

Monomoy Education Internships

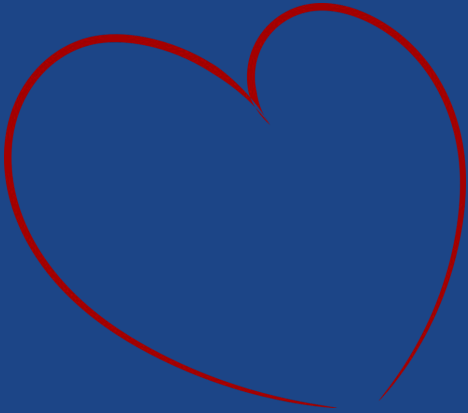
REFLECTIONS

May 2023

The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.

– Steven Spielberg

Thank you to all of our Education Mentors!
Your participation makes our internship program possible!



Please enjoy the following presentations of our MRHS interns' capstone projects.

Capstone Project

Kylie Bennett

What I Did

I interned at Harwich Elementary School with Mrs. Morris in third grade. I was able to do a full year internship with Mrs. Morris's class. During the time I was there I would correct papers, make copies for the week, and help kids do work in groups or individually.



What I Learned



During my internship I learned about all of the preparation it takes to be successful for the week. Also, having patience and understanding the students in different ways according to their needs.

Reflections

Throughout this year at Harwich Elementary School I learned so much about communication with kids and how to communicate using actions and words.

With all of the time spent there, I found I loved teaching, I want to take a path in my life that involves teaching people.



Performance



I stayed pretty alert the whole time. There was never a dull moment in the classroom, which made it easy to pay attention. When helping kids, I made sure to talk to them the way I like to be spoken to when getting help.

What Made it Real



Being able to work with the kids either in groups, or one on one made it feel real. Learning different ways children learn and understanding them on how they see the work. It definitely was a rewarding experience when they finally understood the work I was helping them with.

First Grade Internship @ HES

Mrs.Cloney's Class 22-23
Senior Year Internship-Anna Bianco





My First Grade Class in 2011-2012

Mrs. Cloney has been my favorite teacher ever since first grade! I couldn't have asked for a more caring teacher.

September 2022- May 2023

I started my senior year with another internship. I'm very happy I tried it because I found out that it just wasn't for me. This gave me an opportunity to find a different one that I would both benefit from and enjoy.

-I am beyond thankful that Mrs. Cloney needed some help in the classroom this year.

-She had not only been my favorite teacher, but the most memorable. Although first grade is a young age/grade, it was the most effective for me.

-Now, I can help kids just like me and inspire them that education is fun! To be back in the same classroom I was in when I was seven years old is very nostalgic.

My Role

It all depends on what time I'm in the school each day!

Morning- I always start by grading papers and checking folders and mailboxes. If Mrs. Cloney has a project for me like copying or cutting papers, etc, I'll work on that. If not, I work individually with kids on English or math! I also walk around the class seeing if they have any questions or need help.

Recess+Lunch- I love playing tag outside with them or walking around seeing how they interact with their friends. I love eating lunch with them; they have the best stories. I love interacting with them even if it's not about school but just hearing what they have to say.

Afternoon- Sometimes I will go to their electives with them, and if not, I will help Mrs. Cloney with things in the classroom.

Reading the class a book about being thankful



My Experience



Helping the kids is just part of my internship! I have such a great relationship with Mrs. Cloney. She has taught me many things as a teacher, but has also shown me how to do things and how to act as an adult.

100

We made glitter globes with a visitor!

What I Learned

I learned that **patience** is the key to anything. Whether your a teacher or a student. As I am in a class with young kids, I see the ups and downs. I have learned how to help them with those. When we are SO excited, it is important to keep our body in check and have self control. Although it is hard, it is what is safest for everyone around you, including yourself. When we are upset, I have learned that it is most important to go over to them and say, "How can we solve this?" This is not only helping them think about solutions, but teaching them to take a minute and just breathe. We can figure things out much better when we are okay rather than when we are upset.



This was a challenge they had to do; balancing a cube on a popsicle stick in your mouth; very hard!

Important Lessons I Learned from My Mentor

- Asking for help and making mistakes helps us learn
- Sometimes all we need is just a minute to regroup; this goes for anyone
- Being “nice” isn’t letting kids do what they want or else they will run over you
- Everyone has different strengths and weaknesses



Professional Perspective

Although I am still a student in high school, I learned to be an adult. I learned when it was time to be professional with the kids as a teacher's helper, and I learned when I could be funny with them. I learned skills that teachers need to know. Even the basics!

Ex: How to use the copier and the paper cutter. How to work with a couple kids at one time in a group and how to work individually with a student, etc.



Showing them how I saved a cold stunned sea turtle; they were so interested!

Highlights:



✧
-The highlight of my internship is seeing the **potential** that these kids have! It truly amazes me how smart they are. I can only imagine what they will do in the future.

-I love listening to them, seeing them, and receiving the best hugs from them. I get so happy when I am greeted by them.

-Getting to learn from Mrs. Cloney has been so influential.

Having lunch with my buddies when the Grinch came to visit for Christmas!



Reflection

This internship was one of the best decisions I have ever made. I am so lucky to have the privilege of even getting to know Mrs. Cloney and her class. The kids amaze me. They are smarter than they think, and I love getting to see the potential in them. The best part is seeing how much they have improved as both a student and as an individual from September to May.



Photo Gallery

Counting change



**Learning how
to plant seeds!**



**Almost time for the
Photosynthesis
play!**

A BIG THANK YOU TO MRS. CLONEY!!!!!!!

THANK YOU FOR LETTING ME
BE A PART OF YOUR
WONDERFUL CLASS.
I WILL TRULY NEVER FORGET
YOU AS ONE OF THE BEST
MENTORS.





Internship Capstone — Project —

Britanya
Bucknor

A graphic of a spiral-bound notebook with a white page, a green cover, and a purple background. The notebook has a spiral binding at the top. On the left side, there are two horizontal tabs: an orange one on top and a green one below it. In the center of the page, the number '01' is displayed in a large, bold, black font, enclosed within a light purple oval with a curved arrow pointing clockwise. Below this, the word 'OVERVIEW' is written in a bold, green, sans-serif font. At the bottom, two lines of text are centered: 'What were my internships?' and 'What did I do?'.

01

OVERVIEW

What were my internships?
What did I do?

Teachers



Ms. Richard

8-12 Chorus
Select Choir
Band
Play Director



Ms. Creedon

8th Grade Math

Independent Study in the Arts

Independent Study in the Arts is an internship with Ms. Richard which made me the Performing Arts Department Student Manager. This position required me to create everything from concert/show programs to tickets, to flyers, recreating the bulletin board, reaching out to teachers from other schools in the district, etc.

8th Grade Math

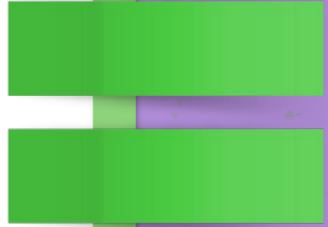
This internship was with Ms. Creedon. As an educator intern I spent my days observing techniques, teaching styles, and helping the students when asked.





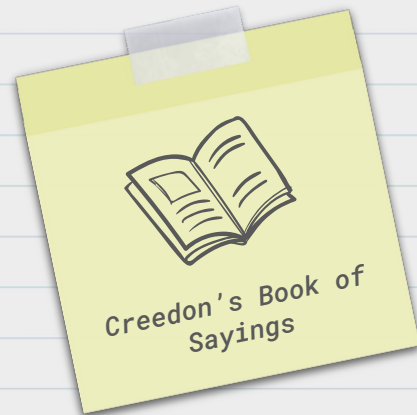
What Did I Learn?



- Teachers don't always know exactly what they're doing, and it's okay. We're all human, and we won't always have everything figured out so we shouldn't get overwhelmed.
 - Things take time, and I always manage my time well. Make plans for class and be flexible with them as well. Students are also human and often do not have wide attention spans like their teachers.
 - Be kind to everyone and get to know your students so you can help them individually and collectively.
- 

**“Who’s better than you?
NOBODY!”**

—Denise Creedon





02

Performance Reflections

How did I do?

What made it “real”?

What have I taken away from this?

Performance



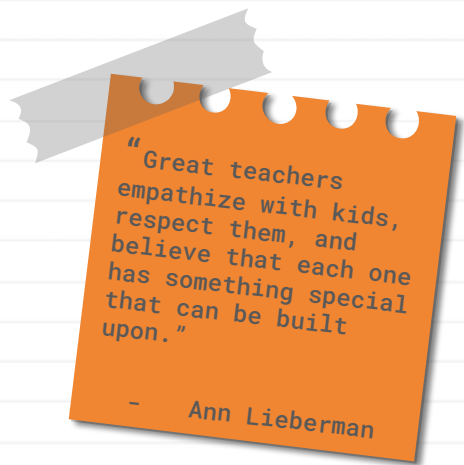
- I often worked my independent study into other blocks. I had independent study during A block and worked into my seminar period during B block.
- I helped students during math class. When they needed help they'd ask, and I'd be there to help them while Ms. Creedon was helping other students.

What Made It “Real”

I was very privileged to work with two of my favorite teachers. I've had Ms. Richard every single year of high school since my first day in the building, and I had Ms. Creedon as my math teacher in 8th grade. Working with teachers that I already knew and loved made it easier for me to move around and experience what it's like to be a teacher to a student like me. I get to see the work from both ends of the spectrum. It was also helpful working in an environment in which I was already familiar.



Reflection



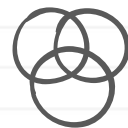
Realizations

Being stern doesn't mean that the teacher is mean. They're just looking out for you with their best interests for you at heart.



Thoughts

I can do my best to teach my students what they need to know, but it's up to them if they want to learn. "You can bring a horse to water but you can't make them drink."



Connections

Students feel comfortable when they feel connected to their teachers. Make the classroom a safe space for your students to be who they want to be.

Internship Reflection

My education internship in a MRHS 8th grade English classroom

Arianna Carchedi



Key Points

1



what I learned

This section of my presentation includes everything I learned this year during my internship.

2



reflection

This section of my presentation is a reflection piece that goes in depth about my experience.

3



a real impact

This section of my presentation includes examples of what made this experience “real” and it’s impact on my future.

4



personal growth

This section of my presentation includes an analysis of my performance and personal growth.

My Internship Placement

where and who?

My internship has been with **Mrs. Barnes** at Monomoy Regional High School.

when?

I have been assisting and observing in Mrs. Barnes 8th grade G block, English class since September 13, 2022.

why?

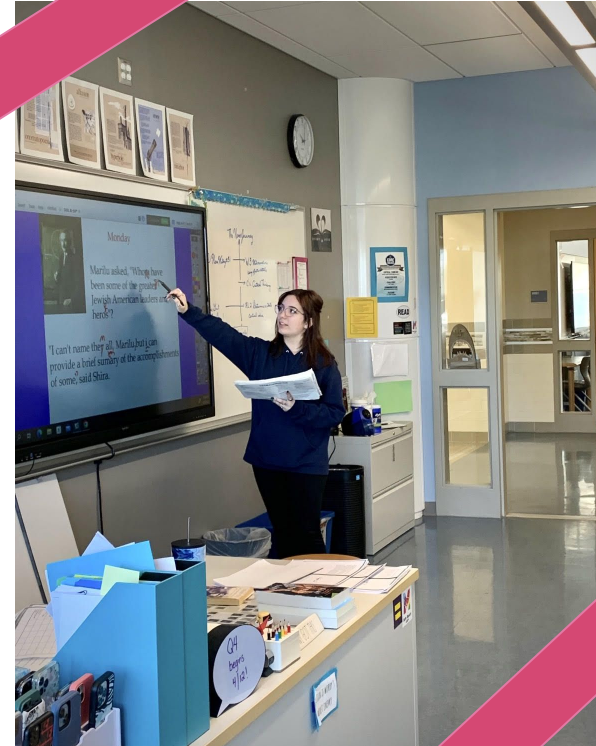
I had Mrs. Barnes in 8th grade and always loved her class. I am so grateful I was able to come back to be an intern.

why?

I've been interested in the field of education for years; my experience in this internship confirmed that this is what I want to do.

During My Internship I Learned...

- How to positively add to an educational space by using the knowledge I already have
- The importance of organization and routine in a classroom
 - A written daily agenda on the white board
 - A section of the white board that displays the week's homework (and time to review it every class)
 - Starting the class the same way everyday with a DOL warm up (Daily Oral Language warm up, that I led and went through with the students daily)
 - Each week students would look forward to playing a game on Friday ("Friday Fun")
- The importance of asking questions to learn as much as I can!



During My Internship I Learned...

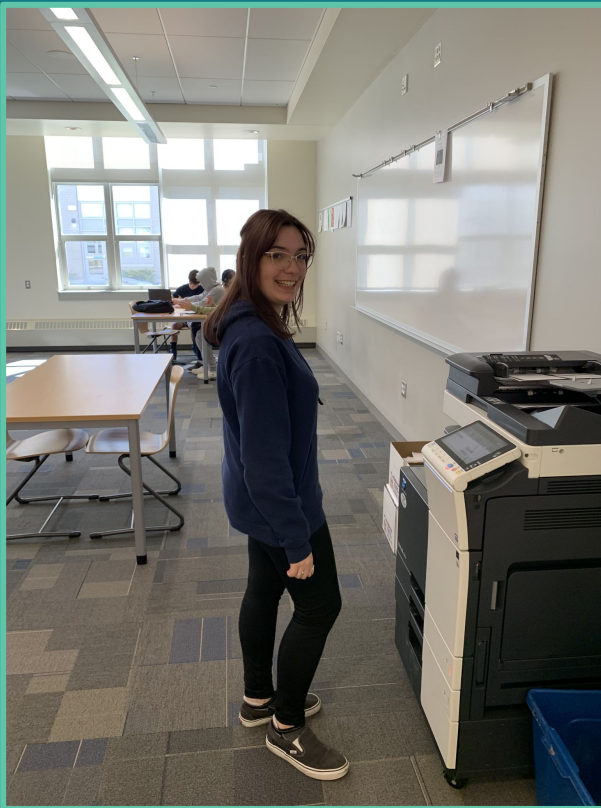


Skills I learned

- How to best display student's work around the classroom (ex. through engaging bulletin board displays)
- How to use different features on a printer and how to make different types of copies
- How to lead a group discussion about close reading

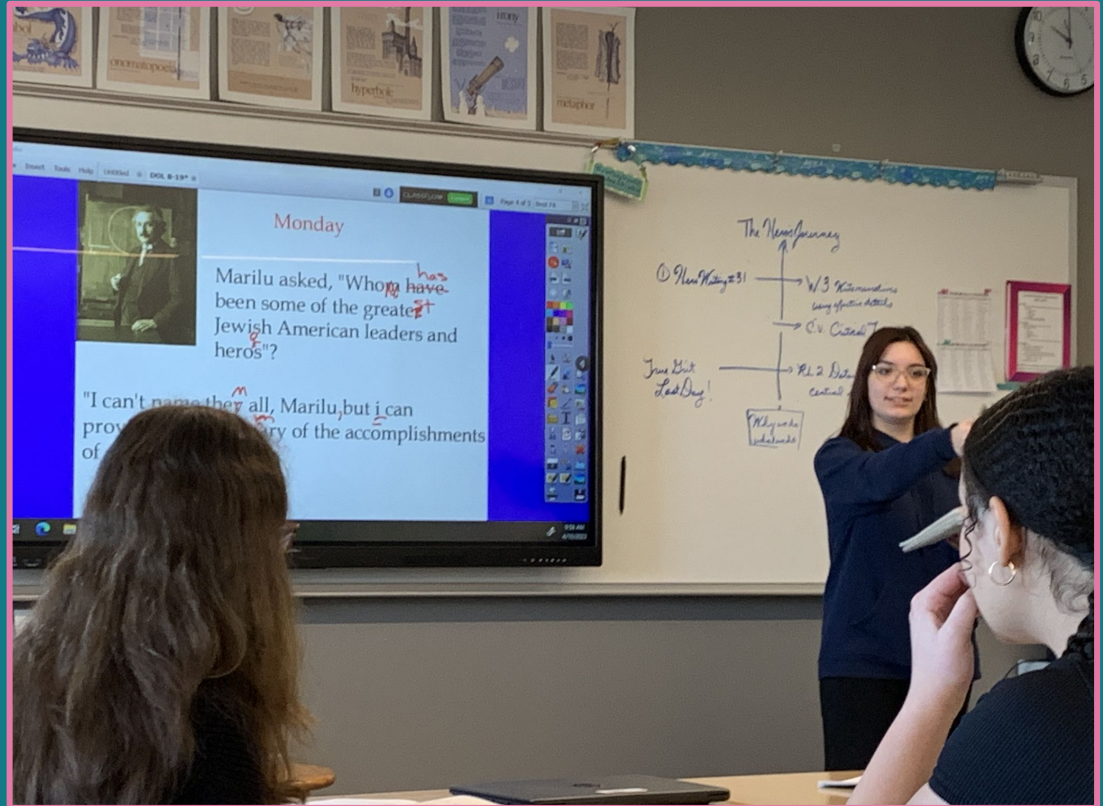
I also got to display my problem solving, organization, and creativity skills through different aspects of this internship. I got to plan a few lessons where I significantly got to use these skills while I strengthened other ones that I was just learning how to display through tasks.

