



What if I have problems in my internship?

An internship can benefit you personally and professionally. If obstacles arise during the internship, your awareness of these problems and your ability to handle them will be keys to a positive outcome. All positions have challenges, whether it's an internship now or a job later. Dealing with them constructively will help build your experience and skills! If you are unable to resolve issues with your internship, it is possible to terminate the internship and look for another one.

Contact Kelly Frank at kelly@thejourneyonline.org or 317-435-2529 to discuss any problems that may arise. But first here are a few ways you can handle potential internship obstacles:

Possible Problem	Possible Solution
The internship doesn't meet your expectations.	Refer back to the Internship Plan you and your supervisor signed. This is a good way to revisit internship expectations for both you and the organization. Reference your job description and responsibilities to see if it accurately represents the work you're doing and make sure your expectations are realistic. Talk with your supervisor about ways to modify your Internship Plan to meet your learning needs.
You and your internship supervisor have conflicting goals or priorities.	Some degree of difference is natural. If your differences are extreme, talk to your supervisor openly and positively to see if you can find a middle ground. Remember that your supervisor should want you to have a positive, useful experience. Try to meet your supervisor's expectations while also meeting your own.
Boredom	Ask for new projects. If you notice a need or an area that could use some work, offer to work on it. If you show initiative and help solve problems, you'll stand out and gain even better experience for your future.
Poor communication	Many workplace problems are a result of poor communication. Don't hesitate to talk to your supervisor about your concerns, but be sure to do so in a diplomatic, positive, and professional way. Most supervisors do not take on an intern unless they're committed to providing a positive experience.

adapted from "Internship Problems" <http://careerservices.class.umn.edu/students/internproblems.html>