

## What should the student write in the journal?

The journal provides a record of the WISE experience. It is a public document that will be read by members of the student's evaluation committee. It must be literate, appropriate, meaningful and reflective. Frequent and varied entries are essential. The following prompts should help students achieve these goals.

1. Before the initial interview I felt.....
2. Before I went to my internship, I was worried (hopeful) that .... Now I feel....
3. Thinking about starting my WISE project made me feel .... because...
4. On a typical day at my internship I ....
5. Since I began my internship, my responsibilities/activities have ....
6. Today was a successful (unsuccessful) day working on my WISE project because....
7. If I could change one thing about my WISE project (placement) it would be ... because....
8. When I am praised (criticized) at my internship, I feel (react by).... For example...
9. People at my internship treat me like..... An example of this is....
10. Someone at my internship (or someone involved in my project) said ... This made me think about...
11. My mentor meeting was helpful (unhelpful) today because...
12. A question I am glad I asked (wish had I asked) is.... Because...
13. I can (cannot) see myself pursuing a career in the area of my WISE project because...
14. I have taken some risks during this project by....
15. I did not take any risks during this project because...
16. One thing I have learned about myself during this project is...
17. One thing I have learned about others during this project is...
18. One disappointment I have had during this project was ... because...
19. One great success I have had during this project was... because...
20. A surprising outcome of my WISE project was...