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## SENIOR INDEPENDENT EXPERIENCE JOURNAL GUIDELINES

*Student interns are required to keep a journal, a personal reflection of their experience and learning. Students must submit their journals, along with their signed time logs, to their school advisors every Friday*

### Why keep a journal?

It is a place for you to collect ideas and information

It helps you develop your own questions regarding your work, goals, and objectives

It allows you to express your feelings about work, or your responses to the advice or suggestions made by your sponsor, mentor or others.

It helps facilitate two kinds of conversation: your interior monologue – the conversation you have with yourself -- and your exterior dialogue – the conversation you have with others about your work

A journal provides you with a personal map of your progress, of the development of your ideas

It encourages your exploration of ideas or information, as well as your working through problems/issues that you are in the process of solving.

### The Senior Internship Journal – expectations

Record something each day

Include your reactions to your experience, to the people with whom you are working, to your daily schedule

Include your accomplishments and suggestions for change and improvement

Include your perception of how this experience is affecting relationships. If you are working with another intern, have you had issues? How did you resolve them? How have they affected you?

What problems are you encountering? How are you solving or dealing with them? If there are no problems, why is it going so well?

Are you meeting your goals and objectives?

What are your perceptions of your own growth as a result of this experience?

Informal language is fine – just let your thoughts flow – your thoughts, observations, questions, speculations

Write about your own thinking; wonder aloud on paper about ideas, issues, and problems to do with your internship

Share information: your journal should give evidence that you have attained your internship goals and objectives