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Reflection Paper Two

Alliance for Citizen Engagement (ACE)

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Professor Teresa Duvall

## **Internship Reflection Paper Two**

### **Second 50 Hours**

The second set of fifty hours of my internship had a profound impact on my ability to remain consistent and focused on my studies. Within this semester, I took two accelerated courses, which created tremendous difficulties with staying on top of my internship responsibilities, and it required a level of discipline I did not know I had. This set of fifty hours was significantly more challenging than the first; however, it helped me build better habits and confidence for what may come next. I learned valuable lessons in time management, professionalism, and accountability, which will only help increase my value in my future endeavors.

In these fifty hours, the bulk of it was spent on the creation of a policy brief, which featured extensive research, editing, and collaboration with mentors. The topic I chose was “The Pros and Cons of the Federal Information Security Modernization Act (2014).” It interested me because of my previous research on the General Data Protection Regulation, and I wanted to explore something different for this brief. However, I severely underestimated the commitment and complexity of the brief as I struggled to create meaningful material with the time constraints

given. I reached out for extended deadlines and was able to have the request granted, but it made me sit down with myself and think about how I could do better. It started with a more strict bed and study times, which then led to phone fasts to ensure focus. Soon, I began to notice a much better quality of work and less stress to get it all done.

The second set of fifty hours included key events like networking hours and alumni panels to give exposure to the professional field. It was helpful for me as I was able to begin exchanging LinkedIn information with my fellow interns, as well as the company leaders. I did the same with the alumni; however, I also ended up getting information about hiring managers and open opportunities. While nothing has come back yet, I am still extremely grateful for the opportunity and am hopeful that this could be a start to something intriguing down the road.

Discipline is the value that I learned thoroughly in these fifty hours. Previously, I had time to spare, and I lacked the initiative to hold myself accountable for the shortcomings I had in my life. I was slowly losing all power over my future, and I had little motivation to fix it. However, now I have taken more control over my life, in pursuit of making the time I get purposeful. It has had a great impact on my mood and in my day-to-day routine since I can complete more without having to crunch as I did before.

This second set of fifty hours has been tough, and I am happy to be standing on the other side of it now. Within the final fifty hours, I am looking to perfect and better understand my schedule and career path so I can make a decision on what is next in my life. I am also aiming to have my first two briefs publicized by the end of the next fifty hours, as well as significant progress on the joint report that we will be starting in the next couple of weeks. In no way am I expecting it to get any easier; however, I do hope that I can better manage myself in this final set of hours to build myself further into the professional I want to be.