I am so grateful for all of the experiences and opportunities I had during my internship. It was so interesting to experience a class from this viewpoint, and I found it so beneficial when deciding if this is the career path I want to follow. I enjoyed getting to know the students and seeing the different ways that Mrs. Barnes would teach them the material. Each student learns differently and it is important to acknowledge that when planning engaging lessons that addresses each style of learning (i.e. visual, observational, auditory, or kinesthetic learning). I was constantly learning as I observed both Mrs. Barnes and the students. I took note of the ways she would keep the class engaged and interested in the lessons. She created and planned interesting lessons that I would love to recreate in my future classroom one day.



Above: Making photo copies of assigned book chapters to make into packets for the students to take home.

Below: Calling on a student who has a suggestion on how we can correct the DOL sentence on the board.



Internship Highlights

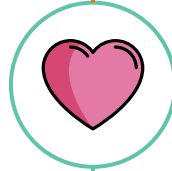
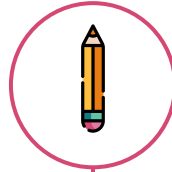
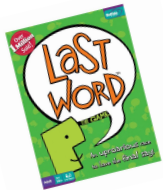
from entries in my internship journal

pre winter break activities

Prior to the week before winter break, Mrs. Barnes suggested that I pick activities for the students to do in the class before the vacation week. I printed pages of “winter themed” activities like “name that holiday song” and led that day of class, as they enthusiastically completed the activities in their table groups.

friday fun

Every Friday class, Mrs. Barnes devotes the last 15 minutes of class to “Friday Fun” where we led the students in a game. Their favorite is to play the game “last word” where they compete against each other to come up with words that start with an assigned letter, that fit a category like “foods that start with the letter m.”



daily dol

Every class there are two sentences on the board that are grammatically incorrect. Students’ names are drawn from popsicle sticks and they correct that day’s sentences. When completed, I review them with the class, take suggestions, and make the necessary changes until they’re correct.



dol notebooks/ student work

Each student is responsible for writing the correct sentences in their DOL notebooks. Each month I went through and assisted Mrs. Barnes with grading them. It was interesting to see the student’s work and progress.

Reflecting On My Performance And Experience As An Intern

my performance

In the beginning, the idea of adding an internship into my schedule was a little out of my comfort zone but I am so grateful for the experiences and connections that I made by doing it. Mrs. Barnes was so welcoming, as I took on the role of being an intern student in her classroom. Being in front of a class took time and practice to get used to but my growth was apparent and I got to try out many different tasks that a teacher has to do to maintain a successful classroom. This experience helped me confirm and feel confident that this is the career path I want to follow.

reflection

This experience was so different than anything I have ever done before, and I always looked forward to learning as much as I could from Mrs. Barnes. I admire her love for the job and you can see just how much she cares about the students. She is passionate about the books and material she is teaching, and I aspire to display these traits in my own classroom one day. I always pushed myself to ask questions and to offer help to students and would often walk around the room as they completed assignments. I completed each task with attentiveness, interest, and just overall appreciation for all the teachers who show up with a smile on their face daily.



What Made This Experience “Real”



The Students

I have seen the importance of acknowledging the fact that students are growing humans that have emotions and hard days and that it's ok to adjust a lesson plan for them, like taking a break outside. This can help them refocus and it increases their productivity. Each student is unique and I have loved getting to know this group of students.

My Experiences

I remember being their age and in the same class. Certain projects/books were very memorable and I was able to think back to those. I used that to assist and connect with them while going through all the units. Since 8th grade, I've learned so much academically and from other teachers that I was able to apply during this internship.

Our Growth

So much can happen in a year and looking back to September, I am much more comfortable now in this space and position. I pushed myself out of my comfort zone to get the most experience out of this internship. The students academic growth has been so interesting to observe, just as I am learning beside them and from them daily.

My Internship's Impact On My Future

my performance

I am so happy to report that with everything I learned and with all the experience I gained from this internship that this is the career path I am going to follow. I am committed to studying Special Education with a concentration in English at Bridgewater State University this upcoming Fall. I am so grateful that I got to have this experience and that I was able to have such an amazing, supportive and welcoming mentor. I learned many things that I am so excited to use one day in my future classroom.





Digital Media Assistant Internship

- Joshua Cusack

Location:



Monomoy
Regional
High School

My Purpose / What is Digital Media?:

- I spent my time at my internship as an assistant to the MRHS digital media teacher, Mr. Cass.
- Digital Media is a class where students are encouraged to write and star in their very own movies.
- My main purpose was to help his students understand the material being taught to them, as well as help with their assignments and come up with creative ideas.
- Half of my internship was spent with the students, while the other half was spent alone.
- During the second half of my internship, I would schedule the morning announcements for the school to play on our tv channel, as well as upcoming events and occasionally brainstorm a lesson to show the students the next day.



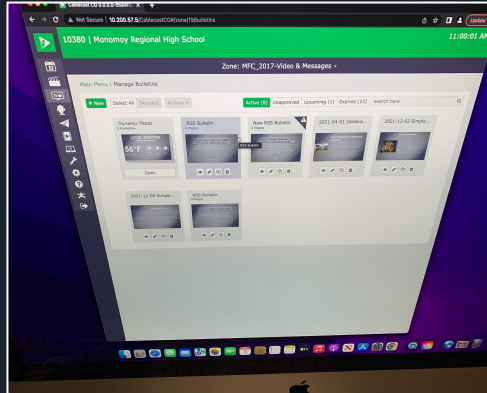


Why I chose this as my internship:

- My friends and I have always enjoyed making our own movies, even way back in elementary school using whatever cameras we could get our hands on.
- As the years progressed, we got better and better at personal projects.
- I have always enjoyed looking behind the scenes of things to see how they are made and learning about all the effort that went into making movies.
- Throughout middle school, I started finding it even more entertaining to edit as I got better and better.
- Naturally, once I reached high school I was drawn towards the digital media classes, where I then spent the next years taking the foundations class, digital media 1, digital media 2, the morning announcements class and now even advanced digital media.
- In short, I have always enjoyed the concept of digital media, and I am considering becoming a teacher in the future. I am looking forward to spreading my enthusiasm and ideas with others, as well as gaining some teaching experience!

What I learned:

- During the half I was alone, I learned how to upload videos and event schedules to our school's tv station so it would play at a certain time, and get an idea of what it's like for Mr. Cass uploading things daily.
- During the half I spent with the class, I learned what it's like to work with kids and gained a little experience teaching and helping students.





My Performance:

- I would say I did a good job at my internship.
- During the half I was alone, I was able to consistently upload everything on time, quietly get work done when I had free time, and in true intern fashion I even got us breakfast or lunch on some days.
- During the half with students, I was always ready to help kids as needed, and even if I didn't know the answer to a question I would always try my best to think of a solution anyway.
- By the end, kids would come up to me frequently to ask for my help specifically with certain editing tips or to even be a part of their project.



The Reality:

- Part of what made this feel real was that I could see the results of my work.
- I could see the uploads I made playing on the tvs around the school, and one time I even heard from my friend's dad that he saw my message on his tv at home.
- I was in a real classroom helping kids, which is a very different experience from being part of the class.
- I could see the finished products of the students with the ideas I suggested, and see myself occasionally too.



The Highlights:



- One of the highlights of my internship was taking my experience outside of the classroom.
- Mrs. Armstrong, the coordinator of everyone's internships, informed me of an opportunity to take photos of the Coast Guard and a video of them raising their flags.
- I woke up early that morning to drive out to Chatham to document another student's internship and got to meet and speak with members of the Coast Guard!
- Other highlights were teaching the class lessons every now and then, when Mr. Cass would tell me what he wanted the students to work on next, then give me control to show them how.



The Highlights (video):



Reflecting Back:



- I strongly encourage others to take an opportunity like this.
- I enjoyed my time during my internship, and even gained some experience in teaching which will look good on my resume.
- Mrs. Armstrong was especially kind and helpful throughout my experience and stuck with me even though I sometimes was lost in the inbetween parts of my internship (such as tracking my days worked and how to do this project, etc.)
- There is something available for everyone, so make sure to look!

SENIOR CAPSTONE PROJECT

HELEN DIGIOVANNI

WHAT WAS MY INTERNSHIP ?

***I had the pleasure of
interning at Monomoy
Regional Middle School in
Chatham, with Mrs.
Sheppard's 6th grade class.***



WHAT DID A DAY IN MY INTERNSHIP LOOK LIKE ?

Time spent- 1-2 HOURS (depending on the day)

Things that I would do:

- Organize the classroom**
- Help students complete work**
- Keep students on task**
- Ask students questions & engage with them**
- Decorate the classroom**
- Make copies/print paperwork for Mrs. Sheppard.**

**I WOULDN'T
DO ALL OF
THESE THINGS
EVERY DAY;
EVERY DAY
WAS
DIFFERENT.**

WHAT I LEARNED DURING MY INTERNSHIP

- **How to copy a double-sided piece of paper LOL.**

I am just kidding, but seriously it was extremely challenging to learn.

On a real note, I learned how to have a voice, and how to communicate and deal with students at that age. I learned so much about myself as a person and continuously every day started to come out of my shell. Even though they were probably intimidated by me, I was intimidated by them.



MY PERFORMANCE

- In the beginning of my internship I would do more
- organizing, copying, and just walking around
- students' desks. As my internship continued, I
- started to have a more important role. I would slowly
- start answering questions asked by students, more
- and more everyday. It was great being able to help
- students with their school work. I wouldn't directly
- tell them the answer to the question they were
- asking, I would slowly guide them to the answer.

WHAT MADE MY PLACEMENT “REAL”

It didn't necessarily feel “real” but it made me feel grown up.

Throughout my internship I was able to deliver papers to other teachers, hand out papers to students, and go into student restricted rooms. Being able to do these things after going to the same middle school, made me feel really grown up. This didn't make my placement real, it made the fact that the future is creeping in real!

DID THIS INTERNSHIP HAVE AN IMPACT ON MY LIFE

Yes, this made me grow as a person.

It allowed me to come out of my shell and have enough confidence to tell the students to calm down or to tell them to stay on task. I was hesitant to do this in the beginning because I am shy, and I didn't want to appear mean.

Mrs. Sheppard assured me that this is what she wanted me to do. She wanted me to help her teach the class and keep students on track. Overtime, I became comfortable using my voice.

***Thank you,
Mrs. Sheppard***

A decorative graphic on the left side of the slide featuring a blue parallelogram and a light green parallelogram, both tilted at an angle, set against a dark blue background with diagonal stripes.

Elementary School Internship

Michael Desir

Harwich Elementary School



What Did I Do?

- In this internship, I helped both the Librarian, Ms. Idman, and the Physical Education teacher, Mr. De La Vega.
- Most of the time I spent there playing with the students and also helping them understand concepts of the activities that were done in the gym class, but in the library, students actually taught me what to do in a library!



What I Learned?

- While being there, I learned how to be patient and to be able to work with younger students.
- I learned how to put books back in their places in the library.
- I learned how to communicate with students when they were down and help them be happy and play in the PE class.
- I also learned how to engage students in the activities that they do during their PE time and Library time.



Reflection

- I was very happy with how the students were very excited whenever I was there.
- The students were very supportive and whenever I had basketball games, some of them came to watch me play.
- I was even surprised when some of the students didn't want me to leave and wanted me to stay with them more!
- I was also happy with the fact I was able to talk with both Mr. De La Vega and Ms. Idman about future plans for school and being able to get help from them both on my college decisions. Eventually, I made up my mind, and I will be attending Curry College this fall.



Performance

I feel like I could've done a better job of arranging that closet in the gym, but overall, I think my performance was good. Students really liked when I was there in the class with them. I remember one time, I was leaving to go back to school and there was this one student who jumped on my leg saying for me to stay and play more. I thought it was the most adorable thing I have ever seen from a little kid. My best performance was when I was active with students. Many of them would always want me to be on their teams whenever we would play team games.





What Made It “Real”

What made my internship feel real was how Mr. De La Vega was able to show how he was able to treat the students and everyone around him with so much respect, including me and the the other staff members that would come in and check in with him from time to time. Being able to play with students reminds me of how much fun I had during my elementary school days.

I want to thank Mr. De La Vega and Mrs. Idman for being able to help me help them.

MRHS INTERNSHIPS

...

Carly Dimock

Main Office Internship

Ms. Ferro



Why did I want to do this internship?

I wanted to do an internship at Monomoy Regional High School so that I would be able to get real work experience in an office environment. I hoped to learn what it would be like to work in such an environment since all of my past jobs had been either in the restaurant industry, in retail, and as a coach for field hockey. I believed that gaining experience at an internship in the main office would help me widen my skill set. I am so glad that I was given this opportunity to work alongside the MRHS staff while being supervised by Ms. Ferro:~)!

Ms. Ferro and me



Biggest takeaways

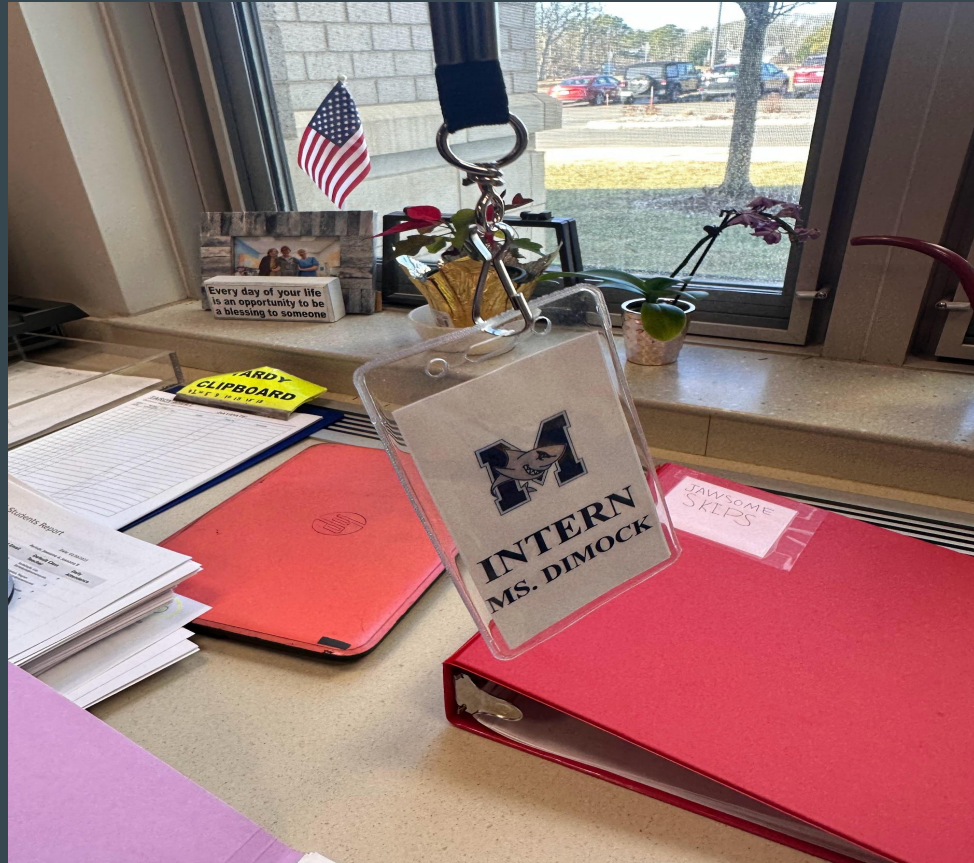
- I learned valuable people skills: how to communicate in an office space.
- Professionalism: how to properly dress and communicate in a work setting.
- How to work a copier and printer-
restocking paper and ink



Skills specific to the MRHS main office

- How to enter in all high school students attendance through Aspen and how to navigate the Aspen software in general
- How to work the sign-in and sign-out sheets
- How to organize documents and file them alphabetically
- How to communicate with parents, students, and teachers professionally

My internship desk space!



