

Internship Curriculum

Evaluation Metrics

Goals

- If I set goals, I take steps to reach them.
- I often work hard to reach my goals.
- It is important to me that I reach my goals.
- If something doesn't work out as I planned, I usually have a backup plan.
- my supervisor helped me set work goals.
- my supervisor expected that I review and work on my goals.
- my supervisor provided me with feedback on my work goals or tasks.
- developed a plan to help me get my future vision.
- set goals for my future.
- met with an adult or older peer who I will reach out to in the future to help me with my career or job goals.
- helped create plans to complete group goals or projects.

Encouraging Adults

- got to know my strengths and areas for growth.
- listened to me.
- helped me think about how to do things better the next time.
- helped me explore my interests.
- expected that I review and work on my goals.
- valued my thoughts and opinions.
- helped me think about what was going well and what wasn't.
- were interested in my life outside of the career readiness experience.
- gave me the freedom to fail and learn from my mistakes.
- met with an adult or older peer who did the type of work I am interested in for my future.

Group Work

- I worked in groups with other young people whom I had never met.
- I helped to create group rules about how we would work together.
- I led more than one activity.
- I often share my ideas and knowledge with my team or group to make our work better.
- I know how to give my team or group useful feedback.
- I help others on my team to share their thoughts and ideas with the group.

Soft Skills

- In this career readiness experience, I explored new options for my future.
- developed a plan to help me get my future vision.
- met with an adult or older peer who helped me understand what I needed to do to apply for a job.
- practiced how to interview for a job.
- worked on a vision for my future (such as what college or my job would look like).
- I'm good at finding a fair way to solve problems.
- I am confident that I can speak loud enough for everyone to hear me.
- I think about my audience and how best to present to them (for example, considering the right words and ways to talk).
- I know how to get my point across.
- I carefully choose words to share my thoughts.
- I am confident that I can express myself clearly

