

BEYOND INTERNSHIPS

DESIGN A SUMMER PLAN

HEALTH



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.



VANDERBILT UNIVERSITY

| Career Center