Subject: Request for Reference for Internship Mentorship Opportunities

Dear [Mentor's Name],

I hope this message finds you well. I am reaching out to request your assistance as I pursue mentorship opportunities for my upcoming internship. Your guidance and expertise have been invaluable to me, and I believe that a reference from you would greatly enhance my chances of securing a position.

I am particularly interested in [specific area or field], and I am eager to learn and grow under the supervision of experienced professionals. If you are willing, I would be grateful if you could provide a reference highlighting my skills and enthusiasm for this field.

Please let me know if you would need any additional information or if there is a convenient time for us to discuss this further. Thank you very much for considering my request, and for all your support throughout my journey.

Warm regards,

[Your Name]

[Your Email]

[Your Phone Number]