

Video Reflection Rubric

Instructions

1. Address checklist/grading scale components listed below
2. If needed, set time aside to meet with capstone instructor to answer any questions that you may have about the presentation
3. Explore technology for recording presentation (Harmonize ONLY)
4. Practice giving presentation and submit final recording by assigned deadline (time limit is 8-10 minutes)

The video reflection should include the following components (**checklist**):

Overview of Internship (40 pts.)

1. Provide a **brief description** of your intern site
2. Discuss your **main responsibilities** at the internship site (day to day tasks)
3. Discuss your **relationship** with your site supervisor and how he/she helped you to accomplish tasks related to the internship position
4. Discuss a few of the **objectives** that you are expected to achieve as an intern and provide an example for each and how those experiences from your internship helped you to meet those outcomes

Strengths/Areas for Improvement (40 pts.)

5. Discuss some of your **strengths as an intern** and provide at least one example to showcase your ability to execute one of those strengths
6. Discuss **areas that need improvement** (skills/knowledge/abilities) and provide at least one example from your internship experience that enabled you to improve in that area (skills/knowledge/abilities)

Rewards/Challenges (40 pts.)

7. Discuss some of the **rewards/benefits** that you gained from completing your internship experience
8. Discuss a few of the **main challenges** that you faced while completing your internship experience

Future Plans/Reflection (40 pts.)

9. Discuss your **future plans** and/or potential job opportunities and how your internship experience played a role in your decision making
10. In **hindsight**, discuss what you wish you would have known before you started your internship experience
11. Discuss with the audience (future graduates in the program) some **important insights** learned about the program and suggestions for students who are pursuing this degree

Professionalism (40 pts.)

12. Dress professionally (i.e. nice shirt and jeans/slacks, dress or blouse with pants)
13. Background is free of any distractions (i.e. clean, neutral space, no animals, children/other persons etc.)
14. Visibility of self and any props used in presentation are clear and relevant
15. Audio is clear and void of white noise (background sounds)