

Internship Journal Questions

(Because we need to learn to write, and we need to write to learn)

Writing is a skill valued and rewarded in almost every profession. These journals should be thoughtful, and of the quality expected in a workplace. Address the questions in whatever way you would like, always expanding and developing your answers. *At least* one page is expected for each journal. Responses should be typed. YOU DO NOT NEED TO CONFINE YOUR RESPONSES TO JUST YOUR INTERNSHIP EXPERIENCES. PLEASE INCLUDE YOUR THOUGHTS ABOUT OTHER SITUATIONS AS WELL.

Journal #1

1. What have you been doing at your internship?
2. How have you been feeling?
3. What have you learned?
4. Describe your workplace (physical facilities, social environment, etc.)
5. Who is your favorite person to work with so far, and why?

Journal #2

1. What have you been doing at your internship?
2. How have you been feeling?
3. What have you learned?
4. Describe a deposit or withdrawal you have made in your personal bank account recently. (not talking about money, see Covey p. 31)
5. Tell about a time when you have experienced a paradigm shift.

Journal #3

1. What have you been doing at your internship?
2. How have you been feeling?
3. What have you learned?
4. What is something about your internship that you find frustrating or dissatisfying? How can you proactively (within the circle of your control) go about making a change in the situation?
5. What is the end you have in mind for this internship?

Journal #4

1. What have you been doing at your internship?
2. How have you been feeling?
3. What have you learned?
4. What is the mission of the organization where you are interning? (They or may not have a formalized mission statement.) Are they accomplishing their mission?
5. What are three or four of the most important things you want to accomplish in your life? What specifically have you done this week to progress toward those goals?

Journal #5

1. What have you been doing at your internship?
2. How have you been feeling?
3. What have you learned?
4. What are some Quadrant 2 (important/not urgent) activities that you personally struggle to get around to? In which of the other three quadrants do you spend too much time?
5. Do you keep track of how you spend your personal money? Are you putting first things first when it comes to your long-term financial goals?

Journal #6

1. What have you been doing at your internship?
2. How have you been feeling?
3. What have you learned?
4. Write about a recent deposit or withdrawal you made in a relationship bank account.
5. When you're not thinking Win/Win, which of the other three is most likely? Give some examples, and discuss how that attitude is affecting you.

Journal #7

1. What have you been doing at your internship?
2. How have you been feeling?
3. What have you learned?
4. How important are communication skills in the field where you are interning? Explain.
5. Tell about a relationship where you don't listen too well, where you rarely SEEK FIRST TO UNDERSTAND. What do you plan to do to improve that?

Summary

1. Summarize Covey's Seven Habits. Have you made any positive changes in living those habits this semester?
2. As a result of this internship, are you more or less likely to pursue a career in the field where you worked?
3. What is the most important thing you have learned in your internship experience? What do you consider your biggest success?
4. What would you change? What do you wish you had done differently? What advice would you give to future interns?