Ms. Ferro,

Thank you so much for having me as your office intern! I learned so much from you about professionalism, office duties, organization, and so much more! I will greatly miss our times in the office together! Thank you so much for the opportunity to learn!



END OF THE YEAR CAPSTONE



CHLOE ELDREDGE

Where?

Monomoy Middle School & Harwich Elementary

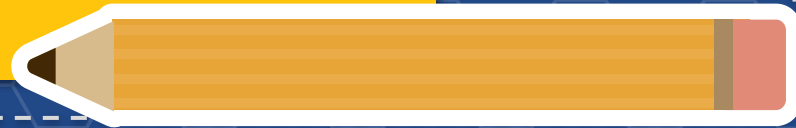
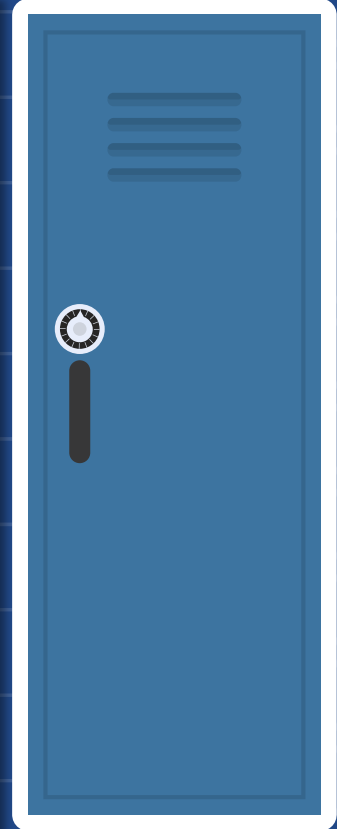
At the beginning of my senior year I decided to do a full year internship, so I could split my time in half. Semester one in the Middle School with Mrs. Botsford's 6th grade English class and Semester 2 in the Elementary School with Mrs. Frommeyer's Kindergarten class. However, once my time was nearing an end at MRMS, I couldn't bring myself to leave my 6th grade friends so I decided to rotate between the two locations.



What did I learn?

MRMS: During my year at the Middle School I have learned a myriad of skills and tips that I now plan to use in my future career. Mrs. Botsford's room is the epitome of comfort: from the decor itself to the positive outlook she preaches, where any kid is open to talk and be themselves. This has shown me how to put the children first and to teach in a way that helps the students by keeping learning fun and fresh. I have also learned that I love engaging with Middle Schoolers but not the relative nature of explaining the same lesson to multiple classes a day.

HES: Although my time has been shorter at the Elementary School it has been equally as important. Compared to the students at MRMS, Mrs. Frommeyer's Kindergarteners need much more support in the classroom. It has opened my eyes to how the attention of children is a major factor when creating a lesson or an activity. Personally I have learned that this age is one of the most pure but most crucial times in a person's lives. The skills and attitudes they learn and develop in the beginning will be the foundation for the rest of their educational lives.



HIGHLIGHT

It seems almost impossible to choose one highlight out of the past couple of months with these amazing students. However, subtracting my attendance in the Middle Schoolers' concert and play and the adorable Valentines made by the Kindergarteners, there is one time that sticks out the most. In the 6th grade, the students read 'The Finest Hours' and interviewed a community hero. These tasks resulted in a viewing of the movie 'The Finest Hours' at the Chatham Orpheum and a Heroes Luncheon at Chatham Bars Inn...and I got to chaperone! To witness the sixth grade shout and clap at all the important moments in the film was a real treat. To sit with a group of kids at the luncheon and just listen to every crazy thing that popped into their heads and to have the chance to bond with them outside of the classroom will be something that stays with me forever.

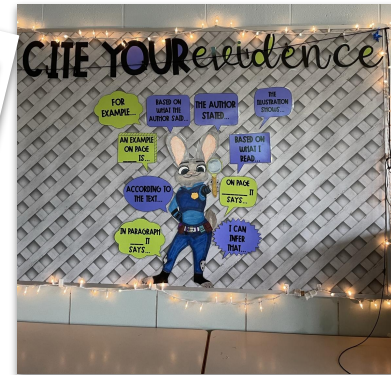


Performance

MRMS: Despite my lack of experience with sixth graders in comparison to younger age groups, I was intrigued to know what I would add to the classroom. It has been a very fun dynamic helping when I can with the students but usually I'm lending a hand to Mrs. Botsford with smaller tasks. You could usually find me in the library on a search for books, printing and making copies of papers, creating bulletin boards and helping with upcoming projects.

HES: In the Elementary School, you'll always find me with the kids. The majority of the time, I'll be helping out in their UAs and participating in their activities. In the classroom, I also help out with ELA and Math centers. In these centers, I'll be encouraging and helping the kids through their papers and playing educational games with them.

NO MATTER what school I am at, I always try to put my 100% into it, because I hope to one day do this for a career.





what made my time real

The kiddos!



Every since I was a student at HES, I knew I wanted to work with children. And after experiencing both of these internships, I'm positive I was right. To create bonds with each of the students is something so dear to me, and I know it's going to be hard to say goodbye. To watch all the middle schoolers light up when I walk through Mrs. Botsford door is a feeling that can never be replicated, especially from my buddy, Jose. To see the spark in the Kindergartener's eyes when they are excited or learning new things, is something I want to watch forever. A bit off topic, but it took me awhile to get used to the kids calling me, Ms. Eldredge but everytime they do it ignites my drive for teaching and what's to come. These students made my internship real, and I'm excited to see what they all do next.

The Impact:

It's a optimistic thing to say that I've hopefully made a change in some of my students lives but truthfully each of them impacted me more deeply. In the beginning of my internship at MRMS, I met a boy named Luis. This 6th grader could not speak a lick of English only Portuguese. I would help him through assignments and translations which caused me to start helping in Mr. Schaffer's room with the rest of the bilingual kids. After some time Luis left Monomoy but I still say stay connected with the other people I met in that room. To watch all the students from all the classes, come from so many different backgrounds and homes was eye opening to me, and I forever want to be a person that can be here to help. My goal is to create a safe environment where kids can come to each day and learn in a way that makes sense to them. I strongly believe that if you teach a child to love learning from the start that they will never stray away from that. All you need is a good teacher. Mrs. Botsford and Mrs. Frommeyer are those type of educators, and I hope to one day be the same. I'm grateful for the opportunity these internships have given me and I plan to use all the tips and skills I've learned in the future. Thank you for your time!

Senior Internship Capstone

Katelyn Groves

What I Did

- Worked alongside the theatrical arts teacher
- Learned the ways and systems of her classroom
- Helped her with little odd jobs like organizing music and writing up scores and rosters
- Traveled to the other schools in the district to help younger upcoming musicians



What I Learned



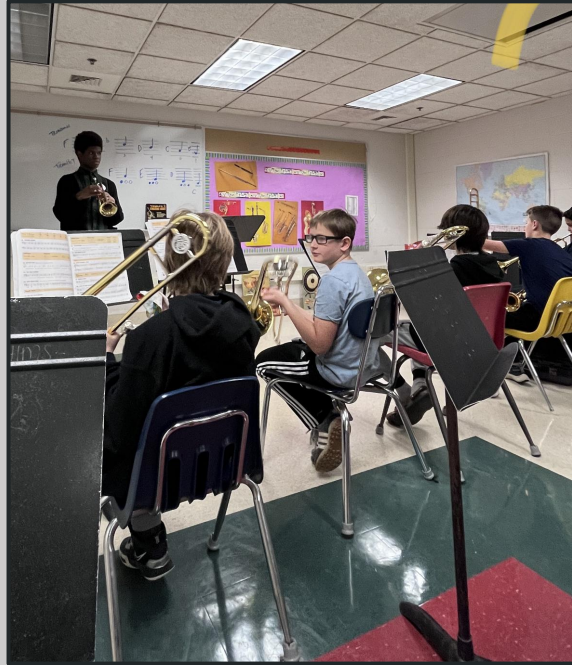
- Transpose music
- Organizational skills
- How to work with young children
and keep them entertained
- Time management

Reflections

- I loved working with one of my favorite teachers.
- I am not planning on pursuing a career in the musical arts, but this internship taught me valuable life skills.
- Working with very young children made me feel like I was able to make a valuable impact on their lives and their futures.



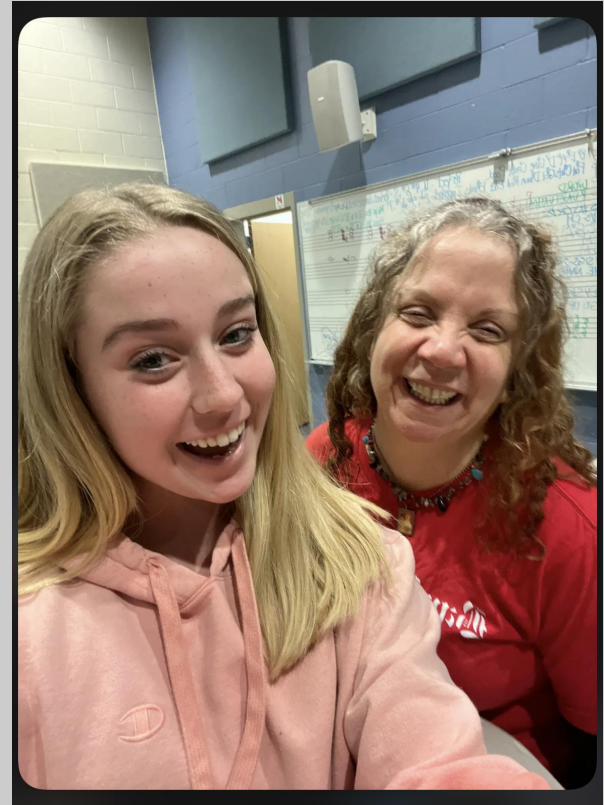
What Made My Internship Real

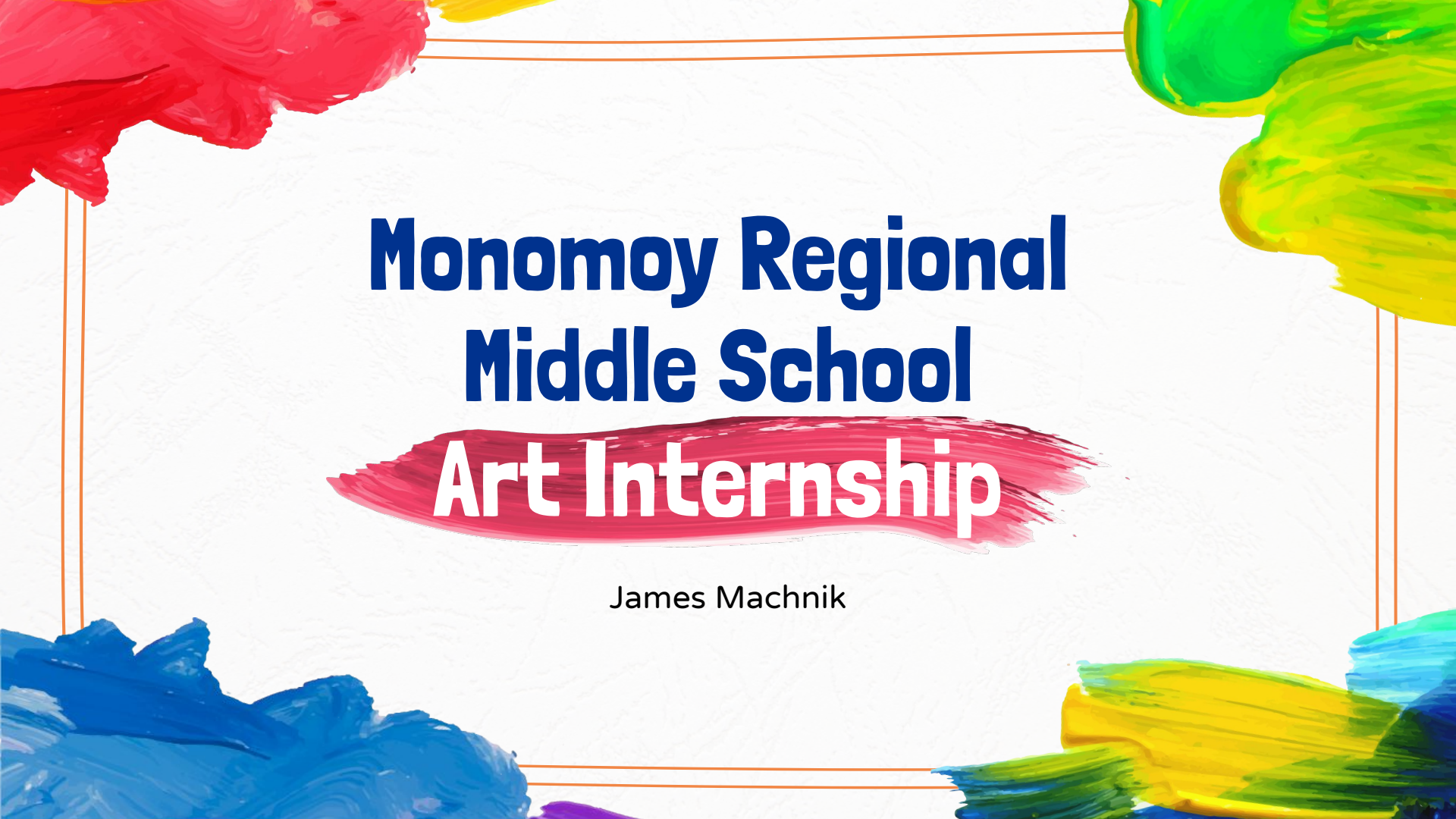


- Getting to work directly with the children
- Being able to help them with their problems
- Working with my fellow interns Britanya and Edrian

THANK YOU MS. RICHARD <3

Thank you so much Ms. Richard for teaching me so many valuable skills through the years of high school. I loved being one of your students and loved being one of your interns even more. You are an incredible teacher, mentor, and person. Thank you for a wonderful theatre experience in high school.



