How can blogging during internship strengthen student reflections within their own professional competencies?

by
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Internship I & II: Duration 8 + 12 Weeks; Credits 30/210 ECTS

3 ½ years BA programme

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a blog is a type of website, usually arranged in chronological order from the most recent ‘post’ at the top of the main page to the older entries towards the bottom

Ask me anything about my internship and zambia

Hello there!!!
I welcome you all to my blog as I take this wonderful 8 week journey of internship!!! I am a public health Nutrition and food policy student studying at metropolitan university college. I am currently doing my 8 week internship at the ministry of health headquarters here in Zambia my home country. I am looking forward to having a wonderful internship experience and also looking forward to share my experiences with you all!!

Tasks & Survival Tips for others

My timely advice to the future interns is that you make sure you start looking for a place to intern with early on time, and to ensure that you are aware of administrative procedures of the place you intend to intern with prior to commencement of internship. It is also important that you prepare a work-plan to give you a clear road map to achieve your learning objectives.

— 1 month ago with 2 notes

Challenges

The main challenges I encountered were administrative. I was previously not aware that I needed to formerly write letters to the Permanent secretary for both Ministry of health and ministry of community development seeking permission to visit clinics, the university teaching hospital, and permission to get photos. This process was quiet long because the permanent secretaries are very busy people. With the help of our host supervisor we eventually managed to get the permission.

One other big challenge I encountered was carrying out the growth monitoring and promotion activities. I realised that it is actually not that easy as it appears in theory in class, because I was overwhelmed

Reflections on my internship learning objectives
Educational goals of blogs

- to facilitate information- and knowledge sharing
- to reflect upon internship learning objectives and tasks
- to explore the profession Global Nutrition & Health
- to strengthen competencies within health communication and social media
- to act as a showcase for professional competencies and employability
<table>
<thead>
<tr>
<th>TOPICS FOR YOUR BLOG POSTINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create a welcome message, explain who you are. (Upload a picture of yourself)</td>
</tr>
<tr>
<td>How did you find the internship and how was the application process</td>
</tr>
<tr>
<td>Describe your internship place and what do you do</td>
</tr>
<tr>
<td>Interview your Internship Host supervisor, use video or audio file, 3-4 minutes max</td>
</tr>
<tr>
<td>Describe a typical day &quot;at the office&quot;</td>
</tr>
<tr>
<td>Like and Send a fanmail comment on at least two other students' blog.</td>
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**Photo essay I**
Post a minimum of **five photos**, with descriptions.
You can find out everything you need to know about the photo essay [here](#).

**Learning Objectives**
Copy and insert learning objectives from Internship Contract;
Explain and reflect upon how you work with your learning objectives.

**Describe a specific challenge that you have to solve and what you do to overcome it**

**Photo Essay II**
Your Photo Essay II contain 5-10 photos with descriptions.

**Reblog a favorite post from one of your peers**
Make a clear headline that explains the reason for the reblog.

**Tasks & Survival Tips for others**
What do you recommend your fellow students who are interested in applying for this internship next semester? Provide a list of possible tasks for future students.
Create a welcome message, explain who you are

Sarita, a Nepali student intern in a Community Garden Copenhagen, Denmark


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Photo essay

- Copenhagen Hospitality College

- Food waste

- Develop policies to decrease food waste nationally

- http://m13-leneqvistlarsen.tumblr.com/
LEARNING OBJECTIVE: Stairways Foundation, Philippines

Evaluate if any improvements could be made to the kitchen where the food is being prepared and help implement habits/systems to improve hygiene & reduce harmful kitchen smoke
Research problem:
How can the implementation of 45 minutes of physical activity a day for students in high school be optimized for inclusion, effectiveness and usability?

Studies suggest that children that are more physical active

- are happier in their lives
- learn more
- are in better health
- feel less helpless
- experience less morning fatigue
- have an easier time making friends
- feel less lonely
- feel more included in their communities

(Danish Department of Health 2005 Facts -Children Movement)

http://m13-donovanmoloney.tumblr.com/
Testimonials from Student Evaluation

- The questions asked on blog by GNH Supervisors were highly qualified and gave another aspect of viewing some of the challenges.

