

ANS 399A: Animal Science Internship Experience Program

Animal Science Internship Bi-Weekly Journal and Reflection

Your internship bi-weekly (once every two weeks) journal should be a detailed description of the various categories outlined below along with bi-weekly reflections. Your initial bi-weekly journal entries may be hand written **BUT a typed copy of your journal must be submitted to earn credit for your internship.** Entries into your journal will be in the form of a bi-weekly log and a bi-weekly reflection. The bi-weekly log is a chronological record of your internship experiences while the bi-weekly reflection is intended to be a self-evaluation of your professional development during each 2-week period of your internship. **Please submit journal entries and reflections in 1 document.**

Bi-Weekly Journal:

The bi-weekly journal will focus on four main categories:

- Main tasks/duties performed
- Skills developed
- New experiences
- Professional development opportunities

It is extremely important that you sit down after every two weeks to complete your journal or perhaps it may be beneficial to jot down in a notebook after each day the main tasks/duties performed, skills developed, etc. You should record significant activities that don't occur during a normal workday and include these under a heading title: Other and/or Miscellaneous (You choose which heading you prefer).

Requested Format

Dates:

Main tasks/duties performed:

Skills developed:

New experiences:

Professional development opportunities:

Other/Miscellaneous:

For the categories listed above, you are required to list and describe in a bulleted format either through phrases or sentences the tasks you performed, skills you developed, etc.

Bi-Weekly Reflection (again, please identify range of dates, 2 week period): Your bi-weekly reflection should be a self-evaluation of your professional development during your internship. After the completion of each two-week period, I want you to reflect on your accomplishments during your internship, particularly over that particular two-week period. Read over the four main categories in which you wrote information for the past two weeks and write your bi-weekly reflection upon how

the internship is assisting with your professional development.

Example entries/topics to ponder and write about:

- New or improved: professional skills, skills in working with people, communication skills, technical skills, and/or problem solving techniques that you have discovered
- Reflection on how you could have improved your decision making for the week
- Observed opportunities for leadership development
- Reflections on how creative thinking could address existing challenges
- Strategies for accomplishing the most benefit from the remaining time in your internship

Bi-weekly journal entries/reflections need to be:

- Compliance with the suggested format
 - 12-point font, Times New Roman, 1” margins
 - Describes each category in-depth/detail
- Bi-weekly journal entry appears complete and accurate
- Spelling
- Grammar, punctuation, and overall formatting/appearance of journal
- Bi-weekly reflections are at a **min. ½ page each if single spaced; min. 1 page each if double spaced**. Points will be lost if too short.
- Bi-weekly reflections show in-depth thought and reflection
- Lastly, create a title page for your journal entries/reflections and please include a border, pictures, etc. and carry this formatting throughout the rest of your journal.
 - See examples below:

<p>Lindinhof Equine Sports Zentrum</p> <p><i>Journal entry snippet: I had a great time at the horse show at Lindinhof. I met many new people and saw some amazing horses. The weather was perfect and the food was delicious. I was able to see some of the best horses in the area and it was a really fun experience. I will definitely be going back next year.</i></p>	<p>Internship Bi-Weekly Journal Entries</p> <p><i>Journal entry snippet: I had a great time at the horse show at Lindinhof. I met many new people and saw some amazing horses. The weather was perfect and the food was delicious. I was able to see some of the best horses in the area and it was a really fun experience. I will definitely be going back next year.</i></p>	<p><i>Journal entry snippet: I had a great time at the horse show at Lindinhof. I met many new people and saw some amazing horses. The weather was perfect and the food was delicious. I was able to see some of the best horses in the area and it was a really fun experience. I will definitely be going back next year.</i></p>	<p><i>Journal entry snippet: I had a great time at the horse show at Lindinhof. I met many new people and saw some amazing horses. The weather was perfect and the food was delicious. I was able to see some of the best horses in the area and it was a really fun experience. I will definitely be going back next year.</i></p>
<p>Midwest Dairy Association</p> <p>Mariah Schmitt Industry Relations Intern</p> <p><i>Inspire consumer and influencer confidence in dairy products and farm practices</i></p>	<p><i>Journal entry snippet: I had a great time at the horse show at Lindinhof. I met many new people and saw some amazing horses. The weather was perfect and the food was delicious. I was able to see some of the best horses in the area and it was a really fun experience. I will definitely be going back next year.</i></p>	<p><i>Journal entry snippet: I had a great time at the horse show at Lindinhof. I met many new people and saw some amazing horses. The weather was perfect and the food was delicious. I was able to see some of the best horses in the area and it was a really fun experience. I will definitely be going back next year.</i></p>	<p><i>Journal entry snippet: I had a great time at the horse show at Lindinhof. I met many new people and saw some amazing horses. The weather was perfect and the food was delicious. I was able to see some of the best horses in the area and it was a really fun experience. I will definitely be going back next year.</i></p>