



## VANDERBILT ATHLETICS

# SUMMER 2019 INTERNSHIP PROGRAM



### MISSION:

The Vanderbilt Athletics Summer Internship Program provides student-athletes with the opportunity to gain professional-level experience and perspective on their long term career goals. Based on the student-athletes' interests, they intern twenty hours a week at a Nashville area business.

### INTERNSHIP EXPERIENCE

- Critical Thinking & Problem Solving
- Professional Communication
- Job Specific Technical Skills
- Informational Interviews
- Planning & Prioritizing
- Time Management
- Receptiveness
- Self-Reliance
- Adaptability

### PROFESSIONAL DEVELOPMENT WORKSHOPS

- Discovering a Career Path
- Self-Awareness
- Personal Brand Strategy
- Workplace Culture
- Workplace Ethics
- Professionalism
- Networking
- Social Enterprise
- Public Speaking

### WEEKLY REFLECTIONS & CAPSTONE PRESENTATIONS

- Evaluation of Experience:
  - Preferred Workplace Settings
  - Strengths & Weaknesses
  - Responsibilities
  - Skills Developed
  - Accomplishments
  - Lessons Learned
  - Challenges

## PARTICIPANTS

### SPORTS REPRESENTED:

- **Men's Sports**
  - Cross Country
  - Football
- **Women's Sports**
  - Basketball
  - Bowling
  - Cross Country
  - Soccer
  - Swimming
  - Track and Field

### INTERNSHIP SITES:

- Adult Literacy Council
- Anchor Down Productions
- Betafits
- Buena Vista Elementary
- Capital Financial
- Chamber of Commerce
- Cooley Public Strategies
- Elmington Properties
- Girls, Inc.
- Girls on the Run
- Go Noodle
- Hanger Prosthetics
- Helion Group
- Heritage Medical
- Holiday Inn
- IQ Talent Partners
- Judge Dalton's Office
- Medix
- Mercury Courts Clinic
- National Commodore Club
- Nashville General Hospital
- Nashville Soccer Club
- New West Records
- NHC Place
- Pilgrimage Festival
- Play Like a Girl
- Reform Law Group
- Safe Stamp
- Select Physical Therapy
- Special Olympics
- TN Environmental Council
- VU Turner Family Center for Social Ventures
- VU Development & Alumni Relations
- VU Athletics Marketing
- VU Medical Center
- VU Neuroscience - Calipari Lab
- VU Office of LGBTQI Life
- VU Office of Investments
- VU Owen Graduate School of Business
- VUPD
- VU Research
- VU Vice Chancellor for Finance Office
- YMCA - YCAP

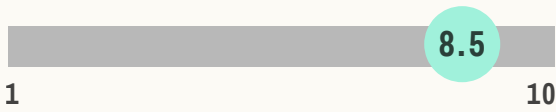
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Student-Athlete  
Participants

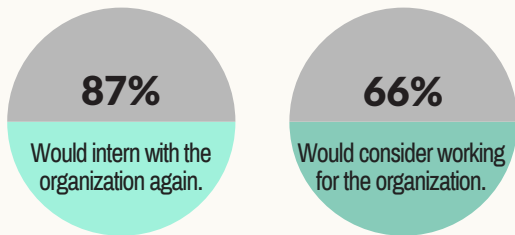
# EXIT SURVEY RESULTS

- Overall *usefulness* was rated on a scale from 1 (worst) to 10 (best).
- The scores were averaged from a total of 48 surveys.

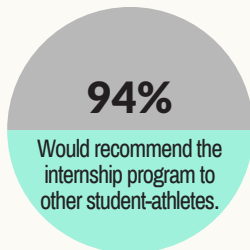
## Usefulness:



- Student-Athletes were asked if they would intern with the organization again.
- Student-Athletes were asked if they would consider working for the organization.
- The scores were pulled from a total of 48 surveys.



- Student-Athletes were asked if they would recommend the internship program to other student-athletes.
- The scores were pulled from a total of 48 surveys.



## Most Valuable Take Away:

"The opportunity to network with professionals and getting workplace exposure."

"Adaptability is the most important aspect of a job."

"Learning exactly what I am looking for in a workplace."

"Speak up, be prepared and don't limit yourself."

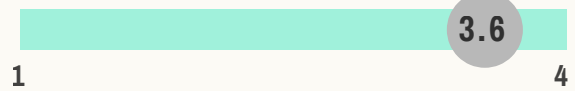
"Additional resources to find a job post graduation."

"Be prepared for any opportunity. Build relationships and network."

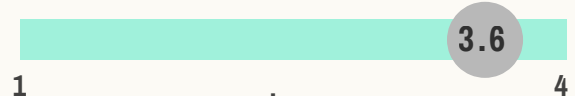
"Learning how to work with diverse populations and getting out of my comfort zone."

- Student-Athletes were asked to rate each of the statements below with the number that best corresponds to their degree of agreement. (1=strongly disagree, 2=disagree, 3=agree, 4=strongly agree)
- The scores were averaged from a total of 47 surveys.

You found sufficient opportunity for real world work experience in a professional setting.



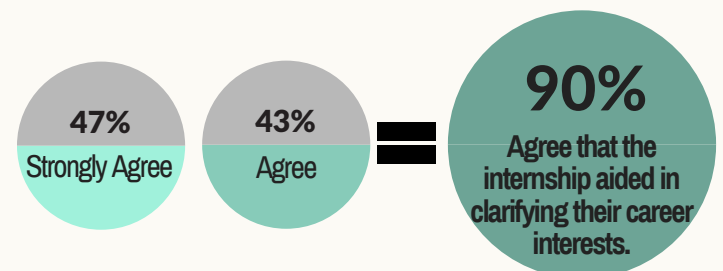
The internship provided sufficient opportunity for professional development.



Your personal growth was encouraged.



The internship aided in clarifying your career interests and professional goals.



## Student-Athlete Quotes:

"I definitely know a lot more about myself, my interests and what I am looking for in a career. This program exceeded my expectations!"

"I have a better idea of what direction I want to take my career and what I want to pursue."

"This program helped me identify the things I like and dislike in my field of interest."

"This program gave me an opportunity at an experience I wouldn't have tried."

"This internship provided substantial benefit to my resume. I am now planning to apply for medical school."