Identifying Internship Goals

(Adapted from C. Soloman, 2000)

Today was the last day of your internship. You have just said good bye to your supervisor, the consumers and other staff. You return home. When you open the door, your best friend, partner, relative or whoever you like to share with is waiting for you. You sit down and begin to tell this person everything you loved about your internship experience; what you liked, what you struggled with, and how you've changed. What would you like to be telling this person about your internship? Write down these three headings on your paper:

I learned…

I struggled with…

I changed…