

JOURNAL IDEAS

1. What are your goals and expectations for this internship? What do you hope to learn and/or achieve?
2. What are your first day impressions of the internship?
3. Describe the type of business or organization for which you are working. How would you explain what takes place to an outsider?
4. Describe the person with whom you have worked most closely
5. How do you assess your internship so far? What do you like best? What do you like least? What is frustrating? Satisfying?
6. What personal qualities does one need for success in this job?
7. Are you finding it easy or hard to maintain non-internship commitments, such as theater, sports, student government? Is it a good break from the internship or does it get in the way?
8. Describe your relationship with your Site Supervisor. How much interaction do you have, and how is that time spent? Does your Supervisor treat you like an employee, a teenager, a colleague...?
9. Write about something you have done well.
10. How is your internship so different from school? Which world do you prefer and why?
11. What do you think your Supervisor would say about the job you are doing up to this point? Why would he/she say it? Would a co-worker of yours (other than your Supervisor) say the same or different things?
12. What education and/or other credentials does one need in order to hold a major position at your site? For example, what type of degree, how much schooling, how much experience? Would you choose this as a possible career based on these requirements?
13. What do you feel is your biggest weakness as an intern? Write in detail about one thing you feel you have failed at or would like to have done better.
14. **FINAL ENTRY:** What skills have you learned in your internship? What attitudes of yours have changed or new attitudes formed because of this experience? Have you met your goals? How are your feelings now different from your first impression?