

JOSE RIZAL UNIVERSITY
Second Semester, SY 2024 – 2025

ITC 402-401i – Internship
Term End Self-assessment and Evaluation

Student Number	17-253043
Student Name	Alfaro, Krissandro
Program/Year	BSIT/4th
Section	401I
Dates Covered	Feb 17 – April 4, 2025

During my internship at [Company Name], from February 17 to April 4, 2025, I had the opportunity to apply and enhance my technical skills, project management abilities, and professional adaptability in a real-world IT environment. As a fourth-year Bachelor of Science in Information Technology student at Jose Rizal University, I utilized the knowledge acquired from my coursework and further developed my competencies through hands-on experience. This internship played a significant role in shaping my understanding of industry standards, teamwork dynamics, and workplace professionalism. This self-assessment and evaluation summarize the key takeaways from my internship experience, highlighting the projects I participated in and reflecting on the technical and soft skills I gained throughout my training. The internship allowed me to apply various concepts and skills I learned throughout my academic journey. One of the most critical areas was web development, where I worked with HTML, CSS, JavaScript, and PHP to improve a dashboard system. I also utilized database management skills by implementing SQL queries to retrieve and manipulate data efficiently. Courses such as Software Engineering and Project Management were particularly useful in understanding the workflow of project execution, from planning to deployment. I learned how to document processes effectively and ensure that the project aligns with stakeholder requirements. Moreover, my experience with UI/UX Design in university guided my contributions to enhancing the website's user interface and optimizing accessibility. Another fundamental area was networking and cybersecurity, as I had to ensure that the system I was working on adhered to proper security protocols to protect sensitive data. The knowledge gained from my Operating Systems and System Administration course also helped me troubleshoot technical issues and improve system performance. Aside from applying my academic knowledge, I also gained new skills and discovered various industry best practices. Some of the most valuable lessons include version control systems, where I became proficient in using Git and GitHub for collaborative development, allowing me to track changes and merge updates efficiently. I also learned website performance optimization techniques such as image compression, minifying CSS/JavaScript, and lazy loading. Working in an Agile development environment provided insight into efficient workflow methodologies, including daily stand-up meetings and sprint planning sessions. I improved my debugging and troubleshooting abilities using advanced tools in web development and software testing. Furthermore, my communication, teamwork, and time management skills significantly improved through constant collaboration with designers, back-end developers, and project managers. One of my major contributions during the internship was optimizing a web-based dashboard that displayed user statistics, file management, and other critical system data. My responsibilities included improving the UI/UX design, implementing responsive web design to ensure compatibility across different devices, optimizing database queries for faster data retrieval, and fixing reported bugs and performance issues. Through this project, I refined my skills in front-end development, database management, and debugging. Additionally, I worked on a media file management system, organizing, categorizing, and

compressing media files for a better user experience. I applied file compression techniques to reduce storage costs while maintaining quality and structured the file directory to improve accessibility and retrieval speed. Throughout the internship, I also took the initiative to update my resume to reflect my acquired skills and experiences and refined system documentation to ensure that future developers could easily understand the project's structure and functionalities. During my internship, I encountered several challenges, including adapting to a fast-paced work environment, debugging complex issues, and balancing multiple tasks. Initially, it was overwhelming to keep up with tight deadlines, but I learned to manage my time efficiently by prioritizing tasks. There were instances where I spent hours trying to resolve a bug, but by collaborating with senior developers and using debugging tools, I was able to identify and fix problems more effectively. Juggling different responsibilities required strong organizational skills, and I utilized task management tools like Trello and Notion to keep track of my progress. This internship provided me with a holistic understanding of how IT projects are executed in a real-world setting. I strengthened my coding, debugging, and database management skills while learning new techniques for optimizing web applications. Effective communication and teamwork played a crucial role in the success of our projects. The fast-evolving nature of the tech industry emphasized the importance of continuous learning and keeping up with the latest tools and best practices. I also learned the value of workplace professionalism, including punctuality, meeting deadlines, and maintaining a positive attitude, which contributed to a productive work environment. Problem-solving skills were crucial as I learned how to approach challenges logically and efficiently find solutions. With this internship experience, I feel more prepared to enter the IT industry. Moving forward, I plan to continue enhancing my technical skills by deepening my knowledge in full-stack development and exploring new technologies such as cloud computing and artificial intelligence. I also intend to pursue certifications in web development, cybersecurity, and project management to solidify my expertise. Developing personal projects will strengthen my problem-solving skills and creativity, and I am eager to apply for IT positions where I can contribute to meaningful projects and grow as a professional. My internship from February 17 to April 4, 2025, was a transformative experience that allowed me to apply my academic knowledge, acquire new skills, and develop a professional mindset. Through hands-on projects, collaboration, and problem-solving, I gained a deeper understanding of the IT industry. The challenges I faced helped me grow both technically and personally, preparing me for the demands of a professional career. I am grateful for this learning opportunity and look forward to leveraging these experiences as I step into the workforce. This internship has reinforced my passion for technology and my determination to excel in the field of IT.

Checked and verified by:

Prof. Edelita Miflores - Lorico

Class Adviser

Date

JOSE RIZAL UNIVERSITY
Second Semester, SY 2024 – 2025

ITC 402-401i – Internship
Term End Self-assessment and Evaluation

Student Number	20-257174
Student Name	Sermonia, John Rovic R.
Program/Year	BSIT/4th
Section	403I
Dates Covered	Feb 17 – April 4, 2025

As a fourth-year Jose Rizal University student pursuing a Bachelor of Science in Information Technology, I applied what I had learned in the classroom and furthered my knowledge through practical experience. I gained a deeper awareness of industry standards, productive teamwork, and workplace professionalism as a result of this experience. I will emphasize the most important lessons I learned, the projects I worked on, and the technical and social skills I developed during my internship in this self-evaluation. The internship provided an excellent platform to utilize various concepts and techniques I had learned in my studies. Web development was one of the primary areas I worked on, where I leveraged HTML, CSS, JavaScript, and PHP to enhance a dashboard system. I also applied database management principles, using SQL queries to retrieve and manipulate data efficiently. My coursework in Software Engineering and Project Management proved invaluable in understanding how projects progress from planning to execution. I learned the importance of proper documentation to ensure clarity and alignment with stakeholder needs. Additionally, my background in UI/UX Design enabled me to improve the platform's user experience, ensuring accessibility and efficiency. Furthermore, my exposure to networking and cybersecurity principles helped me apply best practices to safeguard the system and protect sensitive information. The knowledge gained from my studies in Operating Systems and System Administration also played a key role in troubleshooting and optimizing system performance.

Beyond applying what I had previously learned, I also acquired new skills and insights into industry best practices. One of the most valuable lessons was mastering version control through Git and GitHub, which allowed me to track changes and collaborate seamlessly with other developers. I also gained hands-on experience in optimizing website performance, including implementing image compression, minifying CSS and JavaScript, and utilizing lazy loading techniques. Exposure to Agile development methodologies, such as daily stand-up meetings and sprint planning, enhanced my ability to work in a structured, efficient manner. I also honed my debugging and troubleshooting abilities, using advanced development tools to identify and resolve issues effectively. Additionally, I improved my communication, teamwork, and time management skills through regular interactions with designers, back-end developers, and project managers.

One of my major contributions during the internship was improving a web-based dashboard that displayed essential user and system statistics. My tasks included enhancing UI/UX design, implementing responsive layouts for cross-device compatibility, optimizing database queries for faster processing, and resolving performance-related issues. This project strengthened my expertise in front-end development, database management, and debugging techniques. Additionally, I played a key role in managing a media file organization system, where I structured, categorized, and compressed media

files to improve accessibility and efficiency. By employing file compression techniques, I helped reduce storage requirements while maintaining quality. I also took the initiative to update my resume, incorporating newly acquired skills and experiences, and refined system documentation to ensure that future developers could easily navigate and understand the project structure and functionalities.

During the internship, I encountered various challenges, including adjusting to a fast-paced work environment, debugging complex code, and managing multiple responsibilities simultaneously. Initially, keeping up with deadlines felt overwhelming, but I quickly learned to prioritize tasks effectively to manage my workload. Debugging presented another challenge, as some issues required extensive troubleshooting. However, by collaborating with senior developers and leveraging debugging tools, I developed a more structured approach to problem-solving. Managing multiple responsibilities required strong organizational skills, which I improved by utilizing task management tools like Trello and Notion to keep track of my progress and deadlines.

This experience provided me with a well-rounded perspective on IT project execution in a professional setting. I enhanced my technical skills in coding, debugging, and database management while learning practical strategies for optimizing web applications. Communication and teamwork played an essential role in the success of our projects, reinforcing the importance of collaboration in a real-world environment. The rapidly evolving nature of the tech industry also highlighted the need for continuous learning and staying updated with emerging technologies and best practices. Additionally, I gained a deeper appreciation for workplace professionalism, understanding the importance of meeting deadlines, maintaining a positive attitude, and being punctual. Problem-solving was another key area of growth, as I developed the ability to approach challenges logically and efficiently identify solutions.

With the experience gained from this internship, I feel more confident about entering the IT industry. Moving forward, I plan to further develop my technical expertise by deepening my knowledge in full-stack development and exploring advanced technologies such as cloud computing and artificial intelligence. I also intend to obtain certifications in web development, cybersecurity, and project management to enhance my professional qualifications. Engaging in personal projects will help strengthen my problem-solving skills and creativity, and I am eager to apply for IT positions where I can contribute meaningfully to projects while continuing to grow professionally.

My internship from February 17 to April 4, 2025, was a transformative learning experience that enabled me to apply my academic knowledge, acquire new skills, and develop a professional work ethic. Through real-world projects, collaboration, and problem-solving, I gained deeper insights into the IT industry. The challenges I faced contributed to my growth both technically and personally, preparing me for the expectations of a professional career. I am deeply grateful for this opportunity and look forward to applying the skills and experiences I have gained as I step into the workforce. This internship has solidified my passion for technology and strengthened my determination to succeed in the field of IT.

Checked and verified by:

Prof. Edelita Miflores - Lorico

Class Adviser

Date

JOSE RIZAL UNIVERSITY
Second Semester, SY 2024 – 2025

ITC 402-401i – Internship
Term End Self-assessment and Evaluation

Student Number	20-257174
Student Name	Visaya, Kian Andrei
Program/Year	BSIT/4th
Section	401I
Dates Covered	Feb 17 – April 4, 2025

I applied the knowledge gained in my academic journey and expanded my expertise through hands-on experience. This internship significantly enhanced my understanding of industry practices, collaboration, and workplace professionalism. In this self-assessment, I will discuss the key skills I honed, the projects I contributed to, and the valuable technical and interpersonal insights I acquired. The internship allowed me to put into practice various concepts I had studied. A significant portion of my work revolved around web development, where I applied my knowledge of HTML, CSS, JavaScript, and PHP to enhance an interactive dashboard system. I also utilized database management skills by writing and optimizing SQL queries for efficient data handling. My coursework in Software Engineering and Project Management proved useful in understanding project workflows, ensuring proper documentation, and aligning deliverables with client requirements. Additionally, my background in UI/UX design helped me enhance user accessibility and navigation. Exposure to networking and cybersecurity principles allowed me to integrate security best practices and system safeguards. The foundation I had in Operating Systems and System Administration also assisted in troubleshooting and optimizing system performance. Beyond applying previously learned concepts, I gained new skills and insights into best practices within the IT industry. One of the most crucial lessons was mastering version control with Git and GitHub, which streamlined collaboration and code management. I also learned techniques for optimizing website performance, such as image compression, minifying CSS and JavaScript, and implementing lazy loading for faster load times. My exposure to Agile methodologies, including daily stand-ups and sprint planning, strengthened my ability to work efficiently in a structured team environment. Debugging and troubleshooting became more manageable through the use of advanced development tools. Additionally, frequent interactions with designers, back-end developers, and project managers enhanced my communication, teamwork, and time management skills. A major highlight of my internship was my role in improving a web-based dashboard that displayed key user and system statistics. I was responsible for refining the UI/UX, implementing responsive layouts, optimizing database queries, and resolving performance bottlenecks. This project solidified my knowledge of front-end development, database optimization, and debugging techniques. Another essential contribution I made was organizing and optimizing a media file management system. By classifying and compressing files, I enhanced accessibility and efficiency while conserving storage space. Additionally, I took the initiative to update my resume, incorporating new skills

and experiences, and I helped refine system documentation to ensure clarity and ease of understanding for future developers. Throughout the internship, I faced several challenges, including adapting to a fast-paced work environment, troubleshooting complex code, and managing multiple responsibilities. Initially, meeting deadlines felt overwhelming, but I quickly learned to prioritize tasks and manage my workload effectively. Debugging posed another challenge, as some issues required extensive investigation. However, by seeking guidance from senior developers and utilizing debugging tools, I developed a more systematic approach to problem-solving. Managing multiple responsibilities demanded strong organizational skills, which I improved by using task management tools such as Trello and Notion to track my progress and deadlines. This internship broadened my perspective on IT project execution in a professional setting. I enhanced my technical capabilities in coding, debugging, and database administration while learning efficient strategies for optimizing web applications. Effective communication and teamwork played a crucial role in the success of our projects, reinforcing the importance of collaboration in real-world environments. The fast-paced evolution of the tech industry underscored the necessity of continuous learning and staying up to date with new trends and best practices. Furthermore, I gained a deeper appreciation for workplace professionalism, understanding the significance of meeting deadlines, maintaining a proactive mindset, and being punctual. Problem-solving was another key area of development, as I refined my ability to approach challenges logically and efficiently determine solutions. Armed with the knowledge and experience gained from this internship, I feel more prepared to enter the IT industry. I aim to further enhance my technical expertise by deepening my knowledge in full-stack development and exploring emerging technologies such as cloud computing and artificial intelligence. Additionally, I plan to pursue certifications in web development, cybersecurity, and project management to strengthen my professional qualifications. Engaging in personal projects will help me refine my problem-solving skills and foster creativity. I am eager to apply for IT roles where I can contribute to impactful projects while continuing to develop my expertise. My internship from February 17 to April 4, 2025, was a transformative experience that allowed me to apply my academic knowledge, acquire new skills, and cultivate a professional work ethic. Through real-world projects, teamwork, and problem-solving, I gained valuable insights into the IT industry. The challenges I encountered contributed to both my technical and personal growth, preparing me for the expectations of a professional career. I am extremely grateful for this opportunity and look forward to leveraging the skills and experiences I have gained as I transition into the workforce. This internship reinforced my passion for technology and strengthened my determination to excel in the field of IT.

Checked and verified by:

Prof. Edelita Miflores - Lorico

Class Adviser

Date

