



What is an Internship?

An internship is any carefully monitored work or service experience in which a student has an intentional learning goal and reflects actively on what he or she is learning throughout the experience.

What is a Chase Your Dreams (CYD) Internship?

1. Includes an intentional "learning plan" that is structured to create a wonderful experience.
2. Promotes academic, career, and/or personal development.
3. Defines learning objectives, observations, reflections, evaluations, and assessments.
4. Ranges from 90 days to one year in duration.
5. Requires part-time or full-time commitment.
6. Could be part of an educational program while being carefully monitored and evaluated for academic credit.

How Does CYD benefit from having CYD Interns?

CYD benefits from having an internship program in a variety of ways:

1. One of the more significant advantages is the opportunity to select and develop our future talent.
2. On average, about four out of every five businesses using internships as a recruiting strategy report a 'good' to 'excellent' return on investment.
3. Internships also provide an opportunity to evaluate and screen students prior to making a full-time position offer.
4. Businesses have reported converting more than half of eligible interns into full-time hires.
5. When hired in a permanent position, previous interns assimilate faster to their new roles and have shorter learning curves than external hires.
6. Internship programs give businesses the opportunity to:
 - A. Assist with addressing business needs
 - B. Identify college students who are qualified candidates that can fill both entry-level and special skill set needs
 - C. Retrieve fresh ideas
 - D. Enable interns to assist in the application of the latest business strategies and techniques by providing new ideas.
 - E. Allow interns, if college students, to aid CYD in staying connected to colleges and the community.
 - F. Help maintain connections with colleges and increase visibility on campus.
 - G. Promote community involvement; excellent public relations tool.
 - H. Provide support to interns as they advocate in recruiting other st



Why Become a CYD Intern?

Internships provide work experience opportunities. In this difficult economic climate, where jobs can sometimes be scarce, and finding work can be a real challenge, especially if one doesn't have any experience, an internship becomes a must. It's a nasty catch that can be difficult to get around but an internship is a good way to do it. Plus, the benefits of becoming a CYD intern go far beyond earning a paycheck.

Gain Valuable Work Experience

A CYD Internship provides the opportunity to gain hands on work experience that one just can't get in the classroom. It allows one to stand out from the rest when competing with first time job seekers and career changers that may not be suitable candidates. It shows that one has the necessary experience to nail the job one desires.

Have an Edge in the Job Market

Employers are usually more concerned with a candidate's work experience than his/her qualifications and internships are often the only way to get the work experience needed to secure that dream job. Many employers prefer or require applicants who have done an internship or relevant work experience in many of the more competitive job markets. Becoming a CYD will allow one to be set apart from the others hunting for employment.

Transition into a Job

CYD sees our interns as prospective employees. We look forward to interns completing their internships and continuing to work with us full time. If one chooses to go another route, the CYD internship program is the number one way to appeal to future employers.

Networking Opportunities

Internships are a great way to network with people in the same field. Even if one has experience, knowing people never hurts. An internship at CYD allows one to meet people who might help in landing another job, interview with an athlete, and/or a connection with a great columnist. References from people in the industry will really add weight to an intern's application.

Apply Classroom Knowledge

An internship at CYD can be seen as the pinnacle of one's undergraduate or even high school education and give one the chance to apply skills learned in the classroom to a real-world setting. This opportunity will allow an intern to prove the worth of his/her qualifications and to show that he/she can perform in the role provided.

Gain Confidence

Getting experience is a great way to build an intern's confidence. There's nothing impressive than producing a great resume with austere confidence while pursuing a career. After completing the internship program, one will be able to confidently say "YES, I KNOW I WOULD BE



ABLE TO DO THAT” with assertion and provide examples to an employer when asked about his/her skills, talents, and abilities.

8 Ways to Get the Most Out of CYD Internship

1. Create Obtainable Goals – Write a clear and engaging timeline to stay on track during his/her internship
2. Read the binder provided. Become familiar with CYD’s expectations and use the binder to serve as a guide throughout the internship.
3. Establish a professional rapport with CYD staff and be sure to communicate (ie: questions, comments, and/or issues) effectively while apart of the internship program.
4. Follow the project assignment sheets. They are provided to assist in making sure projects are completed in a timely manner. Internship should be structured with a balance. Remember projects are categorized as long- and short-term projects for a reason. The goal here is to assure one has a successful internship.
5. Consider flex-time. Work-life balance is essential to healthy successful lifestyle. Schedules should be planned on a weekly basis and submitted to soniachasebasketball@gmail.com.
6. Be proactive in attending CYD social activities and local events. They are great networking opportunities and are also designed to assist interns in completing long- and short-term projects as well as your challenges.
7. Ask lots of questions. It’s best to be sure and ask for help as opposed to completing the task incorrectly.
8. Express yourself. It can be hard in a professional environment to be vocal. CYD would like interns to be innovative and share ideas while being comfortable and confident in a supportive environment. **REMEMBER: When sharing ideas one may receive constructive criticism, do not be discouraged by this.**



Benefits for the CYD Intern

A variety of benefits are offered to CYD Interns:

1. Exposure to CYD and Sonia Chase network.
2. Various work materials - Office supplies, equipment, training materials and other such items that the CYD intern may need to be successful.
3. Hands on experience.

WRITE YES OR NO _____ I understand that while I will receive incentives that are in the form as the above mentioned, this is not a paid internship.

_____ Intern Initial _____ Intern Signature

_____ DATE

_____ CYD Manager Initial _____ CYD Manager Signature

_____ Date

_____ Teacher Initial _____ Teacher Signature

_____ Date