

HP 480: Health Services Internship

Weekly Tracking and Reflective Journaling

As a part of the requirements for your Internship, you are asked to keep an accurate record of your Activities and record your perceptions of the experience in a Reflective Journal throughout your placement. Finally you will present to the instructor, a written paper summing up your internship experience

Part I: Weekly Activity Tracking Form

Please use the accompanying form to monitor your attendance and activities. Have your site supervisor sign it at the end of each week, make some brief notes regarding what you did each day, and some notes that will later be reflected in the journal experience. It is NOT expected that you will write the journal or your final paper on "company time." Your internship employer is expecting and relying on your help while you are "on the job."

Part II: Reflection

There are critical reflection pieces to be included in any written journal. Please evaluate your thoughts on all three levels.

- **Level 1: The Mirror** (A reflection of Self)
What did you discover about yourself or what insights were reinforced? Think about what you enjoyed, what was stressful, when you felt fulfilled. Do you have more/less understanding or empathy of the group/setting than you did before these experiences? In what ways, if any, has your sense of self, your values, your sense of "community," your willingness to serve others, and your self confidence/self esteem been impacted or altered through this experience? How has this experience challenged stereotypes or prejudices you have/had? Will these experiences change the way you act or think in the future?
- **Level 2: The Microscope** (Makes the small experience large)
What did you learn about the people/community you were helping? Did your ideas about this population change in any way now that you have had direct experience working with them? In what way? Tell about the best thing that happened during the semester such as an insight gained, a goal achieved, etc. Describe a disappointment or failure that occurred during an experience or what was the most difficult aspect of the experience? What did you learn from it? Do you feel your actions had any impact? What more needs to be done? Give several specific examples of how you applied knowledge from your classes into the service learning experiences.
- **Level 3: The Binoculars** (Makes what appears distant, appear closer)
From your service learning experience, are you able to identify any underlying or overarching issues that influence the problem? What could be done to change the situation? How will this alter your future behaviors/attitudes/and career choices? How is the issue/agency you're serving impacted by what is going on in the larger political/social sphere?

Part III: Summary Paper

Please submit a written paper which defines and analyzes your internship experience. It is expected that the paper will include all aspects of the experience, the positives, the negatives, what you gained, what you might do differently, and what the experience has done for your health care career options.