

Reflection Journal 1

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1. The most difficult aspect of beginning an internship is becoming familiar with the internship supervisor and co-workers. In addition, becoming familiar with the placement work culture and style. In my opinion every placement has their own set of work styles, so I have to navigate on how my working style can fit in with theirs. The strengths I learned from life experiences that can help me meet the challenge at my placement are my organizational skills, willingness to learn, and if a crisis is taking place, seek my site supervisor for help and/or their advice instead of trying to figure the problem out on my own.
2. While reading the stages, I can definitely identify with all the stages, and yes it reminded me of a showroom sales internship I had when I attended college for fashion merchandising and marketing. I had a good relationship with my co-workers but not the best with my site-supervisor. My site supervisor was kind of stand-off-ish and racist. Most of us interns were people of color, and she barely interacted with us compared to the other staff at the placement site. I felt clueless and not happy at my worksite. What made the situation better was to not let my site supervisor issues become my personal issue, and my co-workers and I got along well, we encouraged one another. I experienced anxiety being in a predominately white workplace and felt like I had to work harder to dismantle stereotypes as a woman of color. The strengths I gained is to not let someone's personal issues stop me from learning and gaining the necessary skills and experience for my profession. Lastly, I need to speak up to my site supervisor and or school if I experienced mistreatment due to my race. I expect to face anxiety and maintain balance.