

# Why a Senior Career Internship Project?

## The Internship

...is a personal experience internship in a particular career area. Internships are one of the most important ways students gain experience and start to make contacts within their field. Work experience at a respected company or organization, especially if it is related to a field students might pursue in college, or the workplace, and will only strengthen their future endeavors. Secondly, an internship will allow students to explore potential careers and courses of study. Finally, an internship can help students understand how a professional organization operates. Within that organization they will gain access to valuable contacts who may lead them to other opportunities as they progress through high school and beyond.

## Senior Project Contact Information

*If you have any questions, please contact one of the following staff members:*

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## PINELANDS REGIONAL HIGH SCHOOL

*Home of the Wildcats*

# Senior Career Internship Project



**Confucius Said:**  
"Choose a job you love, and **you will never have to work** a day in your life." ...

**Senior Graduation Requirement**

# Senior Career/Internship Project

Trust not what inspires other members of society to choose a career. Trust what inspires you. From this decision alone will come over a third of your satisfaction or misery in your life.

— from *The Lazy Person's Guide to Success*

## The Senior Project

- Career Area Research Paper
- 20-Hour Career Internship
- Project Portfolio
- Judged Multimedia Presentation

## The Internship Requisites

- Minimum of 20 contact hours as **intern in a selected career area**.
- Half to full-page journal entries discussing learning and its relationship to career plans.
- Mentor time log required, with mentor's signature for each contact hour.
- Mentor Reflection completed at the end of the Internship.
- **The project must evidence of application of the English Language Arts Skills** relating to career objectives taking students beyond what they have done before.

## Research Paper Requisites

- Two copies of final paper (one for grading submitted through *Turn It In*, one for portfolio)
- Please see your teachers for the minimum number of sources. A personal interview counts as a source.
- MLA Format
- Between 5-15 pages (minimum), double-spaced in 12 point font. Title Page and Works Cited Page are not included in page count.
- Should follow guidelines on rubric in packet.
- **All work should reflect the Pinelands Regional High School Plagiarism Policy.** All proof of research is documented on the Works Cited page of the report.

## PORTFOLIO

Students will keep good records of their career internship and preserve everything in a portfolio that documents their investigative journey into a particular career area. These items should include personal notes, photographs, time logs of internship hours, journal entries and other pertinent items. The entire portfolio will be evaluated at the end of the process for completeness. Outstanding Portfolios may be viewed by an independent panel of judges.

## PRESENTATION

The final component of the senior project is the presentation. This is an oral presentation given by the student before a panel of judges from the school (staff and peers) and/or community. During the presentation, the student will explain through a Power Point presentation the learning that occurred during their senior internship.

## Requisites

- Power Point Presentation
- between 8-10 minutes
- Time requirement does not include time for answering questions from judges
- Judged on content, delivery, and question/answer session using a rubric
- Appropriate professional dress (unless dress reflects the particular career area)
- Visuals and music to enhance speech
- Portfolio available for review

"Find an internship. Not only will you gain skills you can leverage once you graduate. You may turn your internship into a job offer."

"The No. 1 benefit of an internship is the relationships you'll make with seasoned professionals."

Susan Bowles,  
*Asbury Park Press*