

Internship Learning Objectives Based on Skills

Use the following table to consider the kinds of skills you would most like to use and/or develop in your internship (i.e., skills that would most benefit yourself and further your own career goals). Also check out the skills most preferred by employers and graduate schools as listed in the [Skill Seeker](#). You can discuss these goals with a UNCW Career Center counselor, your faculty supervisor, and/or site supervisor.

What skills would you like to develop? (circle all that apply)

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|-------------------------------------|-------------------------|-----------------------------------|
| • Critical thinking/problem solving | • Time management | • Written communication |
| • Technology | • Organization/planning | • Verbal communication |
| • Leadership | • Flexibility | • Intercultural communication |
| • Interpersonal | • Adaptability | • Intergenerational communication |
| • Other _____ | | |

Communication skills. (i.e. speaking, writing, presenting, persuasion (sales), customer service, interpersonal, teamwork, leadership, and listening — as practiced in the professional world.)

Professional behavior and/or knowledge. (i.e. learn employer expectations for workplace behaviors; gain knowledge of a specific company/industry; learn specific common job functions such as: marketing, management, customer service, accounting, security, PR, production, design, training, patient care, IT, research, etc.; relate classroom learning to its application in the workplace.)

Computer/technology skills. (i.e. improve skills with specific hardware/software/applications or social media; understand how certain technologies are used in specific industries/companies; achieve certification in a specific technical area.)

Specific skill-building. (i.e. Improve skills, confidence, competency in specific areas related to your academic major or your particular area of career interest.)

Project-related skills. (i.e. develop skills in research, analysis, organization, time management, teamwork, multiple task coordination, initiative, adaptability, and project completion.)

Employability-enhancing activities. (i.e. gain experience to add to your resume; expand your network of company or industry contacts; earn a job reference to vouch for your performance.)