Dear Professor [Last Name],

I hope this message finds you well. I am writing to request a favor regarding my application for a legal internship at [Company/Organization Name]. As part of the application process, I am required to submit a reference from a professor who can speak to my skills and abilities.

Having greatly appreciated your guidance in [Course/Project Name], I believe you could provide valuable insight into my work ethic and capabilities. If you are willing, I would be immensely grateful if you could serve as a reference for me in this endeavor.

The internship would provide me with significant exposure to [Field/Area of Law], and I am eager to bring the knowledge gained in your class to practical experience.

Thank you very much for considering my request. Please let me know if you need any additional information or if there are forms you would need to fill out.

Best regards,

[Your Full Name][Your Contact Information][Your University and Program][Your LinkedIn Profile (optional)]