



## 2.2.4

# Evaluation System & Rubric

## Trainee Self Evaluation

### (English)



**CC BY-SA 4.0 DEED**

**Attribution-ShareAlike 4.0 International**



**Co-funded by  
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Practice Enterprise Network  
**PEN WORLDWIDE**



**ENGAGE**

Job Ready – Traineeships  
with Practice Enterprise

## TRAINEE EXIT SELF-EVALUATION OF THE PE INTERNSHIP EXPERIENCE



Co-funded by  
the European Union

## TRAINEE EXIT SELF-EVALUATION OF THE PE INTERNSHIP EXPERIENCE

Alternative self-assessment questionnaire for a shorter period internship, for example 30-40 hours. Can be used for an Exit evaluation (end of an internship).

TRAINEE	_____	
DATE (DD/MM/YYYY)	_____	
IMPROVED ASPECTS AFTER THE EXPERIENCE OF INTERNSHIP IN A PE	Key Competence	Yes - No - n/a
I am more aware of my abilities and more confident in myself.	Personal and social competence Entrepreneurial competence	
I recognize my limitations and more willingly accept advice from those with experience.	Functional literacy Personal and social competence Entrepreneurial competence	
I keep trying to achieve my goals, even in case of difficulty.	Functional literacy Entrepreneurial competence	
I plan and organise my work better and I am more punctual and reliable.	Functional literacy Entrepreneurial competence	
I know how to express myself more effectively, using various methods (written, oral, multimedia, ...).	Functional literacy Multilingual competence Personal and social competence Citizenship values Entrepreneurial competence	
I use technologies, the web and social networks better than before and more safely.	STEM skills Digital competence	
I work better in a group and help others more than before.	Functional literacy Personal and social competence Citizenship values	
I know how to listen to my colleagues more and I collaborate more actively with them.	Personal and social competence	

I am more open to changes and new ideas.	STEM skills Entrepreneurial competence	
I face problems with more determination and always look for a solution.	STEM skills Entrepreneurial competence	
I make decisions with greater autonomy and confidence than before and I take more responsibility.	Personal and social competence Entrepreneurial competence	
I coordinate and organise the work of my group better.	Citizenship values	
I can control myself more, I have fewer negative reactions to provocations or unexpected events.	Personal and social competence	
I recognize and accept more than before the colleagues who come from different countries and cultures.	Multilingual competence Citizenship values Culture awareness	
I have a greater interest in the environment, and I try to act more responsibly.	Digital Competence Citizenship values Entrepreneurial competence	
I feel more prepared to face an internship or work experience in a real company.	Personal and social competence Citizenship values	
TOTAL NUMBER OF IMPROVEMENTS RECOGNISED (NUMBER OF "Y")		
<b>Trainee Comments</b>		