

Senior Internship Option 1

The Bigs

Week 1- Due to your teacher mentor on or before 5/29

Journal Entry 1/Reflection: (Chapter 1: Hopes and Dreams)

After reading Chapter 1 in The Bigs, consider the questions at the end of the chapter. What have been the most important events in your life and how have they affected who you are? Do you believe these life events will have an impact on your career? How?

Week 2- Due to your teacher mentor on or before 6/05

Journal Entry 2/Reflection: (Chapter 3: Starting a Business, Chapter 5: Being a Leader, and Chapter 7: Staying Out of Big Trouble)

While Chapter 3 is called “Starting a Business,” it could be interpreted as a chapter about problem-solving and thinking outside of the box. How do you improve yourself by thinking outside of the box and finding unique ways to address challenges?

Chapters 5 and 7 address topics related to responsible decision making and avoiding trouble. Consequences for individuals under the age of 18 are very different from consequences for individuals over the age of 18. How should your decision-making process evolve as you get older? What steps do you feel you will need to take to effectively manage your personal finances?

Week 3- Due to your teacher mentor on or before 6/12

Journal 3/Reflection: (Chapter 8: Happiness and Professional Success) as well as connecting with your mentor via a Google Hangout this week to talk about your reflections during this time.

In preparation for this reflection read chapter 8 in The Bigs and then interview someone in your life. Ask them questions such as: Why did this person choose their job/career?

How long has he/she been doing it? What initially inspired the person to choose this job? What is his/her educational background? How does it fit into this person’s career

plans? After reading Chapter 8 and conducting this interview, what reactions do you have about the relationship between happiness and making career decisions?

Senior Internship Option 2

YouScience

INTRODUCTION TO YOUSCIENCE:

You are about to embark on an amazing journey of self-discovery. You'll learn about how you think, how you process information and where you naturally excel. This is the first step on your path to answering these questions and more. Based on the science behind the YouScience Profile we believe this will help you make more informed decisions when it comes to future education and career-related choices. This could translate into a more time-efficient, cost-effective and enjoyable journey through your post-high school years, as well as help you make better initial career choices.

Please use [this link](#) to learn more about YouScience.

What is YouScience?

YouScience uses a series of brain games to measure your aptitudes (abilities most Important to career success). The results include a review of your natural strengths and interests, and matching to 500+ careers (with detailed information about each career like salary, a day-in-the-life, etc). Check out this video to learn more about how YouScience can help you plan for college and career success: www.youscience.com/whatisys.

But Why?

To help you answer the following questions:

- What careers are the right fit for me based on my natural strengths?
- What am I going to do after high school?
- Where do I fit in the world of work and careers?
- How can I describe myself and who I am with confidence?

So how does Youscience Work?

- The Core Assessment is broken up into 11 short 8 – 10 minute exercises. You can take a break after any exercise, but not during the middle!
- Many students refer to them as “brain games”.
- You might not think the exercises are measuring anything valuable that can help you with your future. Well, believe it or not it really does measure how your brain is wired and important aspects of what makes you, uniquely you!

Smile! This is not a test!

Let's be clear about what YouScience is NOT:

- It is not the SAT or ACT which measures verbal & mathematical reasoning and is an indicator of how you will do in your first year of college
- This is not an intelligence test – you will not be given a score
- This is not a personality test or skills test
- This is not a “test” you can study for
- This is not an assessment that compares you to others. There are no grades and no percentile ranks.

- This is about YOU! This is about the natural abilities you were born with and how your brain is innately wired.

Directions for taking Youscience:

- You must take YouScience on a computer (no tablets or phones).
- You should have already received an email from YouScience - it will come from “The YouScience Team.”
 - If you do not see it, please check your spam or junk folder.
 - When you open the email invitation, click on the green “Activate” button to create your account and get started.
- The Core Assessment consists of 11 exercises that reveal how you work, think, and understand different types of information and tasks.
 - The assessment is 90-minutes, however, you do not have to complete the entirety in one sitting. You can take a break after any exercise, but not in the middle.
 - There are also Amplifier Assessments that you can take after the initial set of brain games. Just click the green "Continue Amplifier Assessments" button once you complete the Core Assessment.
- It's important you give YouScience your full attention, so please remove any potential distractions. Make sure you are in a quiet, comfortable place where you won't be distracted by television, music, pets, or your cell phone. Please tell anyone who may be around that you need quiet and privacy.
- Don't cheat!

- Some of the brain games will be fun and easy for you, others might seem difficult.
 - Try your best and remember - this is about what you naturally do well and how you fit with potential majors and careers. Knowing what's challenging for you is just as important as knowing what's easy.
 - Let the natural you shine through! Your future self will thank you for it
- If you have any questions as you are taking YouScience, please chat in on their website using the blue chat button in the bottom right corner.

