

**Independent Living Program Cover Page**

**Category: Education Plan & Study  
Life**

**Activity: Finding an Internship**

**Description:** **The objective of this assignment is to:** familiarize you with what an internship is, and the process of finding an internship.

**How do I get credit for this assignment?**

- Research internships in your field of interest using some of the resources listed.
- Turn in a copy of the filled-out table and respond to the follow-up question.
- Email the completed work along with this cover sheet to: Michelle Estrada at [mestrada@orangewoodfoundation.org](mailto:mestrada@orangewoodfoundation.org)

**You may earn up to \$20.00 ILP dollars for completing this assignment.**

Total Dollars Earned:

<p>\$</p> <p>(ILP Use Only)</p>
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Notes:

	<p><b>Goal:</b></p> <p><b>None</b></p>
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Date: \_\_\_\_\_

Youth Signature	Date of Birth
Print Name (Youth)	Group Home (If Applicable)

<p><b>Receipt</b></p>    <p>(ILP Use Only)</p>
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## Find an Internship

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### What is an Internship?

Learning experiences that involve receiving academic credit for intentional learning at an approved site, under approved supervision, for at least 8 hours per week over the course of a semester. Internships are conducted in social services and corporations, government offices, the high-tech industry, and research laboratories, to name a few settings. Note that an internship may also be called “fieldwork” or “field education.”

### Why do you need one?

To create profound, lasting, broad, and transformative experiences, you can take on to your professional life after graduation. To give you an idea of what it is like to work in a particular setting and to help you discover your interests in the field.

### Why are they important?

A successful internship is one in which the learning facilitates three significant dimensions of your development: personal, professional, and civic. Internships can help you become a more engaged, more integrative, and more self-authored learner. They can also help you get connected with a potential job in the future.

### How do I find one?

There are different types of internships, including paid and unpaid. A paid internship is a way to gain relevant knowledge and skills in a specific field while also getting paid, whereas, with an unpaid internship, you do not get paid. You can find them by googling internship postings depending on your interests or checking your school’s website and directory for a list of approved internship sites. Your university or college might require that you apply for approved internships, so it is necessary to verify with your department advisor.

**What career or “field of interest” are you interested in learning more about?**

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## TO COMPLETE ACTIVITY

### 1. Research internships in your field of interest using some of the resources listed:

- LinkedIn
- Glassdoor
- Google
- Your school’s job listing site
- Internships.com
- A specific company

Internships are a great way to gain some knowledge in areas of work you are interested in and often are required as part of your undergraduate and graduate education. When thinking of where or what to apply to, think of your dream job(s) and let that guide your research. Internships should not be a time of stress; on the contrary, they should allow you to grow and explore the endless opportunities you have.

**2. Fill out this table with a few internships you found**

Fill in the graph with the company's name, contact info, requirements, and a piece of information about the internship.

<b>Name of Company</b>	<b>Info on Internship</b>	<b>Requirements</b>	<b>Contact</b>
<i>Outreach Concern Inc.</i>	<i>work with children, families, and adolescents, experiencing a variety of mental health issues, etc.</i>	<i>Must be postgraduate, graduate, or doctoral candidate in Psychology</i>	<i>(714) 547-1163 or apply online at <a href="http://www.outreachconcern.org">www.outreachconcern.org</a></i>

**3. Which of the three listed above is your favorite internship and why?**

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