

INTERNSHIP JOURNALING ASSIGNMENT

HIS690

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 you 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?

INTERNSHIP REFLECTION ESSAY ASSIGNMENT

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 questions below (you do not necessarily need to answer each question in order):

- *Briefly*, what were your 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?
- Did your coursework prepare you for the work, or did the ideas from the classroom seem a million miles away?
- If you could do the internship process all over again, what would you do differently?
- What could the department do differently to help?