Career Internship Program at South High School

Just down the hall from the Dean's offices at South High School you can find Ms. Nicole Kinsey in room 322. Ms. Kinsey is a new addition to the South High staff, and she is responsible for running the school's Career Internship Program which gives interested students the opportunity to develop valuable skills needed for the workplace.

The program isn't widely known and the idea of an internship doesn't always cross a high school student's mind. But as the coordinator of the program with nine years of experience, Ms Kinsey will tell you the importance of internships. She works with close to 100 students a year and helps them to broaden their horizons, explore potential career options, and develop the necessary skills to be successful in a professional environment.

Internships are a hands-on way to learn how a respected company or organization operates behind the scenes. It could help you find out that newspaper journalism is the career of your dreams, or perhaps that software programming isn't exactly how you imagined it. You may even discover other types of positions that you hadn't before considered. Through internships you make valuable contacts and network with people who can connect you to other opportunities as you progress through school. Once in a while a student internship even turns into a paying job.

Ms. Kinsey helps the majority of students find a placement through existing partnerships, but students can also find a placement through their own connections. The school currently works with local government, law offices, media organizations, non-profits, doctors' offices, and more. All you need is a few hours a week to report to your placement and a way of getting there. (There are some on-campus placements that are available to students without transportation options.) Interns are required to keep track of their hours, meet the minimum 50 hour requirement, and complete various assignments over the course of the semester. If you're interested, email <u>nkinsey@greatneck.k12.ny.us</u> or stop by room 322 to set up an appointment. Ms. Kinsey is in her office 4 days a week, Monday through Thursday.

Internships are a win-win situation. The placements benefit from the help of a volunteer for a few hours a week, in exchange for providing a wonderful learning opportunity to Great Neck South High School students. Build and strengthen your resume for a more marketable you to prospective colleges. It's a great way to stand out from the crowd!

For detailed information visit gnshsinternships.weebly.com.

Information collected and compiled by **Nadia Tai -** Grade 11 – SHS, Spring 2011