

YAWKEY NONPROFIT INTERNSHIP PROGRAM

Reflective Essay

Within two weeks of the completion of your internship, please submit your essay to the "Checks" tab in Sonia. Essays may be shared with the Yawkey Foundations.

GENERAL INFORMATION

- Include your name, the date, your internship site, and internship title.
- Your essay should be 3–5 pages, double-spaced, with a font size of 10–12 and no larger than 1-inch margins.
- Please reflect on the questions below. While it is not necessary to address each specific question in your essay, you should focus the content on the general themes presented in the three categories of questions below.

REFLECTION QUESTIONS

1. Internship Description

- Provide a brief description of the organization you worked for based on your observation. What does the organization do? What is its mission?
- Describe your primary responsibilities. What did you find most and least appealing?
- Why did you choose this internship?

2. Workplace/Field Observations

- Describe the culture of the organization. How do people interact?
- How would you describe the organization's structure? How does the structure influence the organization's culture and day-to-day operations?
- Did you work primarily in a team or on your own? How did this affect your work?
- Describe your relationship with your supervisor. How will your experiences with your supervisor inform your own approach to future supervisory relationships?
- Who else did you work with? What characteristics distinguished the most helpful of those individuals? What, if anything, did you learn about how to approach others to help you achieve your goals?
- What was most rewarding about your experience? What challenges did you face? How were the rewards and challenges consistent or inconsistent with your initial expectations for the internship?

3. Career Implications & Reflections

- What did you learn about this field? Did your impressions of the field or organization change as a result of the internship experience?
- How did you apply previous academic coursework to your internship experience?
- Reflect on the internship goals established in the learning agreement that you and your supervisor discussed. Which learning objectives were achieved? Which were not? What, if any, hurdles did you face in completing your objectives, and how did you work to overcome them?
- How did this experience alter or enhance your understanding of the world of work?
- How has your internship shaped or changed your future career goals?
- Looking back at your internship experience, what, if anything, do you wish you had done differently? Of what are you most proud?

Boston University Center for Career Development

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