



Framingham High School

Career Development Education Program

Ms. Michelle McGahan, Program Coordinator
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FHS Internship Program

This Internship Program is designed for senior students looking for professional opportunities to explore career options within our community, build valuable connections, and continually develop skills needed for success in college or chosen field in work. Students are immersed in this career based experience with support from and collaboration with an in-school coordinator and host organization mentor,

Students interested in the program should meet with their school counselors to complete a career-based interest survey and identify a specific career of personal interest. Internships may take place in school or off campus, during or after school hours. A few examples of internship opportunities include: art and design, veterinary work, banking, law enforcement, culinary, elder services, education, information technology, architecture, public relations, automotive, physical fitness, and business (Please note that these are examples. Final internship assignments contingent upon the connections established within the community). New opportunities will be designed specifically with each student in mind. Internships may be paid or unpaid and during or after school hours.

Program Requirements:

- Signed contract between student, in-school coordinator, and host organization
- Minimum of 100 hours completed in one semester (individual accommodations and negotiations available)
- Completion of a work-based learning plan with identified goals and objectives
- Completion of free-write and focused journals related to program competency standards
- Attendance to Career Development Education Program class meetings
- Culminating project to summarize the experience

Standards/Topics may include: professional behavior, decision making, financial management, stress management, communication skills, solving ethical dilemmas, and more.

All school policies and expectations are expected to be followed as internships at host organizations are an extension of our FHS community.

Additional Notes:

- Juniors are eligible for this opportunity upon approval from their school counselor, vice principal, and the CDE Program Director.
- This experience is a great addition to a resume or college application.