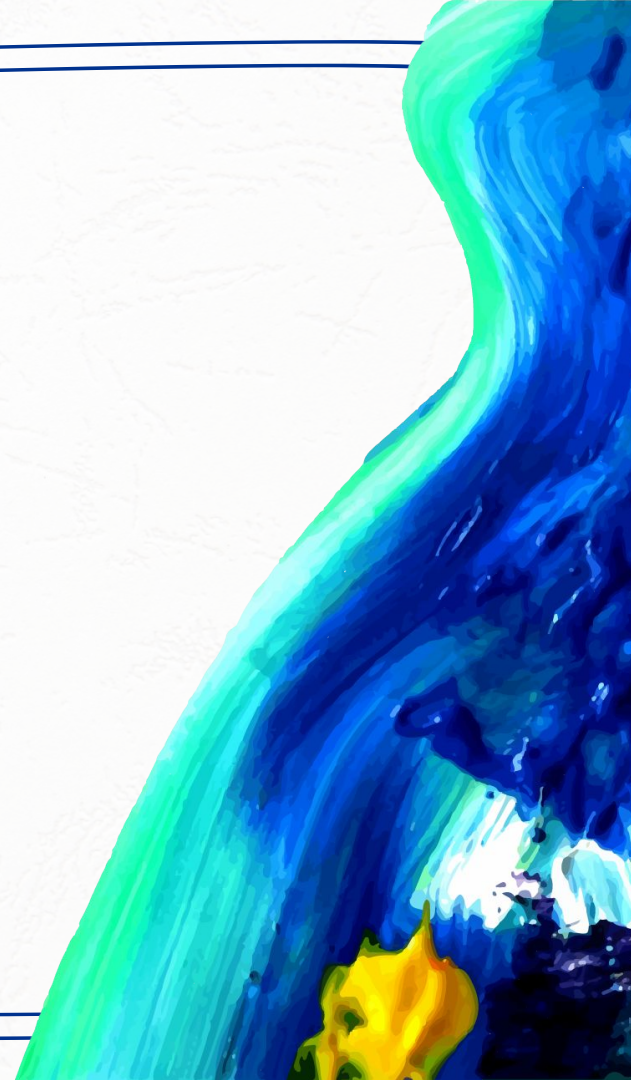


Monomoy Regional Middle School Art Internship

James Machnik

Why this internship?

I'm considering becoming an art teacher, and I thought this would be a good way to see how the occupation works. Additionally, I enjoy working with children. Seeing their work and processes is always interesting to me. It's also nice to help them out, as middle school can be a lot for kids.

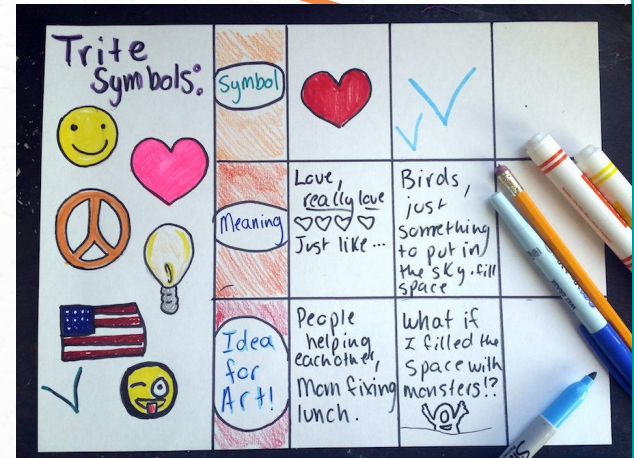


Things I Learned

- **Lack of motivation:** Kids will ask Mr. Newby if what they have is “good.” Often times, they already will know that it isn’t their best work. What they’re really asking is if it will get a passing grade in an attempt to take the easiest way out.
- **Not drawing exactly what they see:** As opposed to actually looking at the reference, students will assume they know what they’re drawing and create symbols to represent what is actually there.

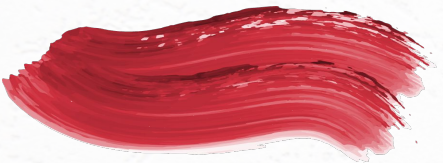
Things I Learned

- **TRITE:** the notorious “trite” elements (symbols overused to the point where they lose their meaning) can be rampant and hard for students to conquer
- **Lack of motivation:** Often times, kids would walk up to Mr. Newby and ask if their work was good. In reality, they just want to know what grade they get and if it will be passing; striving for the bare minimum
- **It just takes 1:** All it takes to disrupt the order of the class is one disruptive student.




You Can Lead a Horse To Water...

- Commonly, Mr. Newby would have to repeat the same piece of advice multiple times before students would actually apply it to their own projects.
- Leaders are a crucial part to success in the classroom; it is very obvious and chaotic when there are no leaders present.
- Ideally, the students will gain confidence in their abilities after they complete assignments and see the fruits of their labor; however, there seems to be a fear of failure that keeps many students from trying.



At the beginning of the internship, I was somewhat intimidated by the students and the responsibilities that come with them. But overtime and through observing Mr. Newby's methods, I was able to interact and sometimes even help the students with their projects.





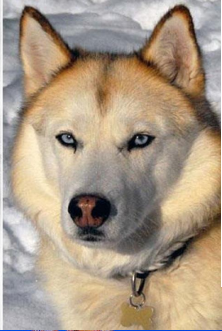
**Questions?
Ask James!**



Thank you!

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon** and infographics & images by **Freepik**

Senior Capstone Grace Elizabeth



Snapdragon flowers (pictured) show incomplete dominance in the color of their petals. The petals can be red ($C^R C^R$), white ($C^W C^W$), or pink ($C^R C^W$). Which of the following Punnett squares shows the correct cross between two pink flowers?

Flower 4
 $C^R C^W$

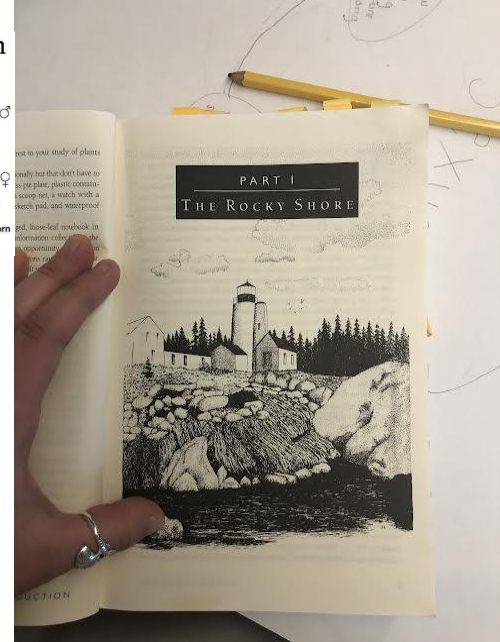
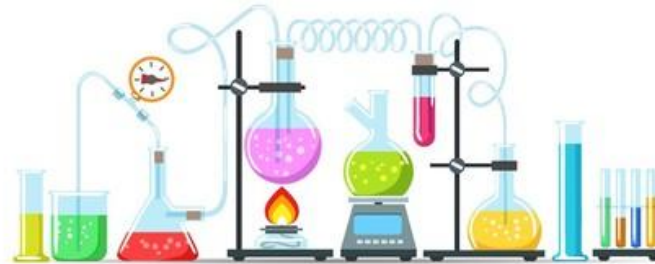
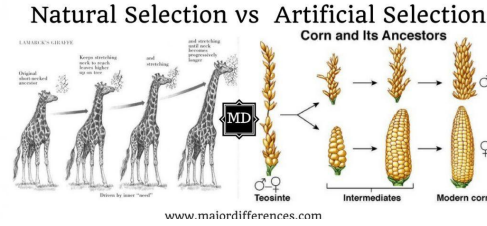
Flower 2
 $C^R C^W$

C^R	C^W
C^R	$C^R C^R$
C^W	$C^R C^W$

C^R	C^W
C^R	$C^R C^R$
C^W	$C^R C^W$

C^R	C^W
C^R	$C^R C^R$
C^W	$C^R C^W$

C^R	C^W
C^R	$C^R C^R$
C^W	$C^R C^W$



What I Learned

I have been so lucky to have had the opportunity to work with Ms. Pic. I learned so much from her but also some things from the students. Each student learns the material differently and at their own pace: some are messy, some are neat, some need extra help, while others understand and want to move ahead onto something else. Ms. Pic was patient with her class and was attentive to any student who needed help. She showed me how to support and get them back on track if they were lost or distracted, to be firm when necessary, and to interact with them. The students showed me that I needed not to be so nice always. I had to get after them and ensure they were doing the right thing when they weren't. Additionally, I was learning with the students. There was some material that I missed out on when I was in middle school, such as evolution, so I got to learn with them, which was super cool. It was amazing to watch them grow in their learning. This particular class was so smart and picked up on the material quickly. I learned how to work individually with some students as well. It was nice getting to spend some one-on-one time getting to know them a bit better.



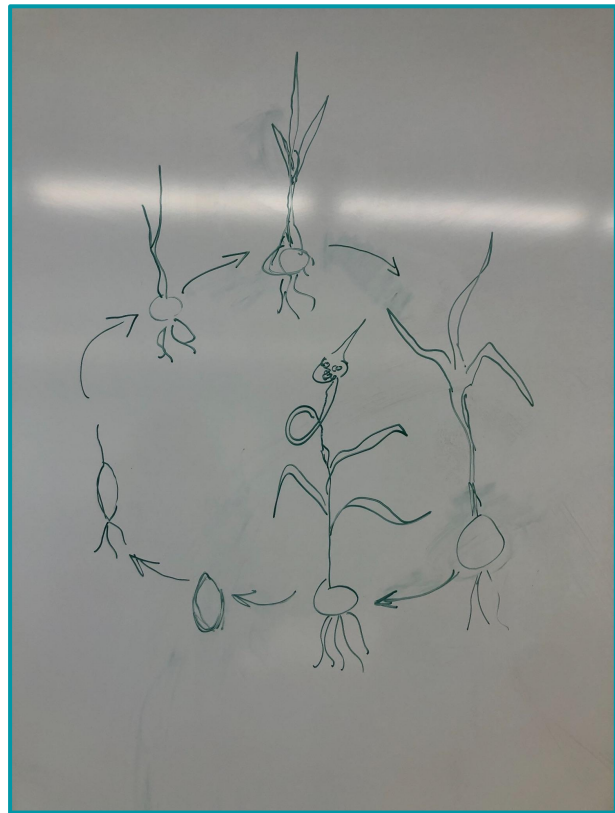
Reflections

- ❖ Ms. Pic has been one of the most influential teachers in my life. Not only as a teacher but as a person. She has always been there for me in the years that I have known her. She is so wise and caring, as well as inspirational. She has encouraged, motivated, and believed in me throughout my time here at the high school. I have loved every day that we had G-block. I remember the first day for my internship; I was so nervous. I didn't know any of the students and it was scary standing on the side of the classroom looking at all of those faces. She asked me to take attendance so I could learn all of their names. It was a big group. I remember thinking to myself, "How does Ms. Pic do this? It's actually insane", and now here I am, handling the students in a similar manner as she does.
- ❖ My responsibilities in the classroom were to take care of the turtles every day which was great. I got to feed and weigh them, (charting their growth often), and clean their tank. I also had to walk around to check in on the students.



Reflections

- ❖ Before my internship I had never worked with eighth graders. I had experience, as I had worked with the elementary students in the after school program at HES. The skills that I used there are ones that I was able to use in the class. It's been super cool to build relationships with some of the students and relate to them. It definitely made it easier to work with them since I'm a student myself, and I can relate to both perspectives. One as a student and the other as an "adult figure" in the classroom.
- ❖ The first few days being in the class were a little awkward since I didn't know the students, but over time I began to memorize their names and become more confident with the group. It was nice going into class over the last couple months, hearing hellos and them asking for my help or just wanting to talk. Getting comfortable with the students has been so rewarding. They are so funny and sweet.
- ❖ I sincerely enjoyed being able to help out the students with their learning and class projects.
- ❖ One of the nicest feelings is when students trust you and feel comfortable enough to talk to you about what's going on in their lives. I have felt extremely honored to have been a small part in their journeys.



Performance



I did very well as an intern. I was on time, did what was asked of me, and took initiative. I would check in with Ms. Pic at both the beginning and end of class. I would also ask her if there was anything else that I could do for her or the students.

My Growth

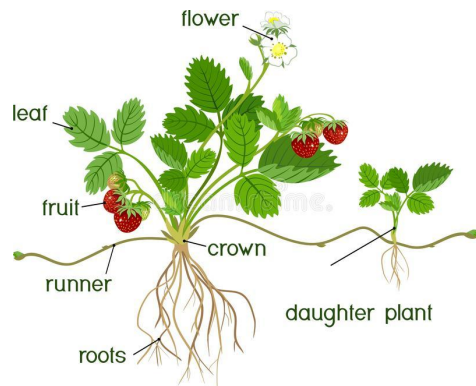
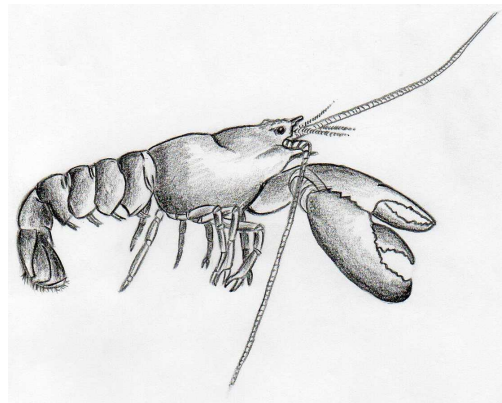
I grew in these areas during my internship with Ms.Pic:

- ❖ Classroom management
- ❖ Monitoring student engagement
- ❖ Relationship building with students
- ❖ Academic tutoring



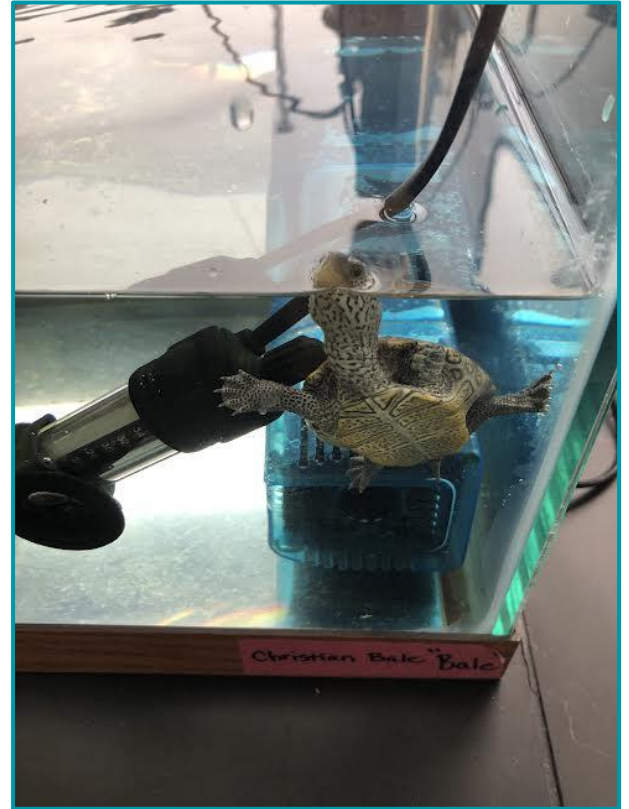
Highlights

- ❖ I loved taking care of the turtles and answering questions about them when some of the students would ask.
- ❖ One of my favorite things was actually working individually with the students. Some of them were behind on vocabulary, and I helped them with that. I also got to help them work on their drawings for their sentences. I would draw the example out on the whiteboard and explain it and have them do the rest.
- ❖ Whenever there were art projects involved in class, I loved walking around giving tips or helping out since most of the kids asked for my help with drawing. I would use a small whiteboard and a marker and draw out what they wanted, breaking it down in small parts so they could do it with me. Seeing their results in the end was the coolest thing.



What Made My Placement “Real”

- ❖ What made my placement real was experiencing teaching through Ms. Pic’s shoes. I got to have a sense of what teaching would feel like. I got to see both sides having had her as a teacher and then working alongside her. It was so neat watching and learning from Ms. Pic with her style of teaching, her positive outlook on things, and her humor.



Harwich Elementary 4th Grade Internship

Declan Russell

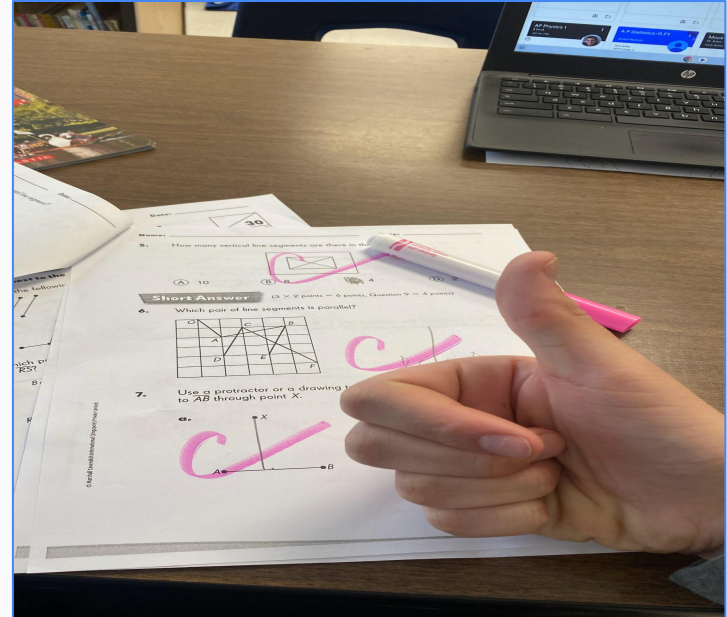
Harwich Elementary School



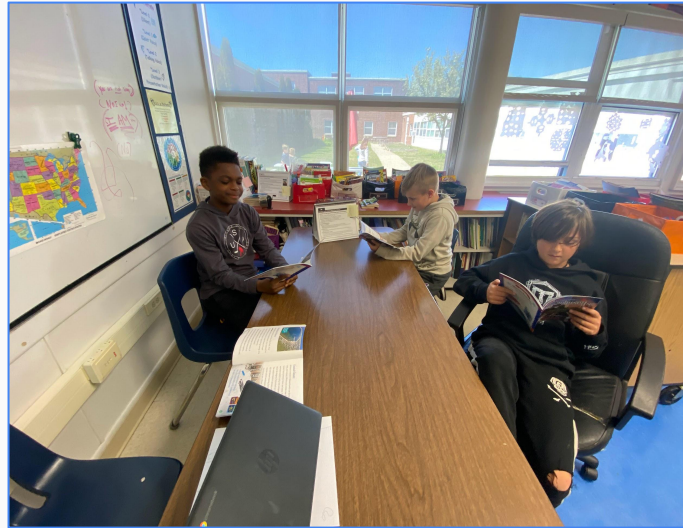
What was my internship?

I interned in Mrs. Piknick's 4th grade class. As an intern I acted as her teaching assistant. Throughout my internship I did a variety of things including:

- Pulling students aside to help them learn topics they struggled with
- Reading along with students who needed assistance
- Helping maintain a mature and well-behaved learning environment
- Grading work done by the students and assisting them in correcting their mistakes



What I Learned



Throughout my experience as an intern, I learned quite a few things. I quickly learned that not all children can be treated the same way, whether it's in the way you teach them or the way you respond to what they tell you. I also learned how some things have changed since I was in fourth grade. Students are exposed to topics that I do not remember ever being taught to me at that age, and I believe this exposure will have a positive impact on the way they see the world as they mature. Lastly, I learned by watching Mrs. Piknick that teaching fourth graders is not as easy as one might think. Each child learns differently and at a different pace. The job of keeping them all caught up and engaged can be very difficult at times and takes so much patience and creativity.

Reflections

Looking back, I am happy that I chose to intern at the elementary school. I learned quite a bit about teaching and how to better interact with children. They are fun to work with, and I really enjoyed getting to know them. I gained a newfound respect for elementary school teachers and what they do. It is not an easy job, and they have a level of patience and passion for their job that deserves respect.

Growth as a Professional

Throughout my time as an intern, I believe I grew as a professional. I went into it naive of the difficulties of being a fourth grade teacher. Over the course of the semester, I learned how to teach, discipline, and encourage fourth grade students. In the beginning I had trouble teaching students with disabilities such as severe ADHD, but I learned strategies to teach each student differently based on what is most effective.

Highlight

The highlight of my internship was when I got to see the fourth grade school play “The Lion King” after seeing many of Ms. Piknick’s students put in hard work to rehearse for it throughout the semester.



What Made It “Real”

It was real from the beginning when every day I would come into class and all the kids would yell “Declan!” They always loved to see me, and I loved to come in and teach and that's real enough for me.

Thank you, Ms. Piknick!



Crayons and Counting: My Time In a Preschool Classroom

Drew Ryan

what I learned:

- Gained an understanding of what it's like to be a preschool teacher, and it's not easy.
- Mrs. Cronen, Mrs. Layton, and Mrs. O'Leary taught me all about what it means to be a committed, passionate, and compassionate educator.



- The students showed me firsthand how observant and creative they can be.
- I got to see how children grow and develop cognitively, physically, and emotionally.
- The students taught me about the importance of communication, compassion, and perseverance.
- It was amazing to watch students go from not recognizing their written name to being able to write it on their own.
- I got to learn about all the amazing things they've done, from flying an airplane to meeting Spider-man.



Reflections

- Going in, I thought it would be a fun but hectic experience.
- While I was right about the hectic part, it was much more than fun, it was fascinating and impactful.
- I got a sense of the needs and accommodations of each student, knowing that what works for one student might be counterproductive for another.
- I've become a better communicator and advocate—working with students to understand their needs and make sure those needs are met.
- I've become more empathetic, and patient, two essential aspects of teaching.



Performance

- 4 months in a single preschool classroom is not a master's in early ed- but it is the beginning of a career I hope to pursue.
- Before my internship I had an interest in being a teacher, and I knew that nothing is better than first-hand experience, especially when it comes to knowing if I would like the work.
- Every day I learned more about teaching, and being part of a community.
- I worked to find the best solution to each problem, understand how to support students and their families.
- Not every effort was flawless, but I got a glimpse of what being an educator is like, and I hope that I have done each student justice, making them feel safe, understood, and having a positive impact on their learning.



Highlights

One of the students I worked with was very shy and talking was not something he was very comfortable doing. I worked to do what was best for him, giving him the space to trust me but also working to understand him and his needs. One day I was using cars with him and a few of the other students during dramatic play. The other kids were telling me about the road they were building, and the cars they were using. All of a sudden, this shy young boy turned around, looked at me and said "red car". I was so happy and excited that I grabbed a bunch of cars and listened as he listed off each color, both of us smiling and laughing. From that point on he would talk to me, mostly about his surroundings. He even started calling me bro.

Another student was not the best at identification and around a month in he finally recognized me specifically, calling me by my name, instead of blending me in as a teacher/adult.

A student I worked with had a hard time spelling her name, only being able to write the first letter, just a few weeks ago we got through the first three letters, a small milestone but immensely important.



Experience

- There is no experience like a preschool classroom.
- It is crazy, fun, and stressful- sometimes you want to laugh and sometimes you want to cry.
- I've seen tantrums, had to repeat myself ten times over, had my directions ignored completely, and even been thrown up on.
- But I never regretted or disliked a single moment in that class- I'd do it all over again, and I hope one day to have a classroom of my own, though I hope that I won't be thrown up on again.



Future

- My current plan is to become a teacher!
- I keep debating whether I would like to work with preschoolers or elementary students, as I have a passion for both. (I also work at an after school program for K-2.)
- I am starting at Vanderbilt University in Nashville, Tennessee, this fall, majoring in elementary education, and am beyond excited.
- I know that there are many more things I have to learn about when it comes to working with students and can't wait to apply the knowledge I've gained and learn more.
- The most important things that I took away from this experience to apply to my teaching philosophy is that making children feel safe and comfortable is paramount, as is learning alongside them.





Capstone Internship Project

Lucy Mawn



What was my internship?

I did my internship with a Monomoy Regional Middle School fifth grade teacher, Mrs. Donovan. Mrs. Donovan made my internship fun while also giving me a valuable educational experience. She was truly a role model to me.



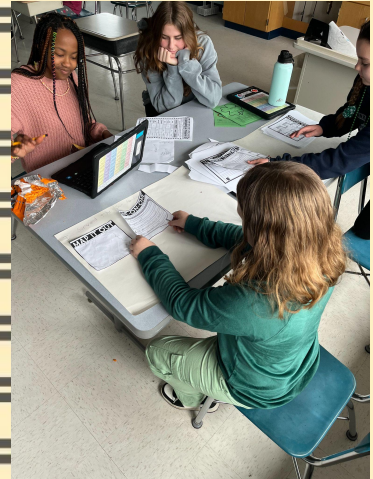
What did I learn in my internship?



Through my educational internship I learned many things. I was able to learn hands-on experience in the field of education, observe and assist teachers in the classroom, engage with lesson planning and curriculum development, and I learned how enjoyable it is to work with students in various capacities with various learning abilities.

My internship reflections

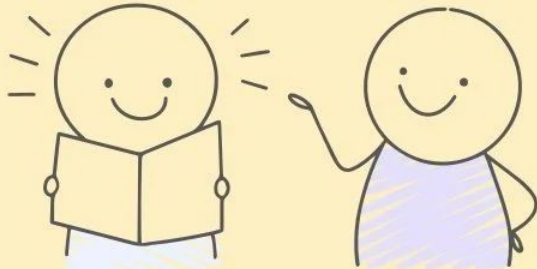
- I was able to see how well Mrs. Donovan helped her students and how well she adapted to the different students
- teaching strategies - Those kids will never know how lucky they are to be taught by such an inspiring and great teacher
- I found out when helping certain students, I would ask myself what is the way I can help this specific student?
- I developed skills on how to teach students while also being able to connect to the student on a more entertaining learning level.



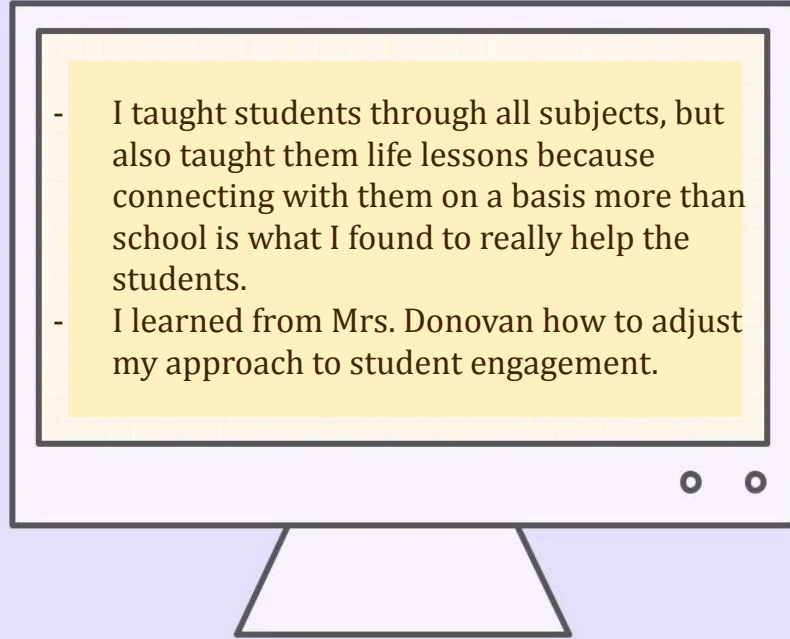
What did my performance look like in my internship?

I set goals for myself to reach such as:

- Develop classroom management skills
- Build relationships with the students I worked with



- I taught students through all subjects, but also taught them life lessons because connecting with them on a basis more than school is what I found to really help the students.
- I learned from Mrs. Donovan how to adjust my approach to student engagement.

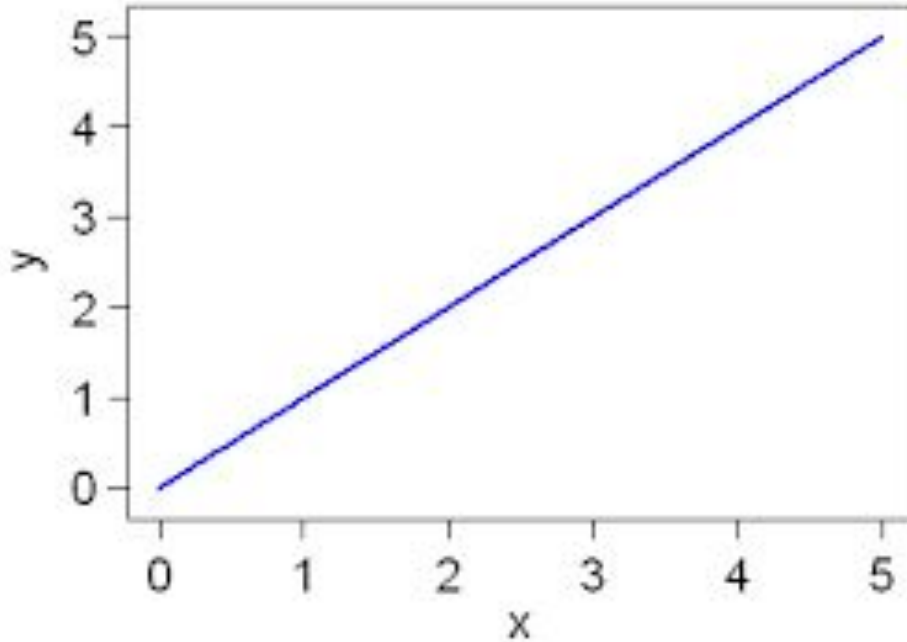


Highlights



- Meeting new faces
- Working with students
- When Mrs. Donovan had a sub I was able to work with the other teachers on her team; this way I was able to meet even more mentors.
- Seeing kids happy
- Working one-on-one with students

My personal growth



If I had to choose one graph to describe my personal growth after participating in this internship, I would choose this one. I feel as if I gained knowledge and ideas. My personal growth and appreciation for teachers has only grown in a positive way.

What made your placement feel real?



I was able to see everything from different perspectives. I was able to compare what I remembered from fifth grade, to now looking at it from a high school senior's point of view, while also seeing it now from the teacher's point of view. I was able to watch these young students learn to succeed, learn to show kindness, and most importantly learn how to fight through hard challenges. When failure occurred, I was able to watch them learn how to use that and grow stronger. When I saw this really happen is when I realized this placement felt real.

What made your placement feel real?



Thank you, Mrs. Donovan



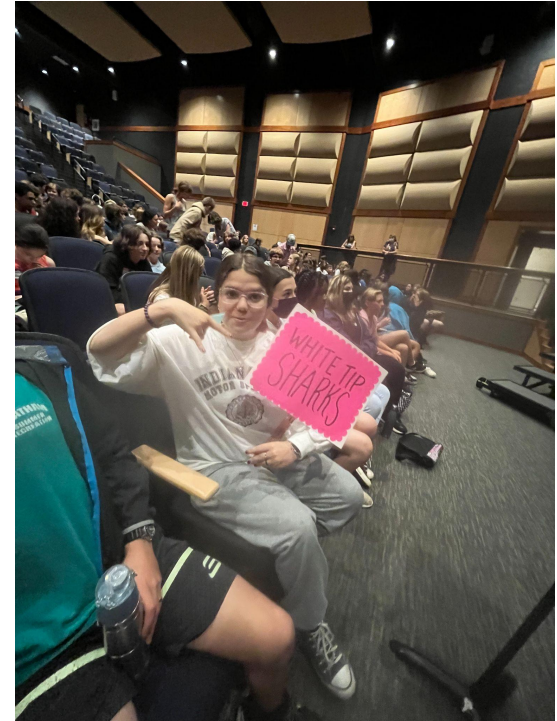
Senior Internship Capstone

Sarah Poskanzer

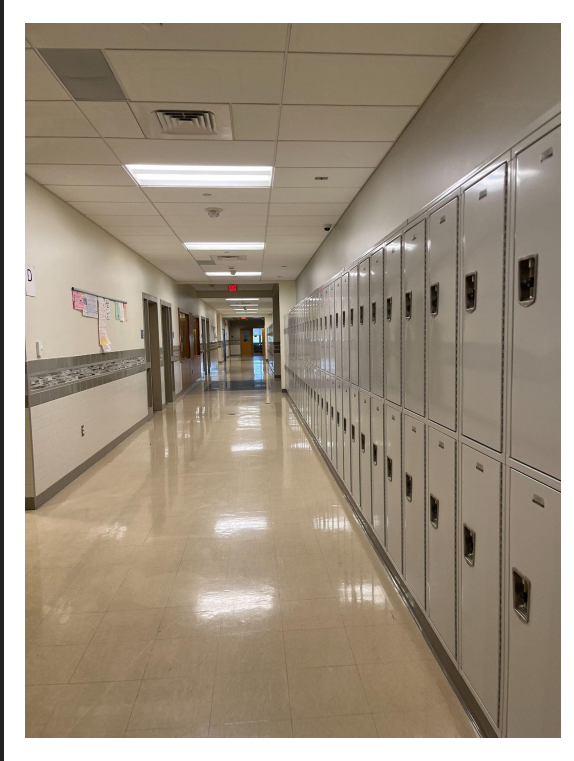
What I Did

My role as a classroom senior intern for an 8th grade class was to support students, help around the classroom, and be an aide for Ms. Manning.

