

Sample Prompt Questions for Reflective Journals

- What are your expectations for this internship experience?
- What are your initial reactions to the first week of your internship?
- Write about the mission of the organization for which you are working and how the work you are doing connects/supports it.
- What did you successfully do that you didn't think you would be able to at first?
- Describe the culture of the organization, including communication, hierarchy, meetings, decision making, dress, etc. What were the "unwritten rules?"
- What skills are you acquiring or further developing?
- What has challenged you this week?
- What have you observed in regard to diversity? Is the make-up of the organization reflective of the community population? Are there any disabled employees? Have you observed any type of discrimination (conscious or unconscious)?
- What have you discovered about your fit for this type of work and this type of organization?
- How has this internship deepened your understanding of your studies?
- What problems arose and how were they resolved?
- Describe the management style of your supervisor, and the pros and cons of it from your perspective.
- What would you do differently if you were the owner/manager?
- Depending on the sector (for-profit, non-profit, or governmental) your internship is in, how does the structure impact the ability of the organization to accomplish its goals?

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