

Name:

Interning Success

Aligned to the following standards:

CS.05, FFA.PL-A, FFA.PG-J, FFA.CS-M, FFA.CS-N, AG5, AGC08.01, AGC09.01, AGC09.02, CCSS.RI.9-10.2, CCSS.RI.9-10.4, CCSS.W.9-10.1, CCSS.W.9-10.2, CCSS.SL.9-10.1, CCSS.RST.9-10.8, CCSS.RST.9-10.9, CCSS.WHST.9-10.1, CCSS.WHST.9-10.2, CCSS.WHST.9-10.4, CCSS.WHST.9-10.6, CRP.02, CRP.04, CRP.07, CRP.08, CRP.10, CRP.11

Directions:

Using the article "Preparing for the Future: 10 Tips for Success in Your First Internship" (<https://www.agcareers.com/ag-and-food-career-guide/2024/US/25/>), complete the activity below.

Set Clear and Measurable Goals

1. What should you do before embarking on an internship?

2. Write one goal for yourself as if you are searching for an internship.

Embrace a Lifelong Learning Mindset

1. Describe how one should approach tasks.

2. Think of a current task that you struggle to approach with positivity. What can you change about your approach to make this task more enjoyable?

Seek and Embrace Feedback

1. What can constructive criticism offer you?

2. What is a tip to help you accept feedback?

Be Proactive and Seize Opportunities

1. What does it mean to be proactive in an internship?

2. Give an example of how you are already seizing opportunities in another setting.

Master the Art of Effective Communication

1. List two tips for effective communication.

2. What is a resource you can use before going to your supervisor with questions?

Demonstrate Reliability and Accountability

1. What does accountability mean?

2. Think of a time that someone you relied on did not follow through. How did that make you feel?

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Build Meaningful Relationships

1. How can you network and build relationships in a company where you are interning?

2. What can a strong professional network do for you?

Take Initiative and Go Above and Beyond

1. How can you distinguish yourself as an asset to your team?

2. Describe a situation where you have taken initiative.

Stay Adaptable and Embrace Change

1. Name a tip you can use when approaching a change.

2. How have you handled unexpected changes in the past?

Reflect, Learn and Grow

1. Why is reflection after your internship important?

Dig Deeper

In Tip 10, reflection is seen as a positive way to look back at your internship and apply what you learned and the growth you experienced. Think about a job, task, team or volunteer activity you have participated in that you feel has helped you grow. On a separate sheet of paper, or in the space below, practice one of the reflection processes from the article. Reflect on the job, task, team or volunteer activity you selected. The reflection processes are listed below, but be sure to read about how to approach the process in the article.

Circle the reflection process you select.

Gather Materials	Review Goals	Journaling or Note-taking	Name Accomplishments	Evaluate Challenges
Assess Skill Development	Connect With Career Goals	Set Future Goals	Action Plan	Follow-up and Review

Reflection: