

California State University, Fullerton  
Department of History

## History Internship Reflective Essay

Student Name: \_\_\_\_\_ Student ID: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Internship Location/Host: \_\_\_\_\_

Internship Site Supervisor: \_\_\_\_\_

Faculty Coordinator: \_\_\_\_\_ Semester/Year: \_\_\_\_\_

Write a reflective essay, 2-3 pages in length, discussing what you accomplished during your internship, what you learned from the experience, and how this internship relates to your coursework and career plans.

Your essay should include the following:

1. A brief description of the site, institution, or agency where you undertook your internship.
2. Your reflections on
  - Why you undertook this internship
  - What you expected to do and what you actually did
  - The skills you developed and how you acquired/practiced them
  - What you learned from your supervisor, co-workers, work environment, and/or the experience as a whole
  - How this internship related to your academic program
3. Your thoughts on how this internship influenced your personal, academic, and/or professional goals or direction.

**Attach this sheet to your essay and return to the Internship Coordinator before the end of the semester. Ask them about the specific due date.**