Dear Professor [Last Name],

I hope this message finds you well. I am writing to seek your support as I apply for internship opportunities in [specific field or position]. Your guidance and mentorship during my studies in [specific course or project] have greatly influenced my development and skills.

As part of the application process, I am required to provide professional references, and I would be honored if you could serve as one for me. Your insights into my work ethic and abilities would provide valuable context to potential employers.

If you agree, I will ensure to keep you updated on the applications I submit and provide any necessary details that might help you in writing the reference.

Thank you very much for considering my request. I truly appreciate your time and support.

Best regards,

[Your Full Name]
[Your University]
[Your Contact Information]