

Subject: Follow-Up on Internship Advising Discussion

Dear [Advisor's Name],

I hope this message finds you well. I wanted to take a moment to thank you for our recent discussion about internship opportunities. I greatly appreciate the insights and guidance you provided.

Since our meeting, I have been researching potential internships in [specific industry or area] and am excited about the possibilities. I would love to hear any additional thoughts you might have on my plan or any other recommendations.

Thank you once again for your support. I look forward to keeping you updated on my progress.

Best regards,

[Your Name]

[Your Contact Information]