

What is the Internship?

The internship program is a paid job exploration opportunity for youth ages 16–25 to explore career options and gain workplace skills. You'll work with mentors at the Library and within your community throughout a 360-hour internship, creating a project that focuses on your specific passions, interests and goals.

You'll be paid \$14.76 an hour and can work up to 10 hours a week, adjusting your schedule as needed.

What Job Fields Can I Explore?

What makes this program so unique is its ability to be tailored to your specific interests.

If it is a field that you are passionate about, then you are free to explore the careers within it during your internship.

You also don't have to stick to one field of interest! Your mentor will help you create a schedule that allows you time to explore all your major interests while gaining workplace readiness skills.

Self-Reflection Activity

Use this activity to help consider your goals on a deeper level.

On a blank piece of paper, draw four boxes and label them as Strengths, Weaknesses (or Areas of Improvement), Opportunities and Threats. In each of these sections think about the questions presented.

Your answers will help guide the conversation about your internship goals and support you in the internship interview process when you're ready. We can't wait to hear from you!



Strengths

- What am I good at?
- What am I passionate about?
- What do I know a lot about?

Weaknesses

- What can I improve on?
- What are the things I am not confident about?

Opportunities

- What are the needs in my community?
- Is there anything happening soon that presents a learning opportunity?
- What opportunities are available to me now?

Threats

- What are the main challenges I face?
- What are the things that are holding me back?
- How can I work through or around those challenges?

What if I Don't Have Something in Mind?

It's completely okay to not know what you want to do, or to change your mind at any point! The internship is the perfect opportunity for you to get a better look at your possible interests in a supportive, low-stakes environment.

We'll help you identify some of your key interests and find corresponding opportunities in the local community, including job shadowing, touring a college campus, or meeting professionals in different job fields!

How Can I Narrow My Interests?

Sometimes all it takes is a few conversations with your mentors to help narrow down the field, but other times it takes a lot more.

Try writing a list of all the things you're interested in: it can range from dog walking to neuroscience and anything in between. Then, go through the list and eliminate anything that's too vague or too large. Remember, it's always better to have too many ideas than not enough! If you are still stuck, reach out to your mentors, they have a variety of tools and resources to help you!

Contact

Megan Burton
STEM and Learning Supervisor
mburton@KRL.org
(360) 447-5416

Shelby Barnes
STEM and Learning Assistant
sbarnes@KRL.org
(360) 447-5418

Discover more at [KRL.org/internship](https://www.krl.org/internship)

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