

# ASPIRE

## **SENIOR INTERNSHIP PROGRAM**

The Senior ASPIRE (A Student Program for Internships, Research and Exploration) Internship Program is open to all Haldane Seniors. The internship provides a link between school and the business world. The program gives students opportunities for hands-on experience in a variety of career choices. Students gain an understanding of the importance of a positive work ethic and responsibility, as well as an opportunity to improve their teamwork and human relation skills.

In the spring of 2020, we had over 100% of the senior class participated in an internship. The Internship takes place during the end of the 4<sup>th</sup> quarter of your senior year. Internships will start approximately Monday, May 18th and end Friday, June 12th (4 weeks). In most cases, students are released from school to complete 20 hours of unpaid or paid work experience per week. Students complete weekly journal entries and give a final presentation to earn their 4<sup>th</sup> quarter grade in English. To fulfill the Physical Education requirement, students must participate in some form of physical activity for 90 minutes per week.

### **STEPS TO TAKE IF YOU ARE INTERESTED:**

~Hand in the attached application Part 1 and 2 to Mrs. Seideman by \_\_\_\_\_

### **REQUIREMENTS:**

- ~Must have good attendance record.
- ~Must be passing all classes by the end of the 3<sup>rd</sup> quarter.
- You may NOT intern at a family business, family workplace, or with high school classes (Unless prior approval is given)
- You may not miss any class that has a Regent's. You only need to attend that class.

## **Internship Quotes**

Arlan- "I have found it to be very enjoyable and rewarding to work on a farm. One job that is assigned to the interns is to feed the chickens in the morning. We proceed to collect the hens' eggs, wash them and finally sort them into dozens to be sold."

Kate "I think the biggest thing I accomplished during my internship was earning the children's love. One little girl told her parents, "I want to become a preschool teacher like Ms. Kate." My heart melted when her parents told me that. To know that the children look up to me meant the world. To know I had some sort of impact- it was the most rewarding feeling."

Justin- "it involves some 3D modeling, a process in which I have absolutely no idea what's going on, (but I'm excited to learn!), as well as information analysis and straight up brainstorming. It's very "project-based learning esque", so it's super cool to see the things we do in Haldane like DCI and the engineering class are being used on such a large scale as with Turner."

Sandy- "My internship has been so incredible and i have been working as many hours as I can. I feel like I'm learning so much valuable information that i couldn't have gotten anywhere before. I can't wait for the next two weeks and to discover if this is what i want to do once i graduate."

Honor "The hours are lengthy and exhausting and having to wake up at 4:45 every morning to catch a 5:58 train and be at work by 7:30 is a lot. It's not exactly what I would consider fun, but it is exciting at the same time."

Michael -"Doing projects and being my own boss for hours and then having to go deal with errands and timing and scheduling is harder than I realized."

Julia- "My favorite part of the internship is probably being able to actually help real people with their finances. I also really enjoy being able to learn more about finance so in the future i will be able to help myself and my family with their finance."

Parker "Paperwork is much less enjoyable to me than working on experiments or problem solving how to conduct a study most effectively. I like when we get to listen in on conversations between the graduate students and Dr. Shafer because I have learned a lot about how experiments are created and the process of turning an idea into an actual study."

Olivia- "Overall the internship has been very rewarding and I have learned many new things about the brain that I wouldn't know without spending time in Dr. Shafer's lab."

Sama- "I am really excited that I got a hands on experience in business management and what really goes into building your own business and having a small store like the Country Goose."

Max " My goals for this internship are to further my interest and knowledge about the field I am going into later on in life. This internship is a large stepping stone for me to show me what the real world IT person would have to go through in a school or work environment. "

Riley " This internship definitely ties-in with my long term career goals, as I'm hoping to eventually pursue a career in the communication / marketing field. My internship has definitely been much different from school, from the flexible hours to the work that I'm actually really passionate about doing.. "

Sam G " My forearms and legs were shot, and my clothes got dirty as hell. While working on the electrical side of certain jobs, I also crossed paths with other people working at the jobs, such as contractors and carpenters. Although their jobs take completely different skills and education, everyone's work contributes to the final product, and if everyone doesn't work together, the job gets complicated and turns into a mess. "

Jamie- "I think what contributed to my success so far is the fact that I am going to be studying "Barn Management" in college so I get a taste and a feel of what I will be doing. Also, I got to college having a background already in knowing different aspects of running a barn and knowing more about the horses themselves. "

Grace- "It is fun for me to see how social media, which is something I do for fun, can be used as a business tool."

