Internship Reflective Essay Assignment

One purpose of this reflective essay assignment is to give you an opportunity to reflect upon the work you have accomplished during your internship. Another purpose is to provide you with a way to assess the internship experience.

The essay must be at least 3-5 type written pages in length.

Listed below are a series of items to which you must respond as you compose your essay. You may add your own thoughts and observations as well.

1. Discuss how the internship confirmed or stimulated new thinking about your educational and/or career direction.

2. Describe two or more examples of learning related to your attitude toward work, other people, or yourself in the work environment.

3. Present two or more examples of skills acquired or enhanced as a result of participating in the internship.

4. Based on the internship experience describe two or more kinds of work or tasks that you would want or not want to pursue in the future.

5. In what specific ways was your internship both worthwhile and disappointing? Cite examples of interactions, events, personalities, and/or behavior that formed your reaction to the experience.

6. What coursework or previous experience helped you function effectively? What courses or experiences do you think could have been beneficial had you experienced them before you began your work?

7. Explain how the internship was of value to you.

8. Explain how your participation in the internship is valued by the organization and/or its clientele.

9. Summarize your internship experience.

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