

Tolleson Union High School District #214
 CTE Internship Program--Work Based Learning Journal
 2017-2018

Intern Name _____ Mentor Signature _____

Week of: _____ Total Hours: _____

Intern Hour Log						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:						
Hours:						

Journal Writing Prompts (select a few writing prompts for your intern journal log)	
<ol style="list-style-type: none"> 1. What did you do today? What was your role? What did you contribute? 2. What was accomplished? 3. Were you comfortable or uncomfortable today? 4. Did anything frustrate you? 5. What was the best/worst/most challenging thing that happened? 6. Describe the people you met today. What were your interactions like? 7. How did people respond to you? 8. Describe the atmosphere. Invite reflection on the senses: What did you see? Hear? Smell? Taste? Touch? 9. What happened as a result of your work? Who or what will see a benefit? 10. What was this experience like for you? 11. What feelings or emotions (if any) did you experience? 12. What did you appreciate about another person, the site, your experience, etc.? 	<ol style="list-style-type: none"> 13. How did the actual experience compare to your expectations? 14. What did you learn about yourself from this experience? 15. How did this experience affect your future career goals? 16. Describe the main points you learned today providing specific examples. What did you learn today that surprised you? Be sure to write down any questions you have at the end of the day. 17. Describe those activities you found most and least effective in terms of your learning throughout the day and why. 18. When did you feel uncomfortable and/or unprepared? Why? 19. Describe a communication encounter you experienced at your site today? 20. What was your Aha Moment this week?

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Week of _____ Day: _____
Journal Entry:

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Journal Entry: