

REFLECTION JOURNAL

PART I: The topics I'm most interested in

For this course, the topic I'm most interested in is “**Practical profession issues**”. Based on the teaching arrangement of our college, this topic mainly contains three parts, which are networking and fit, teamwork and diversity, and professional ethics. All of these are beyond our major knowledge but in a vital importance for our future career.

I think what interests me most in this topic is the content about **networking**, because it leads me to think more.

First, networking is the most reliable way to find a job by getting internal recommendation. Not only because internal recommendation has increasingly become one of the mainstream recruitment methods, but also one purpose of networking is to see whether my personality characteristics are compatible with the enterprise and position.

Second, networking helps to obtain better workplace resources. The most ideal job opportunities are generally invisible to us. These positions are largely digested internally.

Third, networking can effectively alleviate workplace anxiety and stress. When we are under pressure and anxiety in the workplace, it is actually more from the sense of confusion. If I find more authoritative professionals in my network at this time, point out the maze for me and prove that my views and directions are right and wrong, it will naturally alleviate workplace anxiety and pressure to a great extent.

PART II: Outcomes I have best accomplished

By learning this course and combining it with my past internship experience, I maintain that the purpose of the study is not just to pass the exams but to obtain knowledge and acquire job skills. However, there is a big gap between stepping out of the ivory tower and entering society. It is a blessing for me to join the company as a buffer. Through the internship, I can understand the actual needs of the work so that the purpose of learning is more precise, and the results are correspondingly better.

Based on what I have learned in this course and my previous internship experience, I should exercise my abilities in the following aspects in the future internship.

1. **Autonomous learning.** We're expected to learn by ourselves, but not always being pushed by others.

2. **Aggressive work attitude.** In our work, we could create benefits for the company in the progress of improving ourselves.

3. **Basic workplace etiquette.** When stepping into the society, I need to understand basic decency, which is often the original as a student does not pay much attention to, whether dressing or treating people, should be in line with etiquette, so as not to affect the routine work.

4. **Dealing with relationships.** As a student, I have to deal with nothing more than classmates, teachers and parents, but I have to deal with complicated relationships after work. Whether it's with my boss, co-workers, or clients, do it properly, communicate, and put myself in their shoes instead of just thinking about myself.

PART III: Some suggestions to this course

In general, this course made me summarize my previous internship experience and further understand my future career planning. It is a good course. Some of the topics mentioned by the teacher in the class helped me a lot and made me understand my shortcomings and deficiencies. The only minor suggestion is that we hope this course can be conducted in the junior year to have more time to adjust our internship plan and improve it.