



# Internship Reflection Journal

Reflecting on your internship experience is an important part of your career development. During an internship, you discover your skills, values, strengths, and interests. Ultimately, you may decide to open new doors and maybe close others.

Taking time to reflect on your past internship experience gives you an opportunity to use your encounters as a guide and resource in your career exploration. Once you have reflected on an experience, learning begins.

Think about some of these questions when reflecting:

- What impact did this experience have on my personal growth?
- What was my greatest accomplishment?
- What did I find most challenging about that internship?
- What skills did I learn?
- How was I able to apply my current skills?
- What did I discover about myself? (Strengths, weaknesses, dislikes)
- What influence will that experience have on my future academic and career choices?
- What did I learn about office politics that will serve me in the future?
- What successes have I experienced? What did they mean to me?
- What setbacks have I experienced? What did you learn from those setbacks?
- Were there people whose work ethics I would imitate?
- What did I learn from people I admire in the organization?