Weekly Journaling

Undergraduate Internship
HIS390

Every week send informal updates to bpfilene@uncg.edu. Keep copies for yourself as well, since you will be asked to turn these in as part of your final internship packet.

In writing the journal entries, address the following:

- List how many hours you worked this week
- Literally what have you been doing? Believe it or not, you probably won’t remember the details even a couple of months later?
- What do you think about it? Be honest about shortcomings, challenges, and uncertainties.
- Are your running into any problems that are making the experience less than you had hoped?

You might also find the following helpful:

- Does the experience remind you of anything you discussed in your classes?
- Does it lead to any new thoughts about the field and your place within it?