PJHC Internship Log

**STUDENT NAME**

**Internship Name/Organization**

In the space below, please note the date and hours worked along with a description of the work performed that day/shift. At the close of each week, please reflection on your experience. Please add more fields as needs.

|  |  |  |
| --- | --- | --- |
| DATE | Hours | DESCRIPTION |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| **Week #** |  | **Weekly Reflection**  [This is **place for you to reflect** on the value of the work, note big take- ways that you had that week, or think about important moments that stood out to you, etc. \*The reflection should be approximately 75-150 words.] |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| [Month, Day, Year] | [No.] | [Summary title of type of each activity]  [Detailed description of work/activity] |
| **Week #** |  | **Weekly Reflection**  [This is **place for you to reflect** on the value of the work, note big take-aways you had that week or important moments that stood out to you, etc. \*The reflection should be approximately 75-150 words.] |

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**Total number of hours:**