

Internship Final Reflection Instructions

The internship reflection paper should be a total of 3-5 pages in length (1-inch margins, 12-pt font, double-spaced).

Required prompt-you must respond to this prompt in your paper:

- *Did you achieve the learning objectives that you developed in your learning contract? If so, please describe in detail how this was accomplished and the specifics of what you learned. If not, why not, and how might you achieve these objectives in the future?*

In addition to the required prompt, you must respond to any 6 of the following-you choose which six you wish to address:

- *What were three of the most important lessons you learned from your experience at the internship beyond what was stated in your learning objectives? What was one item you learned that had nothing to do with the technical skills you have learned from your degree?*
- *What were your impressions of the environment in which you worked? What did you like about it and what did you not like about it? How do you believe the environment affected the work you did?*
- *What was your experience in working with your supervisor and your coworkers? Based on the internship, what qualities do you believe are needed for one to be a good supervisor or coworker? How do you think that your supervisor and/or coworkers affected the work you did?*
- *Now that the internship has ended, what would you have done differently if you had it to do again? In what areas do you need to grow as a professional? How will you address these areas?*
- *How and why did the internship experience confirm or change your career direction? When you go on to search for your next job or internship, what will you be looking for in terms of the job's duties, the environment, and supervisors/coworkers?*
- *How did the internship experience help you understand concepts that you had previously learned while taking classes at York College? Did the internship change your feelings about anything you learned in class? Why or why not?*
- *What were the norms or "unwritten rules" regarding what was and was not acceptable where you worked? How did you learn appropriate behavior? What surprised you about these norms?*