

Reflection Journal 10: And in the End: The Culmination Stage

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1) What is most pressing for you as the end of your internship draws near? Do you have a plan in place to manage those issues and move forward?

As my internship ends, the most pressing issue for me is learning to finish my assignments the next day if I cannot complete them. Due to me being a deterministic person, I like to finish all my tasks in one day. However, certain situations or events may arise, and I cannot complete the assignment. I want to learn to pivot when unplanned events happen and remind myself to finish the assignment next time. My plan to manage this issue is to prioritize assignments based on necessity, and if an unplanned event happens, I write down the tasks I need to complete for the next day in my planner.

2) Think about these five words: *completion, over, termination, culmination, and ending*. Do you feel differently about any of them? What can you do to stay with the positive feelings as you move through this period?

When I pondered on *completion, over, termination, culmination, and ending*, I think of how quickly my internship has ended. However, just because the internship has ended it does not necessarily mean the relationships I had built with my supervisor and co-workers have ended. To remain positive about the termination of my internship, I keep in mind some things come to an end but it's time for me to learn and grow elsewhere. I will remain in contact with my supervisor, volunteer for his non-profit organization, and speak to my co-workers.