

## IRIS Internship Self-reflection Guide

This guide provides a *superVISION* of skills that enable success in research and will help you and your host monitor and reflect on changes in your abilities in each target area. This guide is *not* a test of your skills, but you should do your best to provide an honest assessment of your present ability, based on your confidence level that you could actually respond correctly if asked to demonstrate that ability. There is no expectation that you already have or will achieve proficiency in each of these skills by the end of the summer. Instead, what is expected is that you work towards enhancing your skills throughout the summer. The guide will serve as both a vision and guide for this process.

### Directions

- 1) Reflect on each of the skills below and assess your current level of proficiency for each.
- 2) Next to each target skill indicate your current proficiency level by placing an “X” in the column below the appropriate term. Feel free to note any comments you may have in the margins or at the bottom of the guide. NOTE: The smaller columns in between are intended to be X'd if your progress is in between levels or has gone beyond Proficient.
- 3) Accurate self-assessment of your proficiency at these skills can be a difficult task. Initially, you should estimate your proficiency based on your previous experience.

Once completed, you and your host should discuss your completed guide. At later stages in the internship (midway and end), you and your host will jointly reflect on your current level of proficiency for each skill and discuss/reflect on your progress.

Date of completion \_\_\_\_\_ Discussion Date \_\_\_\_\_

Target Skill	How well are you (the student researcher) able to:	Proficient	Adequate	Not Yet
Recognize and understand research problems	Formulate a research question that could be answered with data.			
	Explain how your research project will contribute something new to existing knowledge.			
	Figuring out the next step in a research project.			
Knowledge within one's field and related areas	Identify and use a range of relevant bibliographic and virtual sources related to your research.			
	Demonstrate an understanding of appropriate research techniques and prioritize their use to address your research question.			
Collect Data	Use software and technology to obtain or collect data.			
Analyze and evaluate research results	Use software and statistics, for data analysis, and presentation in an appropriate graphical form.			
	Critique work (both your own and that of others) objectively, acknowledging the weaknesses and assumptions, and define future work.			
Summarize, document, report and reflect on progress	Maintain and use a research log or record of research activity (keeping a detailed lab notebook).			
	Communicate knowledgeably about your research area and discuss concepts in a scholarly way with academic colleagues (e.g. defend an argument when asked questions, and explain your project to people outside your field).			
	Produce written descriptions of your research that are up to appropriate professional standards (e.g. writing scientific reports/ papers or preparing a scientific poster).			

Work both independently and interdependently	Monitor progress towards goals and develop/adjust task plan to achieve them (Managing time and problem solving in general)					
	Receive feedback and constructive criticism and use it effectively for self-understanding and personal/professional growth.					
	Work cooperatively with others					

### Additional Skills (Optional):

Should you and your host decide that there are additional skills that you would like to monitor throughout the summer, the space below is provided to list and track those as well.

Target Skill	How well are you (the student researcher) able to:	Proficient	Adequate	Not Yet

