



VTOP Highlander Works Grant Program

Internship Reflection Essay Form

Student Name: _____ Student ID: _____ Date: _____

Student Email: _____

Please provide an essay on what you have learned from your internship experience to help you become more career and life ready. Please elaborate on the skills and knowledge that you have gained from this experience. How did this confirm, change, or alter your career path? Please limit your essay to 500 words.

Signature: _____

Date: _____