

Capstone Readiness Self-Assessment - Internship Option

Please complete this form and return it via email to the NRES department at nres-ssc@illinois.edu by the time you have completed 16 hours in the program.

NAME: _____ EMAIL ADDRESS: _____

- Which capstone option do you prefer? ____ Independent Research ____ Internship
- How much time do you expect to spend on the capstone per week? ____ hours
- What are your areas of interest? (Name three)

- What are some specific topics of interest within those areas?

- What skills do you possess (technical, writing, field training, laboratory techniques, use of equipment, certifications)?

- Do you have a particular type of organization where you would like to work?
____ Government ____ Non-Government/Not-for-Profit ____ Corporate ____ Other
- Do you have any connections to an organization that is likely to support your internship?
____ Yes ____ No. If yes, please indicate which organization will likely support your internship.

- How skillful are you with reading scientific literature? ____ Expert ____ Competent ____ Novice
- How skillful are you with technical writing? ____ Expert ____ Competent ____ Novice
- How skillful are you with statistical analysis? ____ Expert ____ Competent ____ Novice
- How skillful are you with oral presentations? ____ Expert ____ Competent ____ Novice
- How good are you at managing time/meeting deadlines?
____ Exceptional ____ Good ____ Fair ____ Poor
- What role do you envision for your Research Director (choose one)
____ Leader ____ Mentor ____ Senior Research Colleague ____ Other (please explain)
- How accessible are you by phone? ____ Very ____ Usually ____ Infrequently ____ Never
- How accessible are you by email? ____ Very ____ Usually ____ Infrequently ____ Never
- How well do you receive constructive feedback? ____ Well ____ Average ____ Not well
- What will be your **most difficult issue** while doing the capstone? Explain.

- What **support** (type and level) do you anticipate needing? Explain.