BEYOND INTERNSHIPS

DESIGN A SUMMER PLAN

1. IDENTIFY INDUSTRY FOCUSED SKILLS
   - Research
   - Management Skills
   - Problem Solving
   - Adaptability
   - Empathy
   - Think Globally, Act Locally (Set Vision/Goals)

2. COMBINE MULTIPLE EXPERIENCES
   - Informational Interviews
   - Job Shadow
   - Coursework
   - Volunteer/Service
   - Micro-Internship
   - Part-time / Temp Work
   - Professional Conferences
   - Workshops/Trainings/Competitions
   - Create Your Own Internship
   - Individual Project: Create Something
   - Start a Business
   - Research

3. DEMONSTRATE AND ARTICULATE
   - Think creatively about how you can develop/demonstrate skills. Be proactive and intentional in all of your experiences.
   - Find and cultivate mentors.
   - Schedule sessions with your Vandy Career Coach to develop your plan and discuss how to "tell the story" of your summer.

SAMPLE PLAN

INFORMATIONAL INTERVIEWS

- Goal: Learn from working professionals about the health industry and day to day work environment.
- Action: Reached out to 10-12 interesting health professionals. In addition to LinkedIn, utilized healthcare specific sites like Healthcare Professional Meetup or Universal Health Care Action Network. Scheduled a brief 20 minute phone conversations.
- Result/Skill: Gained knowledge of different work environments, skills valued in the industry, and best environment. Built relationships with health professionals with the potential of gaining a mentor.

RESEARCH

- Goal: Explore different areas of Health Industry and analyze a trend or finding. Dive deeper into a single question you have.
- Action: Read different sources and created a final product (paper, presentation, etc.) that walks through though research process and findings.
- Result/Skill: Developed a deliverable to take to employers and show progress and/or interest in the healthcare field. Skills include critical thinking, data analyzation.

TARGETED COURSEWORK

- Goal: Complete pre-requisites and expand knowledge of profession.
- Action: Found courses online/local universities/Vanderbilt.
- Result/Skill: Completed coursework, knowledge of topic, and increased exposure to areas of research.

INDIVIDUAL PROJECT: CREATE SOMETHING

- Goal: Use research, along with other sources, and produce something to show the results.
- Action: Wrote research paper/presentation to add to resume and show employers.
- Result/Skill: Presented findings to employer of interest, increased confidence in research and presentation skills.

PROFESSIONAL ASSOCIATIONS

- Goal: Find and join a professional association in the healthcare area of interest. Join local chapter if available.
- Action: Found a professional association that had low cost student membership and provided a host of professional development activities. Attended local chapter meetings.
- Result/Skill: Plugged into a group of professionals with a shared interest. Gained insights into the industry and invited to the national conference.