*In this reflection paper discuss your experience, make connections between the classroom and the workplace, and analyze how well you met your original learning objectives. The purpose of this assignment is for you to consider how your internship has impacted your short-term and long-term goals.*

**Directions:**

 Address each question below in regard to your internship experience.

 If you interned in more than one position or with more than one company, be sure to talk about your experience as a whole.

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| --- | --- | --- | --- | --- |
| **Name:** |  | **Student ID Number:** | |  |
| **Address:** |  | **City, State, Zip:** | |  |
| **Phone:** |  | **Email:** |  | |

**1. Were the learning objectives you set for yourself at the beginning of your internship realistic? Why or why not?**

**2. What supportive factors helped you accomplish your objectives? What kind of support was missing that you would have liked?**

**3. Briefly explain how you applied classroom knowledge to your internship experience.**

**4. Many interns use the following words to describe their first few weeks at an internship: confused, overwhelmed, stressed, awkward, scared, unprepared, and insecure. Did you feel any of these emotions when you started your internship? If so, did you still feel**

**that way at the end? Please explain.**

**5. Please describe a specific challenge you faced during your internship, the actions you took to approach the situation, and the result of your actions.**

**6. What about your internship did you like the most?**

**7. Many people say that networking is one of the most important elements of an internship. Did you develop professional relationships that may help you in your future academic/career endeavors? Explain your experience networking with other professionals during your internship.**

**8. What did you learn about yourself as an employee / a co-worker / team member? What do you think your internship supervisor would say about you as an employee? What would your other co-workers say about you as a team member? What professional workplace skills do you need to improve?**

**9. How has this experience affected your academic and/or career plans?**

**10. Would you recommend this internship site to another student? Why or why not.**