GUIDE TO WRITING YOUR FINAL REFLECTIVE ESSAY

Write your essay in a separate document and save it to your computer. You will be prompted to upload it in the Final Reflective Essay form, available on our [Applications & Forms] page.

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 writing, along with the Verification of Internship Completion, will be sent to your Faculty Adviser, who will use them to determine your pass or fail grade for the internship.

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?