I did a lot of cleaning the classroom, organizing the cabinets and storage room, and passing back papers. It was really fun to watch the classroom dynamics and see how creative the students were, especially with projects and artwork.



What I Learned



Throughout my short time as a senior intern in an 8th grade science class, I learned more than I expected. I learned what the dynamics of a classroom are from the perspective of a teacher's aide. I learned that many students have different learning styles, and it was great to see Ms. Manning cater to different learning styles by incorporating projects, mini lectures, visual slideshows, student collaboration and more.

Reflections

I've taken a lot of valuable skills from this internship that will help me as I continue my education into college. I realized that I have more influence on people than I first thought. When I talked to the students, I found that they listened to me and did not ignore me. Although I'm not sure being a teacher is the path for me, I gained a lot of respect for the profession from Ms. Manning's leadership and I can understand how important a teacher can be during a student's education. I'm really grateful for this experience, despite it being short, because I got a chance to meet a lot of really interesting, kind, and creative 8th graders. I can tell they all have bright futures ahead of them.



What made my internship “real”



Something that made my internship “real” was seeing the energy shift that happened during different days, times of the day, and certain activities. Sometimes some students seemed more low-energy and some days the entire room had high-energy. It was really cool to see Ms. Manning adapt to that and engage the students no matter what kind of day they were having.

Performance



Considering I had many senior responsibilities during the first semester, I think my performance as a senior intern was satisfactory. If I were to do it again, I would definitely be more confident and try to connect to the students more. I was fortunate enough to have Ms. Manning as my mentor, and she understood I can be a bit shy at times so she allowed me to be helpful in different ways. I was able to be helpful by cleaning the room, organizing the cabinets and storage room, doing dishes from experiments, passing papers to students, and talking to a couple students who seemed to be struggling a little bit.

Growth as a "Professional"

As a "professional" I definitely grew my listening skills. I saw which students seemed more engaged during lessons and which ones had a bit more difficulty staying focused. I realized I had to be positive and energetic no matter what my day was like because I had an impact on these younger students. Ms. Manning showed me that professionals leave their stresses and personal life at home when they are at work.



Thank You Ms. Manning!

Throughout my short internship, Ms. Manning was incredibly helpful, kind, compassionate, and encouraging. I learned so much from her enthusiastic teaching and how to interact with new high school students. I am so grateful for her leadership and patience with me. Thank you so much, Ms. Manning!





Harwich Elementary School

Guidance Department

Alexa Schneeberger



MON

TUE

WED

THU

FRI



Introduction

Coming into my internship, I was not completely sure what I was looking for exactly. I knew that I hoped to complete my Gold Award through the job, and that I was looking to be in the Harwich Elementary School somewhere where I might be able to integrate art. At the start of the school year, I was able to get connected with a guidance counselor at HES, Jill Malinowski. She agreed to support my project, and I grew excited as I began to learn more about her and her job. My Gold Award project needed students to work frequently on personal art journals that would be used to interpret thoughts and emotions. In the guidance office, these were integrated into the 3-for-3 partnerships, where I was meeting with a couple of students three times a week as a major part of the internship. Being in the guidance office, I would be working with students who needed the prompts the most, requiring special time to relax, reflect, and engage.



MON

TUE

WED

THU

FRI



3-for-3's

I met regularly with certain students multiple times a week through a program called 3-for-3. Often during our meetings, the students and I would work on responding to the prompts in their art journals being used for my Gold Award. The prompts asked students questions that helped them reflect, focus, and relax. These would also often be centered around students' thoughts, opinions, and feelings. These prompts were ones that I created in response to the curriculum within the guidance office. My mentor guided me on what prompts to create and helped me understand how to best approach each student. In addition to the journals, students and I also walked together to meet on days where there was less time, read books that often related to future prompts, and worked on ongoing projects.



MON

TUE

WED

THU

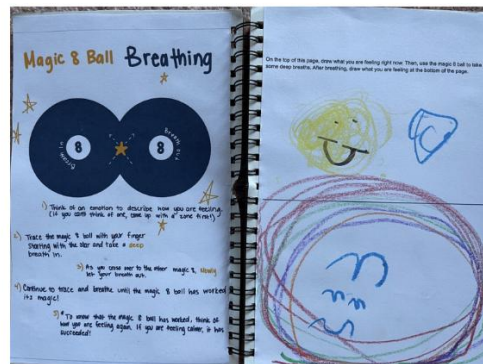
FRI



What one day's journal entry looks like

Magic 8 Ball Breathing

Today, [redacted] and I worked on drawing what we were feeling before and after practicing our breathing. When we started, he said he felt excited and energized, and drew a smiley face to represent this. Then, he took a couple deep breaths by tracing the magic 8 ball pictures. I asked him how he was feeling now. He said he felt more conscious. I showed him my picture, where I felt calmer and lighter after breathing. He agreed and drew birds to show that lightness.





MON

TUE

WED

THU

FRI



A

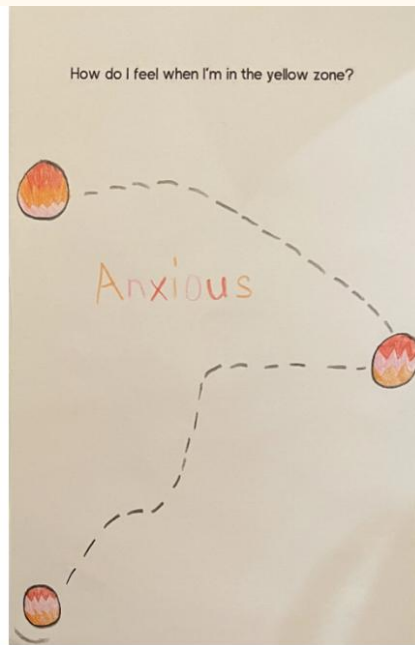
B

C

What one day's journal entry looks like

3-for-3 Day 10: Yellow Zone Prompt

Today [redacted] and I started off talking about her recent trip to the aquarium. She had mentioned the other week how she had wanted to go to one, so it was cool to hear that she did. For today's prompt, [redacted] was introduced to the yellow zone. When asked when she has felt she was in the yellow zone, [redacted] first mentioned the cruise, since when she found out, she was very excited, but also gets nervous and anxious about it too. When excited, [redacted] feels she is bouncing off the walls, sometimes to the point of a stomach ache. When she feels nervous or anxious about the trip though, it is usually about something going wrong on the plane or boat. She told me about a youtube video she watched about a cruise ship sinking, and a person in a plane that's engine broke that she learned about. She has been worried that the same might happen to her and her family. For the prompt, [redacted] said that it feels like a bouncy ball is bouncing around inside of her. She drew this bouncy ball to represent her anxiety, and said she wanted to do it in her least favorite colors to show that it is a negative feeling to her.





MON

TUE

WED

THU

FRI



Reading Groups

Part way through the internship, reading groups were introduced. These groups met Mondays, Wednesdays, and Fridays. They were made up of first graders, all experiencing some language barriers and still learning English, along with a group of fourth graders. It was the fourth graders' job to help the first grade students learn to read. Each fourth grader was paired with a first grader. While teaching the younger group to read, the fourth graders worked on following what they were reading with their finger, pointing out pictures, and taking pauses to ask questions. On days where I was at my internship during the time that reading groups took place, I helped by rotating through groups to support students while reading and later typing up evaluations on how some of the groups did.





MON

TUE

WED

THU

FRI



Creative Projects

While I was at my internship I also got to work on a number of creative projects. Many of these were posters associated with each month to go up outside of the guidance office on the bulletin board. I worked on coming up with ideas on how to organize the boards according to the celebration of the month and then putting them together. Prior to all of this, I also often conducted research on that month's celebration to help with a slideshow that would act as a resource to go alongside the board. In addition, I worked during this time on a big project with one of the students that I was working with for my 3-for-3. On our first day together, she talked about how she loves to play outside. I brought up fairies and making fairy houses in response and found out that this student loves fairies. This was where I got the idea to begin consistently working on a fairy house collage together.





MON

TUE

WED

THU

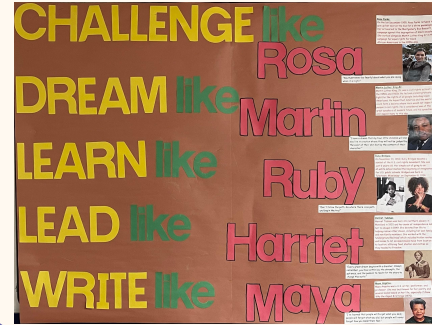
FRI



A

B

C





MON

TUE

WED

THU

FRI



Fairy House Collage





MON

TUE

WED

THU

FRI



What I learned

I learned through a mix of observation, watching and understanding what Jill would do with her students, and from instruction and her guiding me to recognize how to best approach each student. I soon realized that every student was different than another: some louder, some quieter, some having a hard time staying focused, some anxious. This was not something that had been nearly as transparent to me as a student myself, but in the position my internship placed me in, I was better able to distinguish this. Because each student was different, many appeared to need different things or had things that required more focus than others. While working with students who got distracted easily, getting caught up in conversation or wanting to play instead of work, it was my goal to keep them focused and productive. Alternatively, for students who may have been shy at first, it was my goal to make them feel comfortable and encouraged.



MON

TUE

WED

THU

FRI



Performance

During my time at my internship, it was important to me that I performed to the best of my abilities. I made sure to manage my time accordingly, coming in on time and letting my mentor know the days I knew I would not be available, trying my best to keep those minimal. Collaboration was an important part of the job, and I worked together with my mentor, my students, and others at HES on a daily basis. I was able to apply innovation to my work in the guidance department, adding my own touch through the prompts and posters I created. While working with students, my level of empathy and care for student experiences and attitudes was important. I spoke to students softly and calmly, also knowing when it was appropriate to have fun and laugh together. I often took time outside of my internship to remain caught up with the work I was doing. I created all of the prompts at home, and in an effort to fit in as much time with students as I could while I was there, often finished writing evaluations for the meetings with students later outside of the building.



MON

TUE

WED

THU

FRI



Highlights

The whole internship itself was a highlight for me. If I was ever having a dreary day, I always knew that getting to come into HES would cheer me up. Although, one of my favorite things was being able to watch the connections and trust that formed between me and my students. It was exciting to see them happy to see me and to be able to get along well, having our own jokes and things that we would frequently talk about. Seeing the ways that students who had been shy at first slowly opened up to me felt gratifying and special. I also especially enjoyed when I was at my internship on certain days that therapy dogs came in. I enjoyed getting to help out with this, moving between classrooms with the dogs. It was fun to see students' reactions to the animals and the way their faces would light up. I was also happy that I worked on many creative projects during my time there, as that had been a hope for me initially. I got to work on creating examples for the journal prompts, making posters for the board, and more small projects along the way.



MON

TUE

WED

THU

FRI



What Made it Real

My time at HES felt like more than just an internship. I felt connected to what I was doing in guidance. This was not only important to the internship but also, it was important to me. Because of this, it easily brightened my day and encouraged me to continue to work hard at the job and give it my all. I was able to learn more about myself, like how I liked working with kids. Additionally, it encouraged growth in positive characteristics for me. I could feel myself grow through my work and the effort that I was putting in. It was so formative an experience that it influenced me to consider looking further into education combined with art therapy in the future, as some of the practices I worked with students on could fall into such a category. I am entering college undecided within the arts, so I hope to further explore this there. Significantly, the internship also allowed me to make an impact in some way through my efforts within my Gold Award. Success with this felt rewarding and made me even more grateful for the experience.



MON

TUE

WED

THU

FRI



Sustainability

As a part of the Gold Award, it was especially important for my work with the students to be sustained. I was able to continue my collaboration with the guidance office at HES through a number of additional prompts that I created during my time at the internship in addition to the ones I was creating to use presently. These prompts were created independently but inspired by ideas that I came to understand often come up with students at guidance that are important to teach. When I was leaving my internship, I gave Jill these prompts so that they could continue to be used in the guidance office. She sustained the project by continuing to use the prompts with her students and with the students who her other intern works with as well.



MON

TUE

WED

THU

FRI



Sustainability Prompt Examples

Growth

Materials: crayons, colored pencils, pen/pencil, markers

Instructions:

1. Look at the two hands on the page. The big hand is your hand right now, the little hand is your hand when you were younger.
2. For the younger hand, write one word inside to describe yourself when you were younger.
3. Draw a picture of this along with it!
4. For your hand right now, write one word to describe yourself now.
5. Draw a picture of this!
6. Note the differences between your smaller hand and your bigger hand. These show how you may have grown or changed over time!

In what ways have you grown and changed since you were younger?



In what ways have you grown and changed since you were younger?



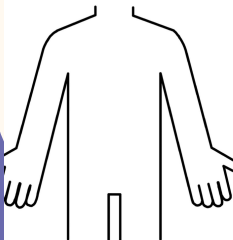
The Weather Inside of you

Materials: colored pencils, crayons, markers

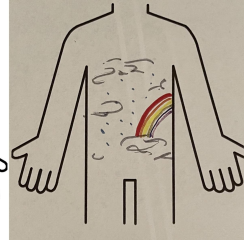
Instructions:

1. You've seen how the weather changes outside every day. Sometimes, it's bright and sunny, sometimes it's dark and cloudy, it snows, it rains, it can get windy! Today you will compare a type of weather to something you feel inside.
2. Sometimes sunny weather is used to show happiness, and rainy weather portrays sadness, but you can use whatever weather you see fit for your emotion!
3. First, come up with some emotions you might be feeling. What might these emotions look like if they were turned into a type of weather?
4. Draw that type of weather to represent those emotions inside of the body on the page.
5. What emotions did you feel while creating this? Do you think you feel this kind of weather often?

What kind of weather would be found inside of you?



What kind of weather would be found inside of you?



The Ways I Like to Show and Receive Love

Materials: colored pencils, crayons, markers

Instructions:

1. There are many ways to show love! Some people like **physical touch** (ex. hugs, holding hands), some like **quality time** (ex. watching a movie together, taking a walk together), some like **words of affirmation** (ex. "I love you," special cards), some like **gifts** (ex. something made for someone, flowers), and some like **acts of service** (ex. helping with a chore, teaching someone something).
2. Knowing what kinds of love you like can help you understand how you would like to be treated! Additionally, seeing how the people around you like to receive love can help you express that you care about them!
3. What do you think are some of your favorite love languages? If it is difficult to decide, pick your top three!
4. Draw something that you think of when you think of that love language on your page in your journal.
5. How does this thing make you feel? What does it mean to you to feel loved?

What is my love language and what does it look like?

What is my love language and what does it look like?





MON

TUE

WED

THU

FRI



Sustainability Prompt Examples

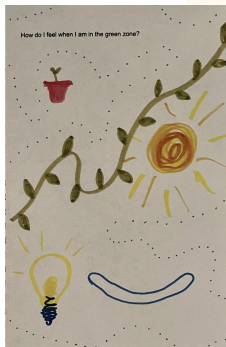
How do I Feel When I'm in the Green Zone?

