

INTERNSHIP WORK PLAN DIRECTIONS

1. Think of the work plan as the road map for your internship. Complete sections I, II and IV using the pointers below before meeting with your preceptor. Once you have researched the site (section I), clearly articulated your career goals (section II) and noted a few areas that you could use improvement (section IV), meet with your preceptor to create the internship objectives (section III).
2. Format the document exactly like the examples below. Center **Internship Work Plan** at the top of the page. Include your name, the student reviewer, site, and preceptor name.

Internship Work Plan	
Name: Jessica Smith Student Reviewer: Lacey Anderson	Site: Alachua County Health Department Preceptor: Steven Anderson
I. Overview of Site	
<p>The Alachua County Health Department's mission statement reads, "The goal of the Alachua County Health Department is to promote, protect, maintain, and improve health and safety to all of the citizens and visitors". The Health Department offers many services to the citizens of Alachua County, such as immunizations at a reduced rate and classes for pregnant mothers to ensure the health of mother and baby. The Health Department also offers HIV/AIDS classes on how to deal with the illness, tobacco cessation classes, and health education and wellness classes. I will be working for the Choices Health Education and Wellness program during my internship. Choices is a county wide program that educates residents to adopt healthier lifestyles by providing health education risk reduction seminars. They provide fitness classes, health fairs, weight loss support groups, and worksite wellness.</p>	
II. Career Goals	
<p>After graduation I plan to apply for a job at the Alachua County Health Department. My site preceptor is applying for several grants that should come in for the spring semester. I was told that if I proved myself during my internship that I would have a good chance of being hired upon as not scientifically supported.</p>	

Internship Work Plan

Name: Jennifer Dean
Student Reviewer: Amber Nicholas

Site: UF & Shands Integrative Medicine Department
Preceptor: Dr. Mark Michalski

I. Overview of the Site

Site's Mission Statement: "Shands' dedication aims to heal, to comfort and to educate. Their work is dedicated to improving life through innovations in medicine. The commitment to provide constant attention to the needs of the patients, community and each other."

The **Shands** program consists of a team of experienced surgeons, holistic nurses, nutritionists, a program coordinator, a psychologist and an exercise physiologist to help patients achieve a healthy weight. In addition, a multidisciplinary team of pharmacologists, endocrinologists, gastroenterologists and cardiologists work together with the common goal of improving the patient's quality of life.

www.shands.org

II. Career Goals

I have many goals that I would like to achieve. One would be to continue my education and receive a master's degree. I would like to be able to find an accredited center for a master in integrative/alternative. If not then I will continue to get certifications as well in that area. As for work, I hope to get a job somewhere where I can do various things in the alternative world. I also would like to be able to have some time to teach people around. There, easy ways to add some alternative medicine in their lives like meditation, yoga, reiki, etc. In being able to do all this I will need to have good contacts in the area as well. Possible to get advice from, employment, education, etc. will be met along the way. Because of who I'm affiliated with, I guess one more possibility. Especially if it's in a medical field in some categories that may be looked upon as not scientifically supported.

III. Internship Objectives

1. Plan a therapeutic lifestyle change workshop for Benarhi patients.
2. Implement therapeutic lifestyle change workshop for Benarhi patients.
3. Assist in making patients to make healthy lifestyle changes.
4. Help them to stick to the patient care program.
5. Help create training plan about diet for nurses in palliative care.
7. Assist in creating various alternative health items for the wellness website.
8. Present table to staff about mind body connection including visualization techniques.
9. Help secure speakers for integrative medicine presentations.
10. Assist with getting various information (like creating brochures) for the quarterly wellness seminar.
11. Create a link on mind body connection for employees.
12. Help create some of nature path trail for the pain management department.

IV. Personal Growth

I sometimes experience anxiety in social and work settings. I have been working on this by doing public speaking and being a part of groups. I feel that this internship will also help in making the new and a program for me because of the wide variety of people that I will have the opportunity to work with.

I have a monthly meditation practice that goes most of my energy peaks in the hospital that caused me to be around the hospital as well. This internship will give me the ability to see hospitals in a new positive light by concerning the negative thoughts I have had since I was a child. This will also give me the opportunity to work with more than allowing me to grow more on a spiritual level while working with everyone.

Also while being in school I have learned a lot and have done a lot in the classroom. This will also help me become more confident out of the classroom by providing a variety of jobs to get me motivated to work. In doing this will help me see what my strengths and weaknesses are for real life situations giving me the ability to master my good skills and working to improve in the areas I struggle with.

3. Single-space using 10-point Times New Roman font, indented paragraphs and keep the document to one page (modify margins). Bold the different sections; **I. Overview of Site**, **II. Career Goals**, **III. Internship Objectives** and **IV. Personal Growth** areas.

4. It is required that one student from class review your work plan before you submit the work plan to the instructor for grading. The student reviewer is to check for content, organization, grammar, spelling, sentence structure, citations, and writer's ability to follow directions. The student reviewer should be listed under the writer's name.

5. The work plan will be updated and resubmitted during the HSC 4814 Public Health Practical Experience course. The following pointers will help you construct your first draft.

I. Overview of Site

Use the site's general information to clearly explain your site's purpose including services provided and populations served. Cite sources. This section should be around 150 words. This section is not about your internship, it is strictly about the organization.

II. Career Goals

Describe your career goals including what you do immediately after graduation (short term) as well as where you see yourself in five years (long term). This section should be around 100 words.

In a separate paragraph, discuss the ways that the internship can help you achieve your career goals. The internship is not just about the skills that you will learn each day; it is also about the networking, business etiquette, ability to handle yourself in difficult situations, etc. This section should be about 100 words.

III. Internship Objectives

List and describe the specific objectives that you hope to accomplish during the internship. Create a list of major responsibilities and a few details. The list should have at least 10 items. The following items are good examples but each intern will have an individualized list.

1. Conduct health screenings. Learn to take blood pressure and assess body composition.
2. Develop 6 health education presentations focused on organic food selection and preparation.
3. Assist the staff with implementation of the "Eat This, Not That" Wellness Challenge

IV. Personal Growth

Discuss a few personal growth areas that you hope to improve during the internship. Be honest, it is hard to admit our limitations but it is incredibly important to recognize them and seek to improve. Examples could be showing up on time, handling criticism, working in groups, etc.

