

# GUIDE TO WRITING YOUR FINAL REFLECTIVE ESSAY

Your reflective essay should be based on your journal writing and your insights and perspectives once the internship comes to a close. **The essay should be 1000-1500 words, or 2-3 pages.** Your essay will be forwarded Faculty Adviser, who will determine pass/fail for internship credit.

## Reflection Questions

These are just a guide. In addition, please use reflections from [your journal](#) as well to help us know more about your experience.

- Describe the primary duties, tasks and projects of your internship. What were the most rewarding, significant and/or impactful experiences?
- What "critical moments" and/or experiences stand out to you that shifted your perceptions of the world of work, the field, and/or yourself as a professional.
- What do you know about yourself now that you didn't before?
- Has your sense of agency changed at all as a result of your internship? In what ways has a sense of purpose emerged through your internship?
- Describe an example of when you felt really good about the work you produced. What went well? How did your co-workers respond to your work?
- In what ways did your internship contribute to your larger career and/or academic goals? How have your goals shifted? Where do you see yourself headed now that you didn't before?