

## **WCPSS School to Career Internship Program**

### **INTERNSHIP JOURNAL**

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The internship journal provides an opportunity for you to write about your learning experience. There are several ways that you can use your journal to examine your internship experience. Some of its uses are to examine new knowledge and skills, to discover what you feel as a result of experiences in your internship, and to reflect on your own learning. In your journal you can reflect on successes or problems, as well as anxieties or other feelings you have about your internship. You may record your responses to difficulties that come up during your internship. In addition, you may record your personal reactions to teachers, internship coordinators, supervisors or co-workers or groups you take part in. You may use the journal to record any problems you are having that interfere with your learning experience.

**Directions:** You will begin your journal at the start of your internship. The journal may be used to assist with the project presentation.

You must complete one journal entry every 5 – 10 hours or every week of work as agreed upon by Internship Coordinator with one final entry for a minimum total of 11 entries.

The journal format should be followed with emphasis on the reflection. Please follow these guidelines in your journal entries below:

- Only use first names
- Do not include any personal information such as email addresses, phone numbers, addresses, etc.
- Follow all school guidelines
- Follow any guidelines provided by your supervisor

#### **Required Journal Entries:**

1. Describe your orientation of the workplace and include the following: when did it occur, who did you meet with, and what are three key things you learned during the orientation?
2. Define the purpose of the business/organization – what they do, structure, who are their customers, etc. What is your job description – what will you be doing, who will you work with, where do you fit in, etc.?
3. Describe the work atmosphere. How are decisions made, is it cooperative or competitive, what is the dress code and work ethic of the organization?
4. How have your classroom experiences prepared you for the internship? What do you wish you had learned prior to the internship?
5. How is the internship meeting or not meeting your expectations/objectives and why? Do you have control of this? Explain.
6. What do you feel is your main contribution to your internship site? What have you done at your internship that makes you proud? Why?
7. How have your duties changed since you first started? Have you been given more responsibility?

8. How has this experience affected or changed your career/college plans?
9. What have you learned about yourself and what you want in a career?
10. What major problems or frustrations have you experienced or observed in your work? How did you handle it?
11. Write a final reflection of the entire internship experience.

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### EXAMPLE OF A JOURNAL ENTRY

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#### Entry #

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**Prompt:**

**Date(s) and Hour(s):**

**Activities:**

**Technical Information:** (tools used in support of the internship during this timeframe)

**Reflection:** *This section should be the longest and bulk of each entry and should be at least four paragraphs. A Journal Entry (below) must be answered AFTER your reflection*

#### SAMPLE ENTRY

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#### Entry #5

**Prompt:** What do you feel is your main contribution to your internship site? What have you done at your internship that makes you proud? Why?

**Date(s):** 7/19/19 - 7/22/19 / Hours: 45 hours

**Activities:** Edit and Crop Videos, Work on Intranet

**Technical Information:** VideoPad, Adobe Dreamweaver CS4, Canon Video Camera

**Reflection:** As the Hamner Institutes is continually expanding their partnerships and relationships with other companies, one major connection is with China. This week, the majority of my time was devoted to cropping and editing videos of speakers from China and the Hamner at important events. Even though most of the videos were in another language, it was interesting to see the presentations.

To edit the videos, I used software called VideoPad, which was rather easy to pick up and learn. The only frustrating part about the program is how long it takes to make the video into a movie and how long it takes to upload a video file. Other than those two issues, VideoPad is great editing software to use!

When I wasn't working on editing China presentation videos, I would work on the intranet. In all, I have 13 pages to make, with many subpages under each! It's been hard to get people to

meet with me about their webpages, but it's coming along! So far, I have completed 3 of the intranet sites and have 10 pages left to finish before I leave! Fortunately, it doesn't take me that long to make a site; typically, I only need one day to complete one of the 13 webpages.

I believe my main contribution to the Hamner is tying up loose ends to projects that need to be completed. For example, many of the posters that I have worked on are now completed and ready to be printed. Also, working on these videos from the China presentations probably wouldn't have been done quickly if I hadn't taken on the project! Overall, I'm here to learn and experience what work life is like and have learned so many new skills along the way!