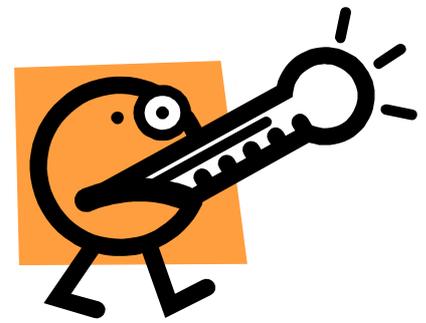


**What if ...**

**... I have problems in my internship?**



An internship can be rewarding, exciting and beneficial to one's professional goals. If obstacles arise during the internship, your awareness of these problems and your ability to handle them will be the key to a positive outcome. However, there may be unanticipated developments in your internship which can become potential barriers to a positive experience. Dealing with them constructively will help build your experience and skills.

Below are some suggestions to help you identify concerns and to take proactive steps to prevent or solve potential problems.

**"What do I do if I have an unexpected emergency and cannot complete my internship hours for the day?"**

Absences: if you are absent for any reason, you must inform your work placement supervisor and coordinator as soon as possible, preferably by a telephone call or voice message. If you are unable to work for an extended period of time (e.g., due to an illness) you should discuss with your coordinator your plans to make up the work hours and work.

**„What do I do if my internship does not meet my expectations?“**

Think through clearly what you did expect from this internship, and consider whether these expectations are realistic. If so, think about ways to meet them and consider talking to your internship supervisor about them. They were, how might you still meet them? If they were not, try to figure out why.

**“What do I do if my internship supervisor and I do have conflicting goals or priorities?“**

Be aware that some of your goals may be different from those of your site supervisor. Try to balance the two sets of expectations and meet as many of your site supervisor's expectations as possible as well as maintain the focus of your expectations.

### **“What should I do if I am bored?”**

Seek out new assignments.

When you start a new job, it always takes a few days to settle in, so it is important that you give your work placement time so that you can adapt to it. If you are expecting more demanding or challenging work speak to your supervisor. If you are not satisfied with the outcome of your discussion speak to a coordinator.

### ***“What to I do if I feel homesick?”***

Feeling "homesick" is a common experience among interns. There are many factors that contribute to loneliness. These include leaving your hometown or homeland, family, friends or dealing with an illness. Sometimes you may feel lonely for no apparent reason.

- Remember ... you're not alone. Many others around you are feeling the same way.
- Get to know yourself. Think of it as an opportunity to develop independence.
- Seek out situations that enable you to get involved with other apprentices and participate in activities that interest you. Try something new!
- Keep in touch with family and friends