

Sample essay on general information regarding my internship activities

[Environment](#), [Disaster](#)



Internship Journal

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For the last three weeks, I have been working at the Centre for Preparedness and Recovery. I must admit that the entire experience has been exhilarating. I have really learned a lot especially in regards to disaster mitigation. Perhaps what has been the most surprising aspect has been the wide applicability of the content that I have been learning in my course. Prior to going for this internship, my understanding of Emergency Mitigation Planning has generally revolved around the theoretical aspects taught in class. Once I reported to my workstation, I found that the theory was hugely applicable to the real field, and I was very glad that I had paid attention in class. My supervisors were impressed by my work ethic because unlike other interns I was able to complete most of my tasks with minimal direction and supervision. After three weeks of working on the mitigation plan, I have come to appreciate the close relationship that my course work in the previous learning session has with the work that I did. The courses like 1013, 4023, 4033 and the leadership course that I attended provided essential knowledge that broadened my mind towards a real working environment

The Importance of my Internship Activities to my development of new knowledge, skills and abilities:

These past three weeks have been very fulfilling for me working at the Centre for Disaster and Preparedness. I have mainly been working on the Mitigation plan, and the entire experience has made me appreciate the attributes of patience, hard work and integrity that are required in a working

environment. I have vowed to employ them in my future work. I have learned many things about my career and how to fit in. The emergency management skill that I learned will come in handy in helping me fit into my career. I think I will bring more into this field by being more proactive in disaster situations. Through the internship program, I have come to understand the local risks in terms of their analysis, their reduction methods and the precautionary measures that are to be taken against them. I loved working on the mitigation plan because I felt that my ideas are really appreciated and taken into consideration. By closely observing my supervisors, I have realised that communication and good relationships are key in every working environment. Most of my supervisors knew almost every single member of their organisation, and whenever they met someone they did not recall, they made a point of inquiring about their name to remember them in the future. Something else I have learned is the importance of planning. Planning is important because the future can never be predicted and one must be prepared at all times. The high level of personal organisation and calmness that I have observed from my fellow workmates has been a revelation to me. I have vowed to make a complete turn and rectify most of my shortcomings. I am still learning a lot, under the guidance of my supervisor who taught me how to take the initiative in this career field.

Personal Evaluation:-How could I improve my performance and Thinking:

Working in this field comes with many challenges as observed during my internship period. Although I have a deep passion for this career, I have

found that I struggle a little bit when it comes to physical work. I have found that particularly favour office work because of its calmness. This helps me as I work on task intensive duties and this boosts my concentration levels and makes me enjoy my work. My main goals at the centre have been to try to understand the co-relation between my course work and the real work environment. I have also learned how to relate with workmates in the office environment and how to control my temper when am annoyed to avoid creating unnecessary public drama.