

A Prompt for a Reflective Paper on an Internship

Write a reflective paper on your internship experience. The purpose of this assignment is for you to develop and demonstrate the ability to:

- set explicit goals for your own work;
- monitor your progress toward meeting goals;
- seek out and use feedback from others;
- evaluate your learning and performance;
- assess personal strengths and weaknesses; and
- communicate clearly and professionally through writing.

Your reflective paper should be five pages long, double-spaced, 10- or 12-point font with one-inch margins. Use the objectives listed above as a basis for your reflection and answer the following questions:

- How valuable was the internship experience to you?
- What *specific* experiences do you think made you stretch and *grow* as a professional?
- What could you have done differently during your internship to improve the learning experience?
- Would you recommend this placement to others? Why or why not?

Adapted with permission from a prompt created by Drs. Sharon B. Buchbinder and Donna M. Cox, Health Care Management Program, Towson University