DNID Internship Independent Study

**Internship Journal**

# Purpose & Context

Over the semester, you'll keep a journal describing and reflecting upon your work at the internship. As writing often does, this journal will serve multiple purposes: first, and most importantly, it should provide a space for you to record what will be numerous new experiences and realizations. You may very well want to refer back to some of this as you proceed to future internships and jobs. Second, it should allow you think via writing—you'll be asked to reflect weekly on what you're learning, and as you likely know, it's often through the act of writing that we stumble across important ideas. Third, it will prepare you for discussions with your mentor by allowing you to organize your thoughts and experiences.

# Components

Below are the components of your weekly entries; you may come up with your own labels/subtitles/format: whatever works for you!

*Week of semester*/*dates of work you're referring to*

*Site Log:* Take about 10 minutes to describe

* What I did: describe the work you undertook, including instruction, process, and other conversation when relevant. Include any other new information you received as well.

*Reflection: Take another 10-20 minutes to reflect*

* What I learned: Reflect on this work. What new understandings might you have? What new questions? What frustrations? Inspiration? Give yourself some space to write through them.

Thus, altogether, this weekly journal work should take you around 30 minutes. **You're not required to report your weekly hours in this journal, but make sure you are keeping track of them for yourself somewhere.**

# Submission of Journals

**Submit your journal by posting it or emailing it by the day and time you set with your mentor.**