



Longmont Mural—courtesy of City of Longmont, CO and Gamma Acosta (artist)

# INTERNSHIPS

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## INTERNSHIPS

### BENEFITS OF INTERNSHIPS OR APPRENTICESHIPS

**I gain work experience-** Internships/Apprenticeships give me the opportunity to gain real-world experience and develop valuable skills before I commit to a course of study, or potential career.

**I add practical experience to my resume-** A strong resume with real-world experience will give me a competitive advantage over other candidates when I'm applying for work.

**I experience a variety of work cultures-** As an intern or apprentice, I gain insights and experience working as an employee, interacting with supervisors and other co-workers.

**I improve my time management skills-** Internships/ Apprenticeships help me complete routine expectations, tasks and projects in a timely fashion as required.

**I learn about a potential career choice or job before committing to it-** Internships/Apprenticeships give me the opportunity to better determine if this specific work is the right fit for me. For example, I'll learn the time requirements, salary, benefits, responsibilities, stress level, opportunities for advancement, and more.

**I boost my confidence-** Internships/Apprenticeships help me gain confidence in the workplace as I learn by actually doing the job.

**I may identify a specialty-** If I'm engaged in a generalized field of work or study, an internship/apprenticeship may help me specialize or change my career path.

**I may find a mentor-** From the connections I build as an intern/ apprentice, I may find a professional who's willing to share insights, to mentor or guide me along my career path.

**I could secure a job offer-** By demonstrating my skills and producing positive results in an internship/apprenticeship, I could receive a job offer, or, the promise of a job after graduation or completion of other work requirements

I go to: [www.smoothtransitions4teens.com](http://www.smoothtransitions4teens.com) (ST4T) video channel Internships/Volunteering

## INTERNSHIPS

### Objective # 1:

I Research Internship possibilities. \* I check out more than one potential career before I commit to a career or education plan.

I go to [www.smoothtransitions4teens.com](http://www.smoothtransitions4teens.com) ST4T video channel: Internships/Volunteering.

## INTERNSHIP

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

I go to: (ST4T YouTube video channel/ Internships)

Business Name:

Business Address:

Telephone number/website: Supervisor(s) name(s):

Referred by:

Your Internship Title:

Description of Internship:

Average number of hours to be worked per week: Stipends or

Wages:

### Objective # 4:

I practice my internship maintenance skills: my appearance, punctuality, accuracy, working as a team member. \*I consistently display excellent employment skills\*

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**Objective # 5:**

I successfully complete an internship. \*Working as an intern definitely helps me get another paid position in the future. Many employers look for or require potential employees to have internship experience and sometimes hire successful interns as paid employees\* I will be one of those.

I go to [www.smoothtransitions4teens.com](http://www.smoothtransitions4teens.com) ST4T video channel: Internships/Volunteering.

## **INTERNSHIP**

**Start Date:** \_\_\_\_\_ **End Date:** \_\_\_\_\_

**Business Name:**

**Business Address:**

**Telephone number/website:**

**Supervisor name(s):**

**Your Internship Title:**

**Description of Internship**

**Average number of hours worked per week:**

**Stipends or Wages:**

***“What lies behind you and what lies in front of you pales in comparison to what lies inside of you.”***

***Ralph Waldo Emerson***

***Known as the Father of American Literature.***

Emerson penned several essays in the mid-19<sup>th</sup> century that fundamentally changed the way America saw its cultural and artistic possibilities.

Born in 1803, the son of a Boston preacher, Ralph went to Harvard, then on to Harvard Divinity School. He was ordained in 1829 and married that same year. His wife died just two years later. Emerson embarked on a trip to Europe. There he understood that nature is in us, a part of us.

***“If great men can be so ordinary, why should not ordinary men be great.”***

Emerson believed that man and nature are one, that everyone can recognize they are a uniquely significant human being.

Ralph returned to America, became a lecturer, remarried, and had several children. His central belief was in being self-reliant rather than living in a way that others think we should; that there is a divine spark in each of us. “We can rebuild ourselves,” he declared.

### ***What is Success***

***“To laugh often and much, to win the respect of intelligent people,  
and the Affection of Children.***

***To earn the appreciation of honest critics and endure the betrayal of false  
friends.***

***To appreciate beauty, to find the best in others.***

***To leave the world a bit better, whether by a healthy child,  
a garden patch, or a redeemed social condition.***

***To know even one life has breathed easier.***

***This is to have succeeded.”***

SOURCE: YouTube- What is Success? - Ralph Waldo Emerson, RedFrostMotivation