

Writing in Your Internship Journal

Here are topics, issues, and questions that may help you to think and write about your internship experiences. Don't feel limited to these.

Think and write about your internship experience at least once a week. Write about them after you are done for the day or early in the next day. Once you've established an internship journal, writing your summary paper will be much easier.

Most internships have strict rules about confidentiality, which is important. However, you can still write in your journal without disclosing personal names and identifiers of clients you serve.

Your journal is mainly about *your feelings and thoughts* during your internship. Your journal is not an activity log. If you have questions about this, ask.

Here are things to consider in your journal:

- What are the goals of your internship that you have learned so far? Is this what you wanted to do for your internship? Why did you choose this internship over other possibilities? *Writing these down will help you evaluate whether you are successful later. Note any changes over time.*
- What is, or what do you believe is, the formal purpose or role of the agency in which you are doing your internship? How does your role relate to that overall purpose? How do you feel about what your role is? Does it give you sufficient insight into the occupation or role that interests you? *Again, note changes over time.*
- Did you have any new experiences today or this week? Are you doing the same thing over and over? What did you learn about yourself and your ability to do this internship? *What you actually did is relevant to write about only if it relates to your thoughts about yourself and how you relate to this internship. Are you over-stimulated? Bored? How do you personally cope with these situations?*
- Write about whether and/or how your internship experience is related to ideas that you have learned in your major coursework. *If you can't think of any, where do you think your experiences would fit into a course?*
- Identify what ideas you have about your internship that may differ from others in your workplace. *How do you personally explain or understand these differences to yourself--your education, experience, age/generation, gender, race, personal interests, etc.?*
- What kinds of communication skills does your internship require? Are you comfortable with these? *Explain. How if at all do these differ from what is required in school or from other jobs that you have had?*

- Write about your satisfaction with your supervisor(s). *What, if anything, would you change about your relationship with him/her? Have you learned what type of supervision that you best learn from?*
- Do you receive feedback on the job and, if so, how do you respond to it, both positive and negative? *Is the way you take feedback working for you? Do you feel it would be different if you had a different kind of supervision?*
- In your experiences with your supervisor(s), peers, or situations you encounter during your internship, do you ever feel that you are put in a position in which you could compromise your values? *How do you deal with such situations? What do you think could be done to resolve them?*
- Does your experience help you think about possible careers in this field or other fields? What are the pluses and minuses of this internship/job? How have your experiences helped you to decide on what career you will pursue, if they have at all? *This may help you think of careers or aspects of them that you do want to pursue and others that you do not want.*
- How do you feel about your contribution to your internship? Have you done a lot or a little? Do you feel your work has been appreciated or not?
- Do you have latitude to do things that you want at your internship? How do you feel about that? *Do you feel that you have taken any initiative at your internship? Why or why not?*
- *Are your experiences consistent with the goals of your internship as you understand them?*