you feel you could improve.

**5. Future Goals**

Outline your future career or learning goals as a result of this internship.

**Feedback & Suggestions**

**Additional Feedback or Suggestions for the Internship Program**

Share any feedback or suggestions to help improve the internship program.

Submit