

Please prepare a reflection essay that gives a good summary of your experiences in your internship. The essay should be two pages in length, double-spaced and in MLA format. Remember to include your graduation year under your name at the top of the page.

Topics to be covered should include the following.

1. What was your occupational career plan at the time you started the internship?
2. Where did you complete your internship and who was your supervisor?
3. Why did you choose this internship and how did you find it?
4. What did you like best and least about your internship?
5. Discuss several typical tasks that you completed on your internship.
6. Give at least three work skills that you learned on your internship.
7. List at least three personal skills that you learned through your internship.
8. How has this internship changed or affected your life and goals?
9. How were you most effective as an intern at this placement?
10. What was the most challenging part of the internship?
11. What do you wish you had known prior to beginning your internship?
12. What is the single most important thing that you learned during your internship?
13. Who was the most influential and helpful person you worked with during your internship?
14. Would you recommend this internship to other students, and if you could go back in time would you do this internship again?
15. At the conclusion of your internship, has your occupational career plan changed, broadened or narrowed? What occupation are you aiming for now and what education beyond high school do you plan to complete?

Please send a thank-you note to your supervisor thanking him/her for all the time and effort that they put forth in this internship.

Return your completed "Internship Reflection Essay" to Ashley Cooper, Career Education Coordinator, acooper@conejousd.org, Room K2B at Thousand Oaks High School.