Materials: colored pencils, crayons, markers

Instructions:

1. Think about the green zone. What are some of the emotions you feel when you are in the green zone?
2. When do you feel these emotions? Think about what you might look like on the outside when you feel them.
3. Let's get creative! What do you look like on the inside when you feel these emotions? Try out some shapes, colors, and lines that look the way you feel.
4. Now, try to describe what you drew. Why did you draw what you did? What did you feel while drawing?
5. What are some tools that you can use when you feel like this on the inside?

How do I feel when I am in the green zone?



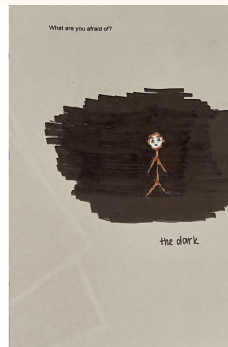
Fear

Materials: colored pencils, crayons, markers

Instructions:

1. Think about some of the things that you are afraid of. What makes these things so scary?
2. Chose one of these scary things to focus on and draw a picture of it.
3. How do you feel when you are afraid? If you do not want to draw it, try drawing the emotion that you feel instead.
4. How do you act when you are scared? Do you run? Do you face your fear?
5. Once you have finished drawing, think about the ways you can respond to this fear so that it is less scary.

What are you afraid of?



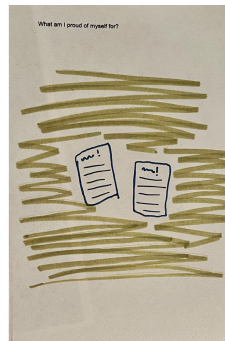
Practicing Gratitude

Materials: colored pencils, crayons, pen/pencil, markers

Instructions:

1. What is gratitude? Being grateful means that you appreciate and are thankful for things that you have. This can be anything, big or small!
2. First, what people are you grateful for? Draw quick pictures of those people!
3. What place/s are you grateful for? Draw this place or something to resemble it!
4. What things that you have are you grateful for? Draw!
5. What things that you do are you grateful for? Draw again.
6. If there is anything else that you are grateful for that you would like to add, draw it!
7. Now, you have created a gratitude collage. How do these things make you feel? Why are you grateful for them?

What am I proud of myself for?





MON

TUE

WED

THU

FRI



Growth in Field

While teaching and working with students, I grew so much because I had never experienced anything like this. By being able to become familiar with the field and get an idea of what working within education was like, I was able to judge my experience, showing me that I liked working with children. In turn, this allowed me to grow by inspiring me, showing me that I might want to work within education or something similar someday. In addition, although I already had some experience with art and the internship was not initially art based, I feel that I learned about art in a way as well. My perception of art grew. I understood a broader number of ways art could be used as I researched art therapy and saw the ways creative processes were successful in helping students express and understand their thoughts and feelings.



MON

TUE

WED

THU

FRI



Impact on me

Not only did I learn about ideas within my internship, but I also especially learned about myself. I learned about my future and what I might want to pursue, which, knowing I'll be going into college undecided since the start of this school year, feels important to me. While creating prompts, I practiced innovation and creativity, coming up with new ideas and creative ways that children could express themselves. I practiced staying organized with my prompts, my time, and my productivity. I gained confidence through my decision making skills, being attentive to how I approached students, and to the prompts I created. To help students get to know me, I developed my character, confidence, and courage. Through these skills, students were able to feel more comfortable with me, especially to be able to be vulnerable to express their thoughts and feelings. I further developed my empathy alongside this to best understand each student's response.



MON

TUE

WED

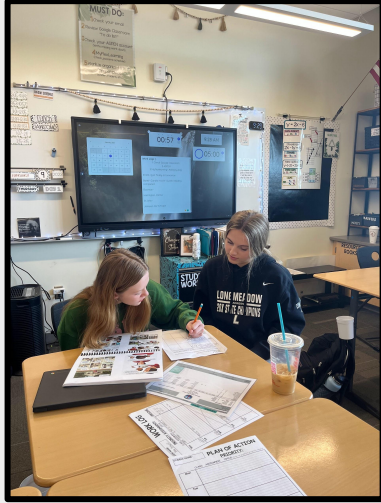
THU

FRI

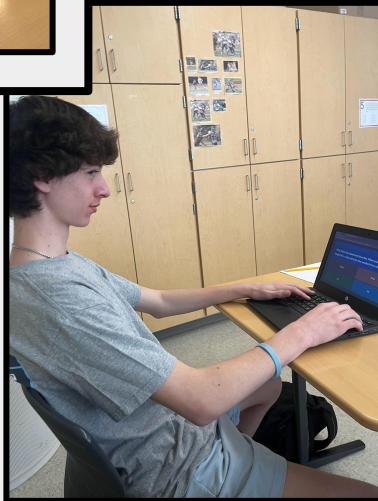


Reflections

I am extremely grateful for all of the opportunities that my internship has provided me with and for the results that have stemmed from it. I am very grateful to Jill, who was so welcoming to me and allowed me to work on my Gold Award project through my internship project with her, supporting me along the way. I am grateful for the environment of the guidance office and of HES that allowed me to experience the coziness of the space and the nostalgia of the school having once gone there. Lastly, I am grateful for the skills I have learned and the things I have come to know about myself, which will soon prove to be extremely valuable in college.



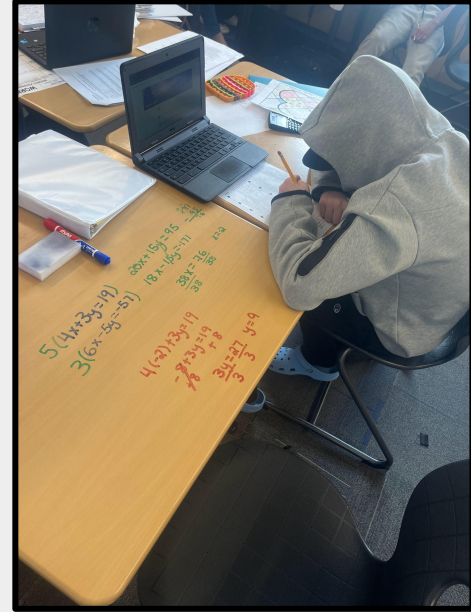
Senior Year Internship



Lauren Upson

What I learned

During my time as an intern with Mrs. Oliver, I was able to learn so many important aspects of being a teacher. Working with these kids, I learned that each student requires different tools in order to succeed. It was really interesting to see how the students that normally don't get work done are able to focus and accomplish so much once they are put into a smaller group or separate setting. Another technique that I learned to help students really see their work and different steps was by writing on the desks. This way, if there was a multi-step math problem, if different colors were used, the students could break down the problem step by step. I also learned, working with Mrs. Oliver, that it is important to have a trusting relationship with the students. That way, they are more likely to listen and take in whatever point I am trying to get across to them.



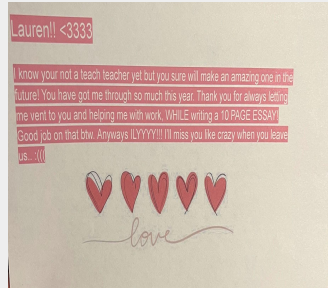
My Growth and Performance



Throughout the year, my performance had progressed tremendously in the classrooms in which I was helping. At the start I was nervous I was going to mess up or do something wrong, but then I learned that making mistakes are key in order to grow and learn as a person. If I made a mistake or messed up, I corrected myself, and I moved on. That is what really helped me gain confidence and comfort in the classroom around the students. I was able to then work one on one with some students, and feel confident in my teachings and know that I was making an impact on their learning. Any time I doubted myself, I just thought back to the box that Mrs. Oliver gifted to me that I can put notes or cards from students in. When I thought of that box, I immediately reassured myself that I am doing the best I can, and I am still learning the right ways of helping others.

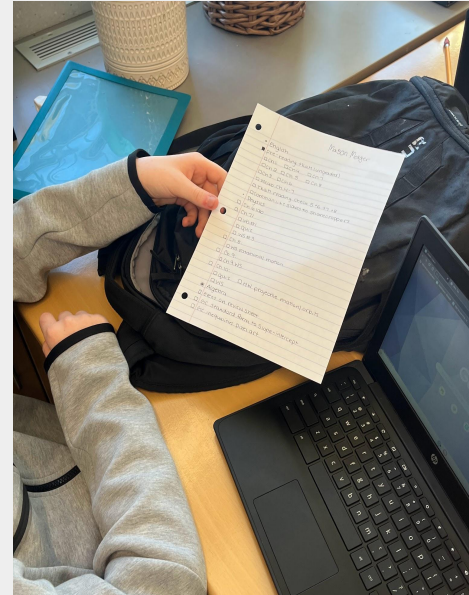
Highlights and Impact on My Life

The impact that these kids have had on my life this year is incredible. Through this internship, I have been able to witness the beauty of teaching, which is seeing that students really do take so much of what you teach them. Not only that, but also that they really do respect you, and they appreciate you more than they might show physically. Some highlights of my experience with Mrs. Oliver's students are the notes that are given to me that go into my special box and the love and support that was shown when I told them all that I was accepted into my dream college. These are the days and memories that I will take with me, not only to college, but to work some day. All of this just makes teaching so much more worth it.



Making it Real

To make my experience in my internship real, Mrs. Oliver let me take small groups out to the team room and do a study group for an upcoming physics quiz. This gave me the opportunity to test out different methods of testing the students, to see what worked best to test their knowledge. I also was able to sit down with students one on one with making a plan to tackle any work needed to be done. When going about this list, I made sure to list everything by due date and color code by late, almost late, or on time. This helps students see what they should prioritize when planning their work and what to do. It also gives the students an idea as to how much time they have to get each assignment done, and plan ahead and maybe get ahead on work.



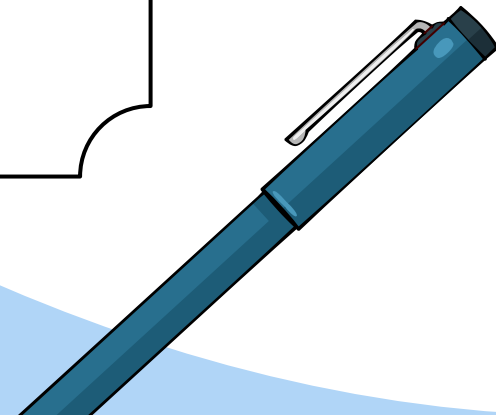


Thank you for everything you have done for me Mrs. Oliver!! I couldn't have accomplished any of what I have this year without you.



INTERNSHIP CAPSTONE

MELISSA VELASQUEZ





A165

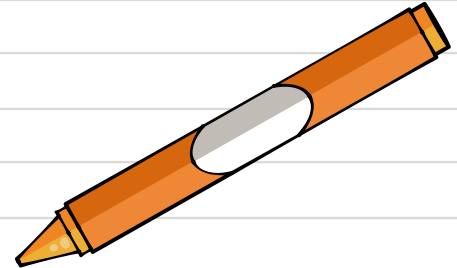


**PRE-CALC/
CALC 1**



**Interning with Mrs. Hemeon
in Her Junior Class**

Melissa Velasquez



WHAT I DID

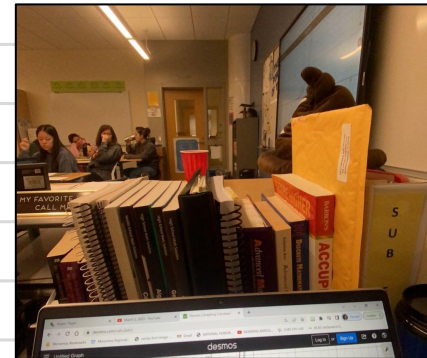
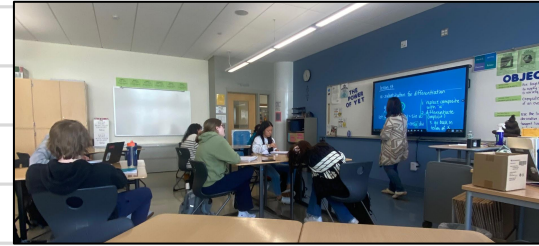
OBSERVED

I spent time observing Mrs. Hemeon while she taught lessons. I had had her for class before, but in my internship I focused my attention on how she taught further than learning.

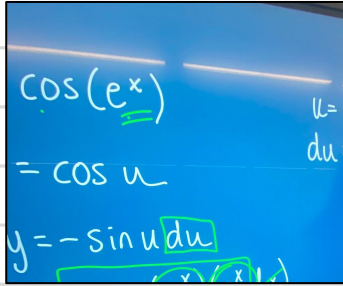
ASSISTED

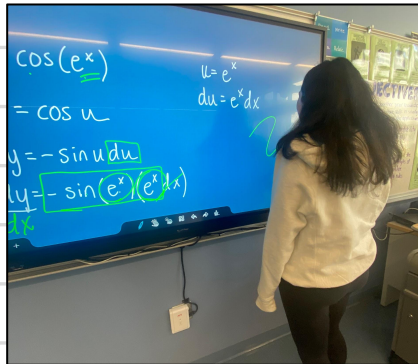
I assisted Mrs. Hemeon with copying assignments, preparing for future assignments, and displaying things on the board as she taught.

$$a^2 + b^2 = c^2$$



WHAT I DID


$$\begin{aligned} \cos(e^x) & \quad u = e^x \\ & \quad du = e^x dx \\ & = \cos u \\ y &= -\sin u du \\ y &= -\sin(e^x) (e^x dx) \end{aligned}$$



$$a^2 + b^2 = c^2$$

TUTORED

I acted as a tutor around the classroom and outside of it, too. Students would often come to me in class or outside the library with questions about problem sets, and I would work them out with them.

TAUGHT

I taught the class from time to time. I assisted Mrs. Hemeon in teaching the derivative of e^x and its graph. When Mrs. Hemeon would be busy and unable to start class right away I would get up to the board and put up problems

WHAT I LEARNED

Among other things, I learned teaching takes:

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

Patience

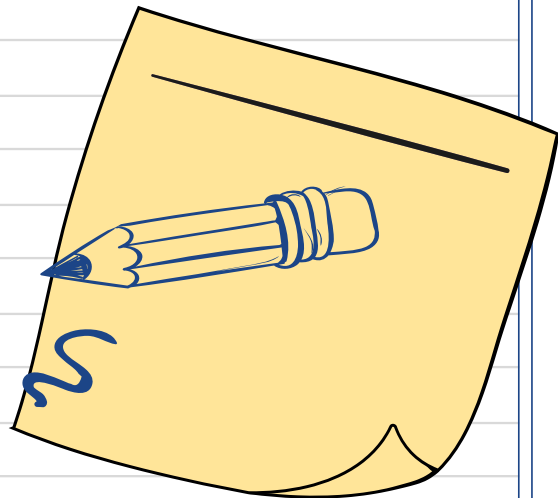
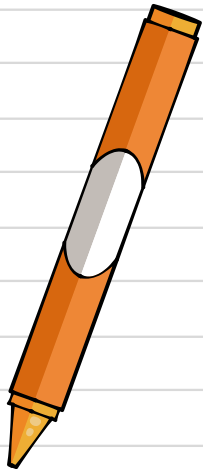
Assisting in a class has shown that patience is needed especially when working with students. As a teacher/assistant you take the time to allow the material to click with the students rather than give answers and explain later.

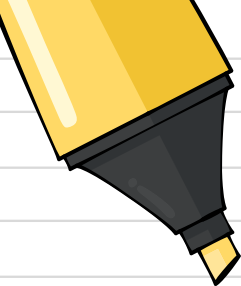
Leadership

Teaching requires tremendous leadership to not only educate students but also teach them to believe in themselves and look up to a role model like their teacher.

