

Reflection Based Internship Activity

Please answer the following questions about your internship experience.

Short Answer Questions

1. What was your role and what were some of your responsibilities (e.g. daily activities and tasks)?
2. What were the three most important things that you learned during your internship?
3. As you reflect on your internship and the courses you have completed thus far at UT, what courses have helped you most during your internship?
4. How will this internship impact your commitment to learning in future classes based on your answer to the previous question?
5. Of the leaders you met during your internship experience, what leader(s) did you most admire and what traits made him/her stand out as a leader?
6. How does this internship relate to your long-term educational or career goals?
7. If you could relive your internship, what would you do differently to improve your internship experience?
8. In terms of the work environment at your internship, did you feel that your supervisor was receptive to your questions and ideas? What about your co-workers?
9. How was your internship experience different than you expected? Did the job description of the internship seem to match the actual workload?

Article Based Questions

Please read the articles below and answer the following questions. Short answers, please.

“Degrees Are Great, but Internships Make a Difference” by Brian Burnsed U.S. News and World Report Education
<http://www.usnews.com/education/articles/2010/04/15/when-a-degree-isnt-enough>

“15 Ways To Stand Out As An Intern” by Jacquelyn Smith Business Insider
<http://www.businessinsider.com/15-things-interns-do-to-stand-out-2014-5>

“6 Things To Do Before Your Internship Ends” by Alison Green Huffington Post
money.usnews.com/money/blogs/outside-voices-careers/2010/08/02/6-things-to-do-before-your-internship-ends

1. Alison Green stresses the importance of keeping in touch with you supervisor once your internship has been completed in the article “6 Things To Do Before Your Internship Ends.” Based on this information, how have you or others in your internship organization effectively utilized relationship building/networking? In what ways can you build a strong network with those you work with for future benefit?
2. In Brian Burnsed’s “Degrees Are Great, but Internships Make a Difference,” the importance of participating in an internship is emphasized. What are two skills that you feel that you have a better understanding of after completing your internship? How do you think these skills will be of benefit to you in your post University of Tennessee life?
3. Jacquelyn Smith, in her article “15 Ways to Stand Out As An Intern,” lists 15 different ways to stand out from the crowd during an internship. After reading this article, did you take any of the suggested steps during your internship? Which piece of advice did you find most difficult to complete and why?