

ISP Journal Instructions

During your ISP you are to write daily in a journal. The journal can be somewhat of a scrapbook if you prefer. The purpose of the journal is to allow you time for reflection each day and to give you recorded information to use when you prepare your Summary statement and presentation. It will be read as part of the evaluation process for your ISP.

In the journal you should talk about what you did and your reflections on the work place or activities of the day. You should note things that surprise you and things that disappoint you.

Here are some issues you may wish to write about:

- What work skills do you see that are required for this profession? How does one attain these skills? (writing, people skills, computer skills, etc.) Do you see your own skills and talents used in this profession?
- Is this a career that requires a lot of teamwork and are you comfortable in a teamwork setting?
- What was the general atmosphere of the work place? Was it serious and all business or casual and fun loving? In what kind of setting would you thrive?
- What about women in this job? Were their positions comparable to men's? Were they treated equally? Did they have management positions?
- Did you talk with people at work about their training for this position? Are you prepared to do what it takes to get where they are?

ISP Summary/Research Directions

The ISP Summary is part of your ISP and is due upon your return to St. Margaret's School after spring vacation. It should be typed and contain the following information.

- This summary should be approximately two typed pages. It will support your oral presentation in the evaluation process.
- Briefly explain what you did for your ISP. Where did you do it and what were your major responsibilities?
- In your ISP Application you were asked why you wanted to do this ISP, why you believe this to be a suitable ISP for you and what you hoped to gain from the experience. In several paragraphs reflect upon these questions now that you have completed the ISP. Did you attain your goals?
- What if anything would you change about this ISP? Is there anything that would have made it a more enriching experience for you?