Relatability

In order to gain students trust and become likeable, a teacher has to be understanding with their students. I heard countless times how students felt they were unprepared for an upcoming test or had another test the same day, and each time Mrs. Hemeon heard them out and made up a plan that would benefit the class.



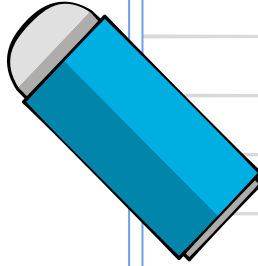


As an intern, I learned so much about what it takes to be a teacher, and it allowed me to really appreciate how much they do. Mrs. Hemeon always had a huge list of things to-do and, with most, I could never even lend a hand to help. It was amazing to observe and learn from a teacher so passionate about teaching and helping students. Though, I will not be going into a teaching career, I have learned valuable life lessons including how important it is to care about what you do and how you do it. This is a lesson I thank Mrs. Hemeon for teaching me over the course of the past couple years as both her student and intern.

PERFORMANCE

WHAT I DID WELL

Being so close in age with the students in class and having taken the class the year prior, I was able to relate with them well and form relationships outside of just teaching. I also always tried to offer my help when I could with Mrs. Hemeon's to-do lists and helped with various different lessons. I also helped answer students questions when Mrs. Hemeon was working with other students.



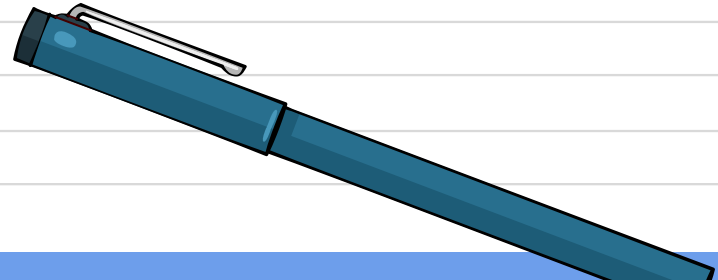
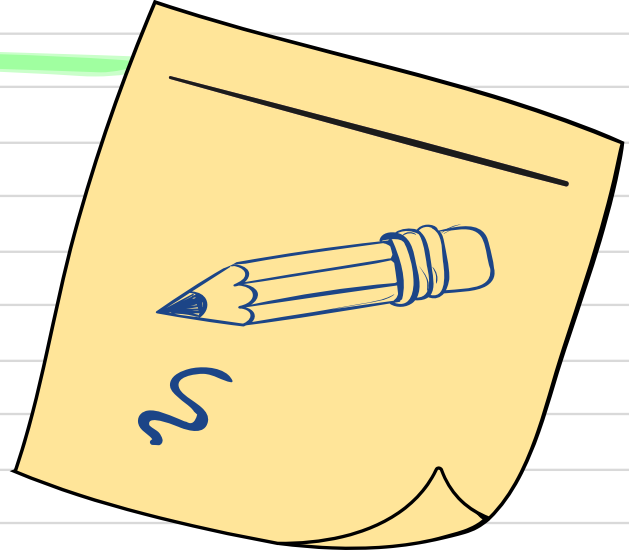
$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

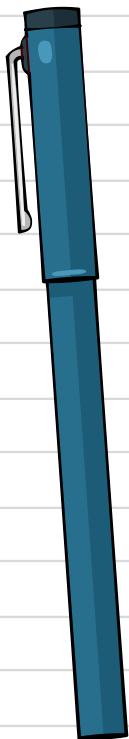
WHAT I COULD IMPROVE

In the end, I feel like I could have been more attentive in some classes and have offered more help to students consistently. I also wish I had taken up the offer to teach a lesson on my own and to have stepped out of my comfort zone more.

GROWTH AS A PROFESSIONAL

I learned to work on and create a resume, as well as keep track of my hours and meet deadlines. This will allow me to be better prepared for my job applications in the future.





WHAT MADE IT REAL

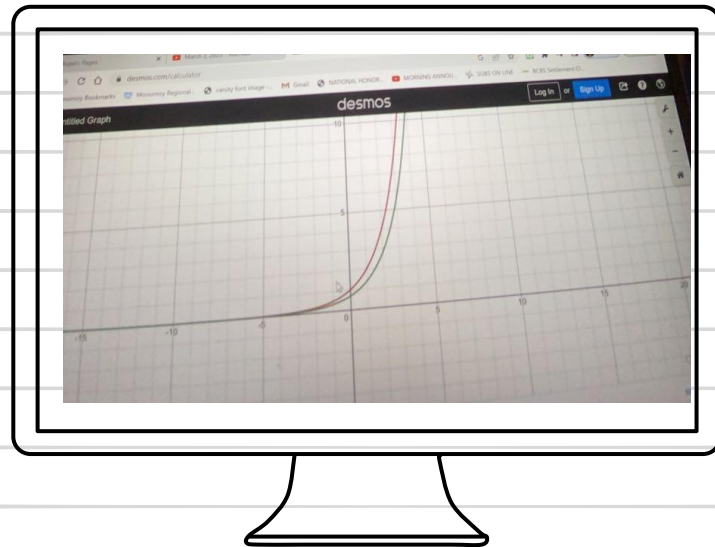
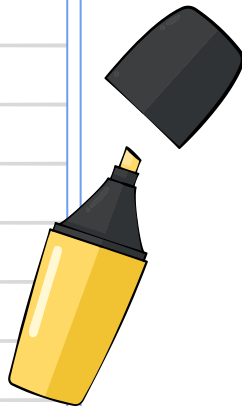
My internship felt most real once I got in front of the board and started talking to the class. It felt different from any presentation I had done before because this time, I was the teacher, and the people in front of me were not my classmates.

It also felt real when I would mess up. No one is perfect and even teachers make mistakes! When getting a problem incorrect while working with a student was just a reminder that like them, I am a student too. I was trying my best to help them which is exactly what teachers set out to do every day.



HIGHLIGHT

The highlight of my internship was being able to display different graphs and their derivatives on the board. It was exciting to assist, ask questions, and give hints as I watched and listened to the students figure out why and what was happening on the board and in their lesson.



A HUGE THANK YOU TO MRS. HEMEON!!

I can't thank my mentor enough for helping me to grow as a professional, but more importantly for being a friend.

She never fails to remind everyone just how capable and worthy they are. I will not only miss being her assistant and student, but I will miss her as role model to look up to and a friend as well!



2023 Capstone Project

...

Jocelyn White

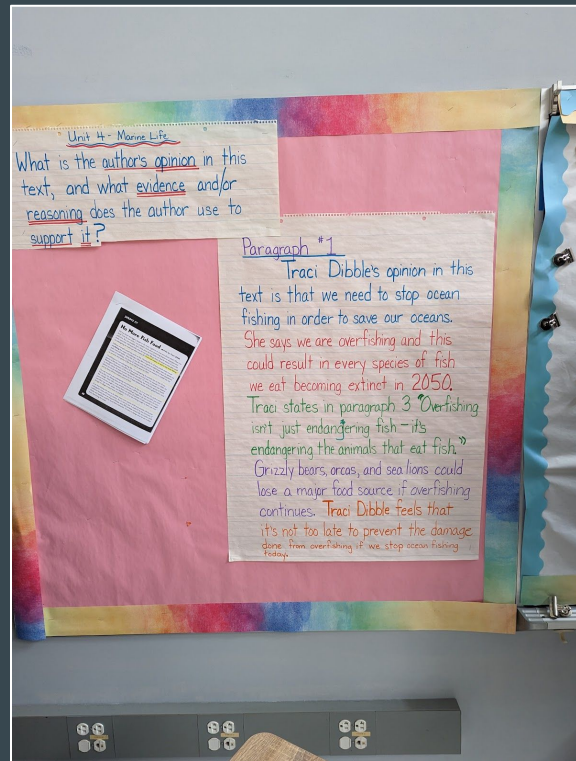
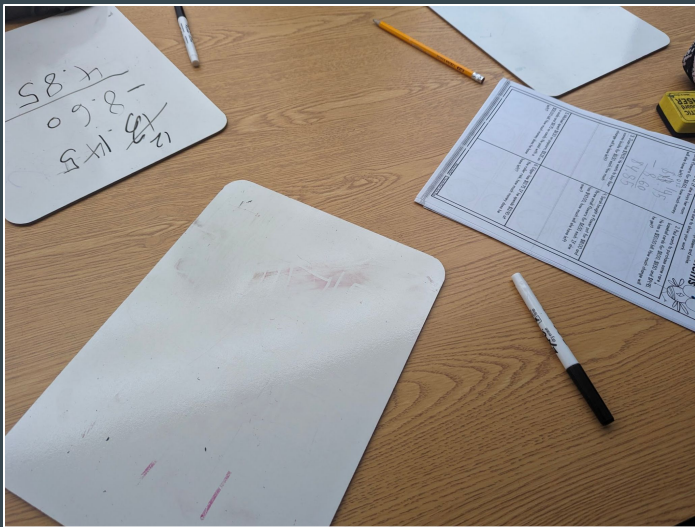
Location

- Chatham Elementary School
- Two third grade classes
 - Ms. Howell's class
 - Ms. Turco's class



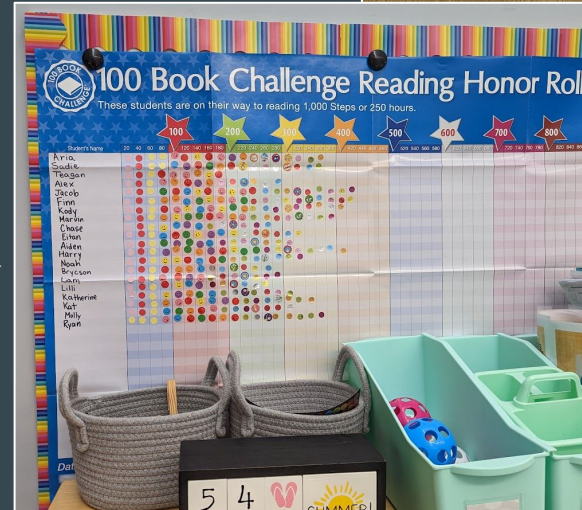
Experiences

- I worked with students one-on-one or with breakout groups
- Watched and took part in lessons
- Observed elective classes like gym, science, music, art, and media



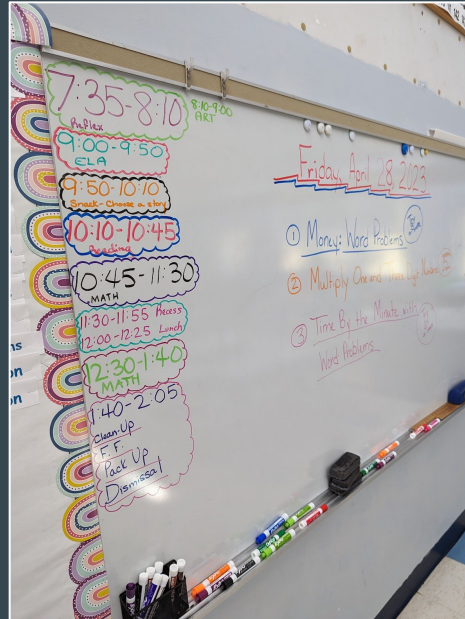
What I Learned

Going into this, I wanted to use this as a chance to make sure I wanted to be an elementary teacher. After going through two epidemics of strep throat and stomach flu and watching how stubborn elementary schoolers can be, I am happy to say I am majoring in elementary education in college. I got the chance to know each kid and see how kind and caring they could be (even if they didn't always show it).



Reflections/Performance

- Over the course of the 3 months, I have become more confident and better at explaining things in small groups and keeping students focused.
- I have also gotten the chance to learn about each of them individually and seen all their unique personalities.
- I saw that every day looked very different from the previous one.



Thank You Mentors

Huuuge thank you to both Ms. Turco and Ms. Howell! I learned so much and had so many great experiences in both of your classes. Thank you for everything!

Ceramic Internship



Tristyn Williams

Mr. Nickerson's Room



What did I do?

- Made clay for the Intro and Advanced classes
- Helped students with their art work and helped them come up with ideas
- Helped unload and load the kiln
- Clean up around the class to make it a safe environment
- Lots of organizing



What I Learned

- I learned responsibility with helping the underclassmen and doing my little chores in the classroom.
- I learned how how to make clay and get it to the perfect consistency to put it through the pugmill.
- I learned how to load the kiln and turn it on.
- I learned how to clean up Mr. Nickerson's room.



Reflections

- I am very happy I was able to do this internship with Mr. Nickerson to learn more about ceramics.
- I have gained insight on the art and how Mr. Nickerson's class operates.
- My internship is exactly what I thought it would be, and I'm glad I got to experience this.



Performance

- Overall, I was fairly attentive and engaged the whole time.
- I asked many questions.
- There would be times where I would start making stuff in the class in order to understand what the intro and advanced classes were doing.



A decorative graphic on the left side of the slide consisting of two overlapping parallelograms. The front parallelogram is blue, and the one behind it is a light green. Both are tilted at an angle.

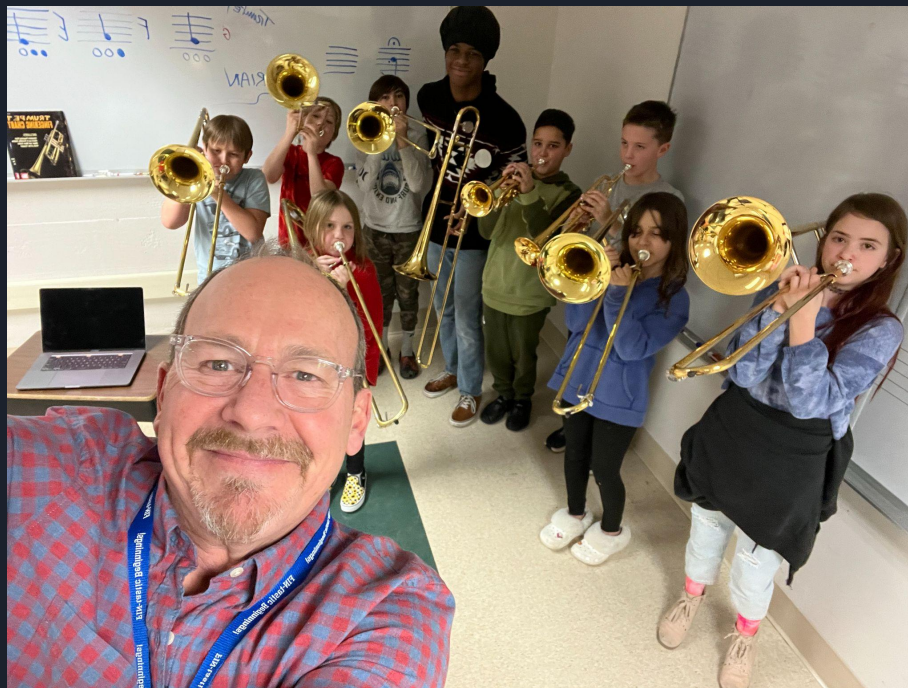
Internship Capstone

Edrian Wright



The Job

This internship for teaching instrumental lessons was a position that required me to leave the school, making the matter a real world experience than a school one. Parts of my job had to be completed outside of school and I would work in school for an average of 5-6 hours per week. I had to communicate with the band teachers across the school district to schedule lesson times, which added a professional layer to my internship. I think being around children who were significantly younger than me switched my perspective on how I should teach. I had to reevaluate my own behavior, which definitely has made an impact in my life.




*4th grade trombone and trumpet band section from HES with teacher Mr. Pells!



Performance

Another unique thing about my internship is that I had 2 other interns that I have worked with for the last few months. Britanya and Katelyn have been wonderful colleagues and they work insanely hard to help the arts department stay organized. In terms of my performance, I would say that I really dug deeper into improving the skill set of the instrumental players. With the people I frequently do instrumental lessons with, I see more attentiveness and engagement within the classroom. I also had the goal of going to the secondary and primary schools frequently, but that was something I could not achieve due to lack of time management. I regret not being there on a regular basis because the information I have given to the younger students most likely did not retain after a few lessons. In