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Employability Skills Reflection

Employability skills are vital in anyone's career. They are defined as skills that make someone a good and impactful employee. Throughout high school, I developed many of these by taking college classes and learning how to manage my school work and extracurriculars. Despite my skill development, I still need to work on multiple employability skills. Throughout my internship, I hope to improve my goal-making, initiative, verbal communication, citation, and curiosity skills.

To start, my goal-making skills need work. More specifically, I struggle with either making goals too hard to where they are impossible or too easy to the point that they do not help me grow. My goals must be more balanced to help me excel and learn during my internship. For example, one goal I hope to achieve in my internship is working alongside my mentor and getting in-depth day-to-day experience. While this goal is a good first step, I need to work on adding to my goals using the SMART goal strategy. Adding more specifics, measurability, achievability, relevancy, and time-based additions will level up my goals and, therefore, help me advance my employability skills and experience in my internship. Once I add all these components to my goals and my goal is challenging and exciting, I will know I have bettered my goal-making skills.

Next, I need to advance my initiative skills. I generally struggle with taking risks and stepping out of my comfort zone. Finding an internship was out of my comfort zone at first, but

in the long run will better me by improving my employability skills and advancing my career. Taking risks is a part of life, and despite being uncomfortable, taking risks can be very beneficial. In my internship, I will be working in a space that is unfamiliar to me, a prosthetics clinic. I want to challenge myself by going out of my comfort zone and meeting new people. I will be meeting my mentor and their colleagues for the first time and hopefully meeting patients as well. I want to take the risk and try to talk to as many people as I can and really make connections there. While this may be uncomfortable initially, it will ultimately help me network and build relationships with new people.

Verbal communication skills are another vital aspect of employability skills. I struggle mainly when presenting in front of new people. This will be an essential skill when presenting my senior project and later in my career. I usually get very anxious and think about everything that can go wrong. Due to this, I get visibly nervous, and my mind can sometimes go blank. In my internship, I hope to enhance my communication skills by pairing them with my goal of taking risks by talking to more people. Another way I could improve this skill is by making it a goal to talk to patients and become comfortable when talking to strangers. The final test of my verbal communication skills will be my project presentation, so I hope my internship will help me hone my skills to be ready to present.

Citation skills are an underlooked but very important skill. This is definitely needed as I work on my bibliography for the project. I have struggled with citing sources in past English classes, especially when different classes require different formats. As I enter English 101 at the college, I hope to learn more about how to cite correctly. I can also use Ms. Smith as a resource when writing my bibliography. I don't know how important citation skills will be if I want to go into a physical therapy field, but these skills will definitely assist me when writing in college,

and doing further research as I do more schooling. I know that when I feel confident in citing sources in all types of formats correctly, I will have achieved this skill.

Lastly, I feel like my creativity skills are another vital skill I need to improve. Especially in a prosthetic clinic, new designs and types of treatment are always being made. One must assess a patient and develop a personalized and effective treatment. For me, I struggle with coming up with multiple ways to do something and trying new ways as well. For example, I have encountered this problem in school projects where I have to devise a creative way to demonstrate a skill I learned in class. This creativity will be important in my internship and as I pursue a healthcare career. In healthcare, one has to create and assess all their options, not just pick the first one that comes to mind, because that one way will not work for every patient. To improve this skill, I want to work on being in the mindset of a healthcare provider in my internship. I can do so by observing my mentor as she does her work and seeing how she assesses a patient's needs. When I have improved this skill, it will show through my overall mindset change and my becoming more open to new ideas and creativity.

During my internship I will be learning invaluable skills that will be helpful in my future career and overall life. After assessing what skills I need to work on, I am determined to prioritize these as I enter my internship. Doing so will help me hone these skills and, therefore, become a more dynamic person as I enter college and my career.