

Final (Signature) Assignment - Prompt

The purpose of this assignment is to distill who you are as a professional and what you learned from your internship experience this summer. Each question should be responded to with at least a single paragraph response (i.e. 3-4 sentences). The purpose of this final assignment is to give you a moment to pause and reflect -- so, please don't rush through it -- your responses don't need to be long, but they should be thoughtful.

Part 1: Who You Are

- 1) **Introduction:** A photo of yourself with a professional bio (refer back to week 6 assignment)
- 2) **Values:** Describe the values that motivate you as a person and how you reflect or manifest these values as a professional (refer back to the values/career matrix from Week 4)
- 3) **Self-Reflection:** What did you learn about yourself and your professional field this summer? What did you accomplish that you are proud of?

Part 2: What You DID

- 4) **Reflection on Goals:** Revisit your SMART Goals from Week 1. Talk about what your goals were coming into the internship and whether or not you succeeded in them? Explain how you were successful and, if you did not meet some goals, what challenges you faced?
- 5) **Reflection on Internship:** Discuss what you liked and what you did not like about your internship experience (i.e. what worked or what could be improved). For the things that you did not like, provide constructive critique for how they could be improved or what could be changed to address those specific issues (e.g. a better training protocol to onboard new interns...) (refer back to Week 7 assignment).
- 6) **Reflection on Course:** What will you take with you as the most important lesson(s) from this course? Is it something you learned from talking with your classmates, from a reading, from a writing assignment? Why was this significant to you?

Part 3: What Will You Do Next

- 7) **Reflection on Your Future:** What will you do next? How will this experience impact your future? What have you learned that will help guide your decisions or choices in the

future? How are you changed (if any small way) as a result of this experience and what does that mean for your future?