What to Expect:

Some of these will feel more like games than exercises. Some exercises will be fun and easy, and others may be difficult or even frustrating. **Keep in mind that knowing what is hard for you is just as important as knowing what is easy.** You will be challenged, and you will get frustrated. These exercises are purposefully designed to be hard at times. Even when you are feeling really challenged, don't give up! That's when you're getting the BEST information about yourself! Good stuff happens when you're working at your limit. Stress is ok. This is measuring the real you.

The exercises are timed, and take between 4-15 minutes to complete. To help you pace yourself there is a built in 10-minute break. Take the break- you've earned it! You can also take breaks as often as you need to, so you can keep doing your best. Just make sure you **take breaks between exercises, and not in the middle of them.** When you finish an exercise, take a minute to catch your breath and regain your focus before starting the next one. Take the time you need- it's ok. Make sure you do not close your browser during an active exercise.

It is even okay if you need to come back and finish the next day. If you need to step away and come back to finish the exercises later, stop at the end of an exercise and log-off. It is perfectly fine to log off after an assessment, your work will not be lost.

Getting Started:

You will need a paper and pencil, your computer, and a quiet place to work uninterrupted. Locate the email invitation, sign up for a YouScience account, and begin the exercises. Remember, they do not all need to be done in one sitting. However, you **MUST** complete an exercise once you've started it.

Need More information:

What Youscience Measures & Samples:

https://drive.google.com/open?id=1vOvTPk8bLfmPh52XYokTxM4rs_utPf_G

Timing per Exercise:

<https://drive.google.com/open?id=1GWbWzPNcB7PYrWaPdELmZJbbnXnVIHbn>

Week 1- Due to your teacher mentor on or before 5/29- share your progress with your teacher mentor

The Assessment:

After you have read through the introduction to the YouScience assessment, you are ready to create your own profile.

Step 1:

Access your personal invitation to YouScience, which was mailed to your Irvington email address.

Step 2:

Register for your account and access the YouScience Website

Step3:

Confirm that you are in a quiet place and have enough time to complete at least ONE full exercise. Make sure that your computer is charged or plugged in and that you have paper and pencil available (only some exercises let you use them).

Step 4:

Follow the online directions to begin the assessment. *Remember, you do not have to complete this all in one sitting. Altogether, the exercises add up to around an hour and a half. For more specific information on timing, click [HERE](#).*

Step 5:

Complete all of the essential exercises. Once you've completed that, there are some brain games exercises available to you that will "amplify your talents". If you have time, complete those exercises as well.

Step 6:

About 12 hours after you complete the brain games, a guide will be downloadable. You will find this document under the "Aptitudes" tab. In the right hand corner, there will be a green button that says "Download Aptitudes". Download this 31 page document and share with your senior internship advisor and your counselor. This will indicate to your internship advisor that you have completed this week's assignment.

Week 2- Due to your teacher mentor on or before 6/05- connect with your teacher mentor regarding your progress

Your Results:

Once you finish your brain games, your results will be ready in about 12 hours, you'll receive an email letting you know. To view results, log back into your YouScience account at www.youscience.com/login.

- For a guided results walkthrough, visit: www.youscience.com/results.

Step 1:

Explore: Take a little time to review your results and get a feel for the YouScience website.

Step 2:

Complete: Once you feel comfortable, please complete the following workbook. It will ask you to “make a copy” so you can write directly into the document.

[Access the Workbook Here](#)

Step 3:

Once the workbook has been completed, share with your senior internship advisor and your counselor. This will indicate to your internship advisor that you have completed this week's assignment.

Week 3- Due to your teacher mentor on or before 6/12- Share your final reflection

Diving Deeper:

As you begin to really explore your career matches, you will likely find a few careers you are interested in and want to explore and research further. This is instrumental in helping you as you choose the classes they want to pursue in college, technical college, certification programs and entrance into the workforce.

Step 1:

Pull up your YouScience results and click on the Careers tab at the top of the screen. If you haven't already, you should save at least 3 careers you are interested in (we recommend at least one of them should be a Strong Fit in the Overall Fit category).

Step 2:

Reviewing those three careers, you will need to narrow down these options to one specific career to explore in more detail.

Step 3:

Using Google Slides, you must put together a presentation about the research you've conducted on the career of your choosing. Slide topics should include:

- WHY do you want to pursue the career?
- What is the Educational investment required and what is your plan to get there?
- What are the core tasks of the job? What would you be doing on a day to day basis?
- Career Goals: including salary information and where you plan to live.

- Aptitude Fit: You should list at least 2 aptitudes that you will be able to use/leverage to your advantage in this career.
- Interest Fit: You should list at least 2 interests that contribute to why you want to work in this industry.
- What is your plan for AFTER post-secondary education (if student is pursuing post-secondary ed) or if you plan on entering the workforce directly, what is your plan for attaining the career chosen above?