

Sample Weekly Journal Prompts

Week 1

For this first week reflection, I'd like you to focus on first impressions. What are your initial reactions to your first few days? What are you looking forward to? Is there anything you are disappointed about? How different is the environment from ones you know, and how? These first few days can be stressful and exciting all at the same time, so take a few moments to reflect on them.

Week 2

For this second week reflection, I'd like you to focus on personal relationships. Who are/will be your mentors? What qualities do they have that are positive? Negative? Are you connecting with some people more than others? Why? Who are your clients/customers (if applicable)? How are you similar to the people around you and how are you different? Do you perceive and power differences? Who are you connecting with and why? Who are you having conflict with, and why?

Week 3

For this third week reflection, I'd like you to focus on skill building. What are the specific skills you brought to this internship? Are you using them in this setting? Why or why not? What skills are you gaining through this experience? Are there any skills that you do not have that would be helpful in this internship? How would you go about obtaining new skills during this experience? Are they skills that will help you in other areas of your life?

Week 4

For this fourth week reflection, I'd like you to focus on your emotional life. Emotions help to guide our behaviors and provide us with information about what is working or not working. What emotions have you experienced since starting this internship? Have you experienced boredom? What has surprised you about either the internship or yourself? Have you experienced anger? How did you express it? Have you been proud of yourself? Why?

Week 5

For this fifth week reflection, I'd like you to focus on your academic and career goals. If you wanted to follow in the career path of someone at your internship site, what would you need to do to make this happen? (You may want to ask the person for advice and use this in your response.) What types of tasks are you discovering that you enjoy or excel at completing? Which ones are less attractive or fulfilling? Can you see yourself doing this work for 10 or more years? How has your academic experience prepared you for your internship? Has this experience made you think about graduate school? Has it made you think about taking a course outside of your major? Describe. How have you used your liberal arts education in your internship?

Week 6

For this sixth week of reflection, I'd like you to focus on what you have left to do in the remaining weeks of your internship. What else needs to be done? What is the status of your project? Do you need to go anywhere or see anything? Have you met and talked to the people you have wanted to? Look back at your initial impressions – what has changed? Are you more confident now compared to then? Do you have a clearer vision for what you need to do in the next few weeks, and in the future? Feel free to revisit any past topic.

Week 7

For this seventh week reflection, I'd like you to focus on how you have changed over the duration of this internship. What have you learned? What have you learned about yourself? Have you grown in any areas? What if you were graduating in December – would you be okay being "on your own"? Has this internship made you better in some ways? Worse in other ways? Also feel free to comment on any other events this week.