

Spring 2026 Internship Reflection Video

We hope you have been enjoying your internship experience! We would love for you to share your experience with fellow students who may be interested in pursuing an internship. We ask that you share a recording answering the following questions.

Students who submit a video will be entered into a drawing to win a SMUMN Tumbler & Padfolio!

Instructions:

- Record your video and ensure to keep a landscape orientation if you are utilizing your phone.
- Find an area with natural or good lighting and limited distractions.
- Find a plain background to be in front of, such as a white wall (this will help with the edits)!
- If possible save as a mp4 file, and email it to internships@smumn.edu when completed
- **Before answering the question, be sure to say the question number**

Do not worry about any awkward pauses, or if you restart we can edit the first part out! We will be making several short reels + one longer video to share on our [website](#) & LinkedIn. Follow Career Services on [LinkedIn](#) & we'll be sure to tag you!

Please answer the following questions:

1. Share your name, class level (junior/senior), major, and your internship company & role
2. What steps did you take to prepare for your internship search? How early did you start looking, and what would you recommend to others?
3. What is one highlight of your internship experience so far?
4. What challenges have you faced during your internship experience? How did you navigate through?
5. How have you managed competing priorities between your internship, school, & personal life?
6. What has this internship taught you about yourself? How has the internship impacted your career decisions moving forward?
7. What is one piece of advice you wish someone would have told you before starting your internship experience?

OPTIONAL: Is there anything else you would like to highlight about your internship experience that has not been covered? Feel free to add this in!