- I like reading my classmates blogs to see what they have been up to. When they like my blog, I know they read what I am writing and it encourages me to write more.
Testimonials from Student Evaluation

- I have already been inspired for my next internship through following one of my classmates who worked with diabetes in her internship. The setting and experience from her internship inspired me in many ways and I will be happy to join a similar experience in the future for sure.

- This internship helps me to identify my career goals and gives ideas for planning my next internship.
Challenges and Solutions to make a blog project work

Educate students and internship supervisors

Customize blogs to your education

Teach video projects, interviews and photo essays

Teach intercultural communication & ethics

Feedback obligations and re-blogging

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Blog Workshops

Introduction to blog interface tumblr.com

Set up a personal account

Customize the blog

Follow 20+ peers + supervisors

Teach basic skills on blog
College supervisors – competence development & responsibility

- Head of Programme/Management must value the blog project

- Head of Programme/Management must plan time for competence development & training

- Head of Programme/Management must “book” weekly 1 ½ hours for self-study & feedback in all College supervisors calendar

- Responsibilities of blog feedback must be clear to College supervisors e.g.
  - Weekly postings
  - Quality of Writing
  - Lay-out style and voice
  - Informative and reflective content
  - Photo essays with descriptive texts
Global Nutrition & Health
Charlotte Dahl

China Internship 2014

Ask me anything
Interning at 天津市营养信息咨询有限责任公司 (Gelai Educational Consulting Ltd, China), while studying a Bachelor's degree in Global Nutrition and Health at Metropolitan University College, Copenhagen.

Interview with my internship host

Please click on the following link to access the interview with my internship host:

- https://www.youtube.com/watch?v=D8oK8196K9k&feature=youtu.be

Tasks and Survival tips

Tasks
Please watch the interview with my internship host! In the interview he explains what tasks and future needs there are for Chinese people when it comes to physical lifestyles. There definitely is a big potential of internships and work in China. Inactivity and obesity has grown extremely together with this very fast-developed society. The necessity of being physical active has been replaced with the necessity of education. Furthermore, Chinese live to eat, but does not necessarily evaluate what diet there are consuming. Much of the food eating on a daily basis is rather unhealthy for the average individual. So, targeting the food and nutritious aspect of promoting health would also be very relevant in China. These assumptions and experiences are made based on what I have seen in bigger cities in China.

Survival tips
- Cultural sensitive
From a Danish to Chinese culture, there is a huge leap. Without the ability to accept difference, you will get very frustrated. This does not mean that you will need to become Chinese, actually you should keep being exactly who you are; you are very interesting! Being a Dane in China has helped me a lot to get new friends and talked with random people. Use your first week in China to...
@GNH College Supervisor Q:
Vegan AND vegetarian! It looks good but do you have any comments about the nutritional content beyond the fact that it doesn’t involve any animal products?

@GNH student A:
…we have discussed the compositions of the macronutrients in each meal which sometimes have been unbalanced with too much starchy foods and not enough fatty and protein rich foods…. 
Requirements to pass Internship

Internship Contract (include copy of CV + Cover Letter)

Internship full-time 8 wks, unpaid

Blog during internship

Internship Conference

Host supervisor submit an Internship Host Evaluation of Student performance

Student submit a Student Evaluation of Internship Experience
Lessons learned about blogging

- Students’ comments on the usefulness of blogs for learning
- Frequency of blogging and students’ blogging behaviors
- Students’ perceptions and attitudes in relation to using blogs
- Teacher assessments of blogs and its learning strategies
- Characteristics of employability
Thank you for your attention!

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http://www.phmetropol.dk/English/Bachelors+Degree+in+Global+Nutrition+and+Health/About+the+education/Internships

https://www.tumblr.com/blog/metropolgnh