Self-efficacy questions to measure professional competencies gained from an internship (rank 1-10 in terms of confidence in the skill):

* I understand how I learn new skills and can use memorization, notetaking, library research, and internet searches to efficiently learn.
* I can quickly and efficiently learn how to use new software.
* I can efficiently analyze and manage various organizational systems.
* I am a close and efficient reader.
* I can competently communicate through various kinds of writing and I can learn to master new types of writing.
* I can work with diverse people, valuing their input and trusting they will value mine.
* I can apply the skills I use at work to other areas and groups of people, such as relationships among family and recreational, community, church, and governmental/political groups.