

Internship Self-Evaluation – RxBenefits

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April 23, 2025

During my internship at RxBenefits, I have had the opportunity to immerse myself in a professional environment that is collaborative, mission-driven, and committed to excellence. This experience has significantly shaped my work ethic and deepened my understanding of what it means to contribute meaningfully to a team. In evaluating my work habits, I believe I approached each assignment with a strong sense of responsibility and a proactive attitude. I consistently met deadlines, kept my tasks organized, and took initiative when I saw opportunities to support others or streamline a process.

I take pride in being thorough and detail-oriented, whether I was assisting with research, creating internal documentation, or supporting communications efforts. I made a point to double-check my work and ensure it aligned with the standards and goals of the department. I asked clarifying questions when needed and remained open to learning, which helped me improve the quality of my contributions over time.

Throughout the internship, I became increasingly confident in expressing my thoughts and taking ownership of tasks. I worked on developing assertiveness by speaking up in meetings, proposing ideas, and communicating effectively with both peers and supervisors. I believe this growth helped me become a more active and engaged member of the team.

As a team member, I was dependable, supportive, and eager to collaborate. I consistently showed up prepared, contributed to group efforts, and offered help when team members were facing tight deadlines or complex tasks. I valued the opportunity to learn from others and always approached group work with a mindset of respect and shared purpose.

In terms of supervision, I felt fortunate to be guided by a supervisor who was not only knowledgeable but also invested in my growth. The feedback I received was clear, constructive, and encouraging. I appreciated the balance between guidance and independence, and I felt trusted to carry out responsibilities with a degree of autonomy that boosted my confidence and motivation.

This internship has confirmed my desire to work in a similar environment in the future—one where I can contribute to meaningful goals alongside a supportive and dynamic team. I am enthusiastic about the possibility of continuing in a field that values collaboration, strategic thinking, and positive impact. I believe my time at RxBenefits has helped me develop the skills, mindset, and professional presence necessary to succeed in future roles.