Sophia- "I enjoy the internship in the aspect that we have professionals in the neurolinguistics field to ask questions to. Since neurolinguistics is so closely tied with psychology, we also have psychologists nearby that we can ask questions to."

Brad- "This internship has really helped with establishing a work ethic and teaching me valuable home buying skills. I like the hours of the internship because it's in the middle of the day. "

Kate D " My favorite part of my internship so far is being able to work one on one with the children."

Morgan- "I am most excited about being able to go into the field like I have been this past week. It is really cool to be able to say that you were walking around in the foundation of a Hudson Yards skyscraper that is still in construction or that you got to go into the platform over Hudson Yards."

Catriona- "So far, I have enjoyed this internship very much, and I have learned a great deal in my time here that I think will be extremely useful for me in my future, for both college and a career, especially as I am pursuing a political field. "

Ally F- " Overall I am really enjoying my internship and I think I will miss it once it's over."

Justin M- " During the weeks I've collected a ton of hours and because I have a paid internship, I've gathered a significant amount of money compared to my peers. I have also secured this job into the summer leading up to college."

Devin H "We are able to end the year right, maturing us as we go onto college we are able to have some work experience and be able to see what real life is instead of always being in the classroom. Overall, enjoyed this internship opportunity that our school offered and I hope it continues for the years to come because it is a great way to end the year for seniors as a path into the real world and setting students up for college. "

Maura " This internship so far has been really helpful, because it directly relates to the field that I want to go into in the future. I am already building connections, as every day I meet a new person."

Katie- "I think my internship suits my learning style better because it's more hands on and am able to do things on my own, and I am more independent than when I am in school."

Josh "I prefer learning in the field rather than learning in the classroom. I feel that I have a better understanding as I am applying it to an actual project and the everyday work life."

Reid- "Do something that's fun, or at least keeps you busy. It doesn't even have to be something related to what you plan on doing when you're older, just try to enjoy yourself while getting some new experiences. (This is the best senioritis remedy that you can get."

## Frequently Asked Questions

*Can I participate in the internship program and still belong to a sports team?*

Absolutely! While the length of the professional work day may be limited by practice obligations, (work starts at 9, practice at 3) students on spring sports teams are welcome and encouraged to participate in the internship the same as any other student.

*How does 4<sup>th</sup> quarter grading work?*

See the internship description for grading in English and PE. For all other courses not required for graduation the 3<sup>rd</sup> quarter grade counts twice in the final average. If the course is required for graduation or a Regents exam students must complete the course.

*Are internship opportunities limited to established school partnerships?*

Definitely not. Students/families are encouraged to seek out relationships with professionals or utilize their own existing networks. The school (Mrs. Seideman) requires one point of contact (internship supervisor) at the placement for progress monitoring and follow-up.

*What happens if I start my internship and don't like the experience?*

This is the most important aspect of the role of the internship coordinator – to serve as a communication liaison between the intern and the work environment. Mrs. Seideman helps to reinforce and adjust expectations on both sides, making sure that students have the best experience possible. However, sometimes, the best internship experience is a poor internship experience. This helps students save money and years of effort on college majors that don't necessarily match the workplace realities of a particular professional.

*I can't participate in an internship because I take AP courses or college courses.*

Internships begin on Monday, May 17th after all AP exams.



