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Internship

Reflection Essay

I had a lot of fun during my internship. I was able to find a placement very easily and I enjoyed every day I was there. I met quite a few people at my internship and I had a lot of fun getting to know them and creating business relationships with them. During my internship I also gained leadership skills.

At my internship site I was given the opportunity to run a café. This café is student run and I was appointed manager. The students put on this café once a month and they give lunch to the teachers at their school. I was in charge of cost analysis, setup, cleanup, preparation work, and delegation. I found this experience as the café manager extremely stressful. One of the reasons I found it so stressful was because if there was ever a problem I was the one the students came to for help. After the cafés the students' teacher and I would get together with the students after the café was done and go over what went wrong and what we could have done better. In one instance we had almost run out of a side dish and at the end of the café we got together and tried to find out what went wrong. After a while we found out that the problem was simply portion sizes. Even though the work was difficult it was also very gratifying. After each of the cafés the teacher would receive emails from his colleagues and he would read those letters to the class. Each and every time the teachers' emails would always be positive and they would complement us on how well everything tasted. This was extremely gratifying because I knew that I was helping the students learn restaurant experiences and giving fifty to eighty people a great lunch.

I had a great time at my internship site. I enjoyed the experience and learned a lot about management and how to handle adversity. With the experience I gained from my internship I was able to get a job in the culinary industry and I know that one of the main reasons I got hired was because of my internship.