
Center for Global and Career Services

Final Reflection Paper

One of the most important components of your internship is your Reflection Paper. This paper should articulate why the internship was a meaningful learning experience for you. It should include the following:

- 1) A review of your original goals and whether or not you achieved them.
- 2) A detailed explanation of what you have learned and how it relates to your future plans.
- 3) Specific examples of insight, progress, learning, etc.
- 4) Explanation of difficult or negative experiences and what you learned from them.
- 5) Description of how you might be “changed” somehow by the experiences.

The final paper is not a laundry list of your job tasks and responsibilities during your internship. It must include some critical thinking, soul searching and reflection. This includes reviewing your journal entries and doing an honest assessment of your progress using the evaluation criteria identified in your original Learning Contract. Often, some of the best learning comes from unexpected situations or when things aren't going well. Be sure to include these as well. Showing up and “putting in the hours” does not constitute an internship.

The Final Reflection Paper is due to your Faculty Supervisor during the last week of classes.

Students who fail to submit a paper will not receive a grade for the internship.