

# Internship Reflection Assignment

Upon completion of your fieldwork hours, you are to create a project unique to your learning style that addresses the following:

- 1) What are your overall impressions of the internship?
  - a. What did you like about the internship
  - b. What did you have a hard time with
- 2) What were the obstacles you had to overcome?
  - a. How did you achieve success
  - b. Did you overcome all obstacles
  - c. What is one thing that you did that you were really proud of
- 3) Which career fields related to your internship would you consider working in?
  - a. After the internship do you have a clearer mindset of what you would like to pursue
  - b. How did the internship help you achieve your career goals
- 4) From your fieldwork experience, what are your skill strengths?
  - a. Did you identify areas of opportunity for improvement
  - b. Would you recommend other students to the internship program
- 5) What is one thing you would change or improve about the internship program?
  - a. What was one thing that was really helpful about the internship program

Requirements of assignment (Choose one):

## Write a Paper

Typed using 12pt font (Times New Roman)

Double-spaced

Margins set at 1"

1 to 2 pages in length

## Create an interview

Allow your co-worker, manager, family or friend to interview you

Your interview must answer all questions above

Your interview must be submitted on a zip drive or CD

Your interview must be 5 minutes or longer

## Create a PowerPoint

Create a PowerPoint no less than five slides

Include at least three pictures of yourself in your field placement

Answer all questions above

## Take a Survey

[www.surveymonkey.com/r/kmm5cbf](http://www.surveymonkey.com/r/kmm5cbf)

**\*\*\*Create your own project with the approval of the Internship and Career Center\*\*\***

**Helpful reminder: Consider journaling your experience in some way THROUGHOUT to submit your entries as your reflection assignment. Composition notebooks are available upon request for this assignment!**