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Department of Communication

CO 398/399

COMMUNICATION INTERNSHIP ELECTRONIC JOURNAL ASSIGNMENTS

PURPOSE:

Write at least 10 electronic journal entries based on your reflections at your internship site. Entries should include the number of hours you worked between entries, and a description of the activities you did, observations you made in the workplace, and any re-

reflections about the experience. The journal a log of your experience, and these entries can be short (the equivalent of a page). Entries with “thick description” and thoughtful reflection are graded higher.

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GETTING THE BIG IDEA:

Don't let your journals get repetitive with mundane descriptions of what you did at your internship. Instead, think about reflecting on the following issues:

- What was the best thing that happened today at your site? How did it make you feel?
- What thing(s) did you like least today about your site?
What does this tell you about yourself? About the internship experience?
- How does working at this site make you feel? Happy? Tense? Proud? Competent? Bored? Why do you think you feel this way?
- What criticisms have you received at your internship and how did you react to them?

**I suggest strongly emailing
your journal entries every
Friday for ten Fridays.**

- How have you changed, or grown, since you began your internship? What have you learned about yourself? About the people with whom you've worked?
- What are some of the advantages and disadvantages of working in this industry/profession? In this particular office or organization?
- If you were in charge of this site, what changes would you make?
- How has your work changed since you first started? Have you been given more responsibility? Has your daily routine changed? To what do you attribute these changes?
- What do you think is your main contribution to your internship site?
- What have you done this week that makes you feel proud and/or competent?
- How do the people you work with treat you? How does this make you feel?
- Has this experience affected the way you think about possible careers in this field?
- Is this experience rewarding for you? Why or why not?

SPECIFIC JOURNAL REQUIREMENTS:

- Be well-written and well-articulated.
- Emailed to dgudelunas@mail.fairfield.edu at least ten times throughout the semester. **The last time I will accept entries is the last day of classes for the semester.**
- You can not submit more than one journal entry per five day period. Plan now on when you will submit your entries. I suggest working out a schedule whereby you submit entries once a week based on your own schedule.
- These journal entries are about reflecting on your internship experience, troubleshooting, and thinking through your professional and academic goals. Your grade will be based, in part, on how well you accomplish this goal.
- This assignment is flexible in terms of due date, but please remember to budget your time (and your journal entries) carefully! I will not accept journals after the last day of classes for the semester.