BRAINSTORM ACTIVITY INTERNSHIPS

Internships are an excellent opportunity for you to learn and grow.

Directions: Brainstorm the types of internships and the pros and cons of each to help you identify which is best for you. If you will be doing a co-op, clinical, practicum, etc. instead of an internship you should still answer all of these questions about that type of experience. Then brainstorm about objectives or goals and the ease and challenges facing you.

Types of Internships

For you, what are the pros and cons of each type of internship, and conclude what type best suits you.

Credit

Pros:

Cons:

Not-for-Credit

Pros:

Cons:

Which is best for you? And Why?:

In-Office

Pros;

Cons:

Remote

Pros:

Cons:

Hybrid

Pros:

Cons:

Which work environment is best for you? And Why?:

Summer

Pros:

Cons:

Academic Year

Pros:

Cons:

Which time of the year is best for you? And Why?: If academic year, which term?

Goals/Intended Learning Outcomes

List 3-5 goals or Intended Learning Outcomes you have for an internship you complete. Be as specific as you can be at this time.

Example ILOs: Learn to incorporate corporate brand guidelines in all social media posts; Utilize 3-D printing to produce models of building designs; Attend job fairs to recruit candidates for open positions

What will be easy for you?

Before starting your internship, identify what you are confident in yourself about. List 3-5 areas of confidence you have in yourself for this internship.

For example: Professional dress, ability to ask questions....

What will be challenging for you?

To be successful at your internship, you have to identify what will be challenging for you. List 3-5 areas of challenge for yourself at this internship.

For example: Ability to handle conflict, professional writing.....