Sample 'Competency' Objective:

Objective:
To learn what is involved in the producing and publishing of an investigative newspaper

Resources/Activities:
1. Talk with reporters & editors.
2. Read back issues of the newspaper.
3. Research stories with and for reporters.
4. Attend staff story meetings twice per month.

Evaluation/Verification:
1. Include a narrative in my portfolio explaining key concepts that I've learned.
2. Include work samples (edited copy, story ideas, and/or articles) that demonstrate that I understand how the newspaper runs and that I can effectively contribute.

Sample 'Academic' Objective:

Objective:
To observe and better understand schizophrenia and the clinical treatment for this illness.

Activities/Resources
1. To participate with clinical treatment team. Observe & interview members.
2. Work-one-on-one with a patient diagnosed with schizophrenic tendencies.
3. Review my Abnormal Psychology textbook concepts on schizophrenia.
4. Find/read 1-3 current articles on schizophrenia.

Evaluation/Verification:
1. Include a case study of my client in my portfolio.
2. Annotated Bibliography of readings done.
3. Reflective commentary on how my understanding has increased/changed.

Sample 'Career Exploration' Objective:

Objective:
To identify the key competencies needed for success in my professional field.

Activities/Resources:
1. Conduct information interview(s) with 1-3 professionals.
2. Meet with a counselor in the Office of Life Planning.
3. Observe my co-workers and record observations.

Evaluation/Verification:
1. Written summary/synthesis of information interviews, research, and observations.

Sample 'Self-Assessment' Objective
Objective:
I will identify the strengths, values, and interests that I bring to the workplace.

Resources/Activities:
1. Participate in work projects and ask team members to provide feedback.
2. Identify work projects/tasks that I most enjoy and reflect upon the skills and attitudes needed to accomplish those tasks.
3. Take at least one career inventory or do computerized assessment exercise.

Evaluation/Verification:
1. Write a functional skills resume.
2. Provide samples of any feedback received (thank-you notes, supervisor's reference, etc.)
3. Include copy of career inventory results with my written reaction to it.

Sample 'Understanding of the Workplace' Objective

Objective:
I will understand some of the major ethical issues/dilemmas confronting the profession.

Resources/Activities:
1. Ask co-workers about the most common ethical dilemmas they face or have witnessed.
2. Try to find a code of ethics for this particular profession.
3. Read articles on ethical dilemmas that pertain to my profession.

Evaluation/Verification:
1. Case study/critical incident of ethical dilemma I faced at my internship.
2. Review of article(s) read.
3. Reflective commentary on what you have learned you are most likely to confront in your professional career.

Sample 'Skills' Objective

Objective:
I will learn how to write an effective press release.

Resources/Activities:
1. I will collect and read press releases written by others.
2. I will write press releases for my internship organization.
3. I will ask my supervisor to review and offer feedback on my writing.
4. I will consult a writing style manual.

Evaluation/Verification:
1. Include sample press release(s) in portfolio
2. Include copy of article that was published as a result of my press release.