

myinternship

CENTER FOR VOCATION AND CAREER

Know Yourself

Explore the Possibilities

Prepare for Your Future

Introduction

An internship gives you the opportunity to explore the exciting and challenging realities of “real world” work, while preparing you to learn and grow more. That’s why internships are a key component of the CVC’s Blueprint.



KNOW YOURSELF — You will learn more about who you are now and later. Whether it be on your first day or six months after you leave, you will learn more about who you are through your internship. Reflective work will help you see: what fascinates you and what is a snooze, what you are naturally skilled at and where you struggle, and how your real world experience aligns or misaligns with your values.

EXPLORE POSSIBILITIES — You will explore what is possible. An internship can open your eyes to what needs exist in a broken world, and the best internships teach interns all there is to know about a specific organization (industry, structure, politics, and more). The best interns are individuals who take initiative for their experience. These interns ask questions and seek out growth rather than wait for it to come to them!

PREPARE — You will be better prepared for that future job. Not only do you have the opportunity to develop skills and strengthen your resume through interning, but you have the chance to make authentic connections with professionals in an industry or role you may pursue.

LAND — You will increase your chances of landing where you want to be after graduation. 2018 research shows that nearly 60% of interns are offered full time jobs after their internship. And, a 2017 study indicates that those who have interned are more likely to be admitted to graduate school than those who haven't.

Wheaton College – Center for Vocation and Career

myInternship Reflective Curriculum

I. Purpose

The *myInternship* reflective curriculum aims to orient, guide, and equip students using readings, reflections, discussions, and multimedia content, so that students realize seven key learning outcomes.

II. Learning Outcomes

Those who complete the *myInternship* reflective curriculum in conjunction with an internship experience will...

1. Develop strong abilities to establish and evaluate the holistic learning that surrounds their internship experience.
2. Cultivate personal and professional relationships, as well as, the capacity for independent thought and action.
3. Pursue knowledge with discernment and humility as they map both the rich connections and the conflicts between their internship experience and academic learning.
4. Demonstrate holistic learning by engaging constructively with racial, cultural, social, and religious diversity with the goal of learning to treasure the breadth and scope of Christ's church and God's world.
5. Develop a substantive understanding of what the Bible teaches about vocational experiences and how they fit into godly living.
6. Demonstrate a growing ability to draw together and articulate their interests, skills, values, and faith into coherence and integrity.
7. Draw upon their learning to serve the church and benefit society worldwide, as they respond to the callings of Christ.

III. Curriculum Overview

Guiding Theme

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Colossians 3:23-24

Curriculum Map

- **Preparing for *my*Internship (Unit 1)**
 - *my*Internship Learning Agreement (1.1)
 - Instructions
 - Sample Learning Goals
 - Creating Your Learning Goals
 - *my*Support (1.2)
 - *my*Mindset (1.3)

- **During *my*Internship (Unit 2)**
 - *my*Internship Survey #1 (2.1)
 - Reflective Assignments
 - *my*Vocation Fit (2.2)
 - *my*Career Exploration (2.3)
 - *my*Understanding of God at Work (2.4)
 - *my*Intercultural Understanding (2.5)
 - *my*Internship Context (2.6)
 - *my*Competency (2.7)
 - *my*Internship Takeaways (2.8)

- **Ending *my*Internship Well (Unit 3)**
 - *my*Internship Survey #2 (3.1)
 - *my*Internship Reflection Paper (3.2)
 - Passing on *my*Internship (3.3)
 - *my*Internship Next Steps (3.4)

During *my*Internship
Unit 2 - Sample

myInternship Takeaways (2.8)

Your last assignment helped you consider how you might articulate your competency in a given job function. Now you will be considering your preferences, and what you think they might mean for your present and future. Your unique preferences give insight into how God has uniquely prepared you for many different roles in His kingdom.

Building Your Career House

Although your work in this curriculum has stand alone value, it can be helpful to see each assignment as a building block toward your “career house.” myInternship assignments can be saved, revisited, and recompleted as you navigate the challenges ahead (future internships, fellowships or jobs).

In fact, the CVC recommends that you share assignment 2.8 with trusted advisors like your CVC career coach. Trusted advisors provide objective perspectives that help you apply your present learning to future opportunities.



COMPLETE the activity below to help you holistically evaluate your internship experience.

	What I liked about my internship	What I didn't like about it	What I think that means
The Tasks: Computer work, met with people, market research, data analysis, product testing, etc.			
The Work Culture: Structured or flexible, a lot of supervision or a lot of freedom, social or independent, the dress code.			

<p>The People: My supervisor, my peers, the leadership of the organization.</p>			
<p>The Work Environment: Where I did my work, the noise level, what I saw when I worked, etc.</p>			
<p>Sense of Calling: Surprises, insights, frustrations, inspirations...</p>			

The Center for Vocation and Career's vision is that all students would develop a plan for life after graduation, have the tools necessary to implement their unique plan, and be provided ample opportunity to execute their vocational plan, as we educate them as whole persons who build the church and benefit society worldwide.



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