Establishing Goals for Learning

Although the internship experience is set up as an exchange, an opportunity benefiting all involved, what you gain from the experience is up to you.

**Challenge Yourself:** By defining clear goals, you can focus your efforts in a meaningful way and effectively measure the outcomes of your progress. Below is a list of different areas you might want to consider as you set your goals.

**Types of Goals May Include:**

- **Academic Learning** – You can apply and test knowledge learned in the classroom to the workplace. This allows the theory to become practical.

- **Professional Development** – You can become knowledgeable about the qualifications and duties of a position in order to better understand a particular industry or professional field. While acquiring insight about a specific field, you can also acquire a sense of the skills and knowledge required for success in the workplace, both industry-specific skills & general, professional skills.

- **Personal Development** – You can learn more about yourself and your personality in the workplace in terms of communication and working style. You can also discover strengths, identify areas for improvement & gain confidence.

**How to Define & Reach Your Goals**

Your goals need to be well thought out and meaningful to you. They need to be clear and specific enough that others will understand them and will be able to help you achieve them. When establishing your internship goals, think about what you would like to get out of the internship, identify the opportunities and resources available at your site, and define a plan with strategies for reaching your goals.

**Some questions to consider when setting your goals:**

* Is your goal REALISTIC?
* Does your goal STRETCH you and PUSH you forward?
* Can your goal be achieved within the TIME CONSTRAINTS of the quarter?
* Does your goal relate to SPECIFIC skills and abilities?
* Does your goal account for LIMITATIONS that could prevent your reaching it?
* Can you CLEARLY MEASURE and EVALUATE progress toward your goal?
* Do your goals represent ALL that you want to accomplish during the internship?
Turn into AIP office by Friday of Week 3
An electronic version of the goal sheet can be found at: http://aip.ucsd.edu/students/workshops.html

Name:  
Quarter:  
Counselor: Click here for counselor  
Internship Site:  

Internship Goals
Identify your internship goals: Academic, Professional and Personal.
Identify 1 Strategy for reaching each goal.

Example

Goal: To become comfortable and confident in interacting with medical care professionals and clinical patients (personal development).

Strategy: Practice talking and interacting with patients and professional staff as much as possible, taking the initiative to engage them in conversation.

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Strategy:

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Strategy:

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Strategy: