



## REFLECTION ESSAY GUIDELINES

The final component of this Micro-Internship will require you to briefly summarize what you learned from completing all of the components of this Micro-Internship and how this has influenced your decision to pursue a career in the healthcare industry.

Be sure to include ALL of the components of this Micro-Internship including:

- The Agile Work Profiler
- Skillsline Micro Lessons
- Informational Interview

Here is a suggested structure for your final essay. This assignment should be between 1 and 2 pages in length (double spaced).

- 1. Introduction:**
  - a. State your initial thoughts on pursuing a career in healthcare.
  - b. Briefly introduce the Micro-Internship project, its purpose, and why you chose to apply.
- 2. Body:**
  - a. **Career Interests:** Discuss how the Agile Work Profiler and Skillsline micro-lessons shaped your understanding of your strengths and interests.
  - b. **Informational Interview Insights:** Summarize key takeaways from your interview. What challenges did the professional share? How did their experiences influence your view of the industry?
  - c. **Personal Reflection:** Reflect on how the project has affected your thoughts about a healthcare career. Have your interests changed? What aspects excite or concern you?
- 3. Conclusion:**
  - a. Summarize your overall takeaways about the healthcare field and how this experience will influence your decision to pursue a career in healthcare.
  - b. If you are interested in continuing to pursue a career in healthcare, state what you plan to do next (e.g. conduct another informational interview, pursue an Associate's Degree in..., get a job in a related field, etc.)
  - c. If you are no longer interested in a career in healthcare, state other careers that interest you and why.

When you have completed this assignment, send it via email to your Micro-Internship supervisor (see your "Congratulations" email sent by Parker Dewey). Be sure to complete all components of this Micro-Internship by the assigned due date.