INTERNSHIP REFLECTION ESSAY
HIS390

An internship builds skills and professional connections, but it also allows students to explore career options and reflect on where they belong within the field—where their personal interests lie, what sort of work environment suits their temperament, how their training has or has not prepared them to move forward, and what professional opportunities they next want to pursue.

In light of these issues, please use **approximately 5-7 pages** to step back from your recently completed internship and reflect on its meaning and significance to you and your career.

In doing so, you might want to consider the following:

- *Briefly*, what were you main duties and accomplishments during the internship?
- Overall, what was valuable to you about the internship?
- What surprised you the most about the experience?
- Did the internship lead you to any insights about *how* you like to work (schedule, degree of collaboration, public contact, etc.)?
- Did it lead to any new ideas about the career path you hope to pursue?
- When working at your internship, did your history courses seem a million miles away or did some of your experiences resonate with what you learned in the classroom?
- If you could do the internship process all over again, what would you do differently?
- What could the department do differently to help?

TO RECEIVE CREDIT FOR HIS 390, TURN IN A FOLDER CONTAINING THE FOLLOWING, on which your grade for the course will be based:

- your reflection essay
- your information interview assignment
- the evaluation form from your supervisor (can be sent directly to me)
- copies of the journal entries you sent me
- copies of materials you produced through your internship work—products that reflect your day-to-day duties and accomplishments as an intern