

# Internship Self-Reflection Tool (Sample)

Reflective and reflexive practice is central to professional development and upholding fidelity to peer support roles in employment settings. Building this skillset is intended to help you identify key learnings and growth opportunities during your internship and discuss these with the Mentorship team as needed.

The purpose of this reflection tool is to provide an opportunity to reengage with concepts included in the Peer Support Core Competencies training as well as your experiences in supportive group settings and one-on-one conversations. Its sections include references to the five resources included in the [Guiding Standards of Peer Support](#). We encourage you to review this resource as well as your workbook throughout your internship to strengthen and provide context for your reflections.

Respond to the prompts in each section below. Once the tool is complete, please ensure that it is shared for review with your Peer Support Core Competencies Mentor.

## REFLECTION

<b>FORMAT OF CONNECTION AND ROLE</b>	<input type="checkbox"/> Group setting (Co-Facilitator)	<input type="checkbox"/> Group setting (Host) <input type="checkbox"/> 1:1 connection (Shadowing)
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### SECTION 1: MENTAL HEALTH COMMISSION OF CANADA - VALUES OF PEER SUPPORT

What was the topic of conversation or priorities identified by the person or group for exploration?

What values of peer support did you see demonstrated?

### SECTION 2: CENTRE FOR INNOVATION IN PEER SUPPORT - PEER SUPPORT VALUES IN ACTION STATEMENTS

These statements are examples of how the values of peer support can be put into action.

Please reflect on one key learning from your experience during this connection as it relates to these statements.

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**SECTION 3: PEER SUPPORT CANADA - PRINCIPLES OF PRACTICE & CORE COMPETENCIES**

Reflect on one key learning from your experience during the connection as it relates to the principles of practice and core competencies.

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**SECTION 4: PEER SUPPORT CANADA – CODE OF CONDUCT**

Ethics refers to a set of values and principles that guide the professional conduct and decision-making. Ethical guidelines ensure that services are delivered in a way that respects the dignity, rights, and well-being of the people they serve and those offering the service.

Choose one code of conduct guideline and discuss how it was or could have been implemented

Did any circumstances or ethical dilemmas emerge that required revisiting the code of conduct?

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**SECTION 5: PEER CONNECTION REFLECTION**

Were there any opportunities to support the person through a challenge? If so, please describe the situation.

What service approach or approaches did you see applied?

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**SECTION 6: PERSONAL REFLECTION**

Are there any areas not covered in the sections above that you would like to explore with the centre team to facilitate further learning?

Are there any final learnings/ thoughts you would like to share?