Key Messages

• Ownership – Personal Brand (Who are You)
• Responsibility and Accountability
• Active Engagement (initiative, curiosity, questioning, problem solving)
• Meaning – through reflection and integration
Define Internships

• Structured, supervised opportunity for extended, in-depth, out of class, field based discovery learning

• Direct, hands on application of classroom learning (concepts, theories, knowledge skills) to real world settings

• Compare to service learning, study abroad, undergraduate and graduate research (capstone)
Internship Benefits

• Apply classroom learning to real life decision-making to evaluate its validity
• Foster capacity to integrate knowledge with experience
• Enhancing thinking, communication, problem solving and interpersonal skills
• Gain knowledge in one’s field or career choices
• Develop network of professional contacts
Internship Outcomes

• effective written and oral communication
• critical thinking skills
• professional workplace abilities appropriate to the career field
• presentation skills
• ability to integrate theory with practice
Ten Commandments: On the Ground Experience

• Be positive
• Be on time
• Dress appropriately
• Maintain journal
• Be a five year old – exhibit curiosity
• Be an anthropologist – learn the culture
• Avoid office politics and gossip
• Deadlines are reality – keep them!
• Avoid ego, be patient, work with everyone
• Have an exit strategy: say good byes, give thanks, keep it professional
Reflective Quotes

• Experience is not what happens to you. It's what you do with what happens to you.
• Aldous Huxley

We don’t learn from experience. We learn from reflecting on experience. John Dewey

The only kind of learning which significantly influences behavior is self-discovered or self-appropriated learning – truth that has been assimilated in experience. Carl Rogers