# ASPIRE Internships

THANK YOU FOR YOUR INTEREST IN ASPIRE. IN ORDER TO BE CONSIDERED FOR THIS PROGRAM, PLEASE MAKE SURE THAT THE FOLLOWING ATTACHMENTS ARE ALL HANDED IN **BY** \_\_\_\_\_

**NAME:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**CELL PHONE NUMBER:** \_\_\_\_\_

**CURRENT SCHEDULE (Quarter 4) (list AP, college, Regents, etc)**

| COURSE | NAME  | TEACHER |
|--------|-------|---------|
| 1      |       |         |
| 2      |       |         |
| 3      |       |         |
| 4      |       |         |
| 5      | Lunch | Lunch   |
| 6      |       |         |
| 7      |       |         |
| 8      |       |         |
| 9      |       |         |

**AFTER-SCHOOL COMMITMENTS (job, sports, clubs during Quarter 4 (May -June):**

**WHICH OF THE FOLLOWING SENIOR YEAR OPTIONS ARE YOU INTERESTED IN:**

**Internship** \_\_\_\_\_ **Research** \_\_\_\_\_ **Community Service** \_\_\_\_\_ **Other** \_\_\_\_\_

**PLACE OF INTERNSHIP OR IDEAS:** \_\_\_\_\_

# ASPIRE

## SENIOR INTERNSHIP PROGRAM

### **AT Haldane High School**

### **PART 1: STUDENT CONTRACT**

I, \_\_\_\_\_, understand that it is my responsibility to:

- ◆ assist the ASPIRE Coordinator in finding an appropriate placement for my ASPIRE experience in a situation where a family member will not be my site supervisor.
- ◆ complete all required ASPIRE hours, recognizing that a full day internship requires twenty hours per week and 90 minutes of physical education a week. If you do BOCES the required hours for internship is ten hours per week and 90 minutes of physical education a week.
- ◆ budget my time so that all of my hours will be completed regardless of my other commitments (i.e. work, community service, sports, family obligations, etc.).
- ◆ complete all ASPIRE requirements as listed on the Expectations/Requirements sheet.
- ◆ abide by all rules that apply to students at Haldane High School while at my ASPIRE site.
- ◆ Weekly timesheets and journal assignments are due every Friday. Points will be deducted if late. Failure to turn in forms can result in a termination of the internship. Unless prior arrangements or special circumstances are made with me.
- ◆ Final evaluation and project is due on the last day of the internship.

I understand that once my ASPIRE Experience begins:

- ◆ **Students are requesting to do an internship on site (not virtually) during the time of the pandemic. I give my child permission to do so.**
  - ◆ I must fulfill this commitment to assure completion of school attendance in order to graduate in June 2020.
  - ◆ You are participating in a unique internship experience. Due to the extreme confidentiality of some of the situations you may encounter, it is imperative that personal information learned at your internship may not be shared with anyone. Please be sure you adhere to this policy at all times.
  - ◆ I may NOT intern at a family business, family, workplace, or with high school classes unless prior permission is given.
  - ◆ I, the undersigned, have read and understand the above statement and agree to adhere to its provisions.
  - ◆ All internships start on Monday, May 18th and end Friday, June 12th (4 weeks).

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*Signature of Student*

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*Signature of Parent/Guardian*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent's/Guardian's Name (please print)*

# ASPIRE

## SENIOR INTERNSHIP PROGRAM

**At Haldane High School**

### **Part 2: Medical Release**

Student Name: \_\_\_\_\_

Name of family doctor \_\_\_\_\_

Doctor's Phone Number \_\_\_\_\_

1. Does your child have any medical conditions that the internship should be aware of?
2. Does your child have asthma, diabetes, allergies, or another medical condition that could be exacerbated due to the nature of some internships?
3. Is your child taking any medication with him/her? If so, what is it and who is expected to administer this medication?

Should emergency medical service be required for your child during the trip, medical personnel will be contacted immediately. In the event that I cannot be reached in an emergency, I give permission to the staff of the high school or internship workplace supervisor to secure proper treatment for my son or daughter.

\_\_\_\_\_  
(Signature of Parent/Guardian)

\_\_\_\_\_  
(Telephone Number)

\_\_\_\_\_  
(Date)

In case of emergency, contact: \_\_\_\_\_

Telephone: \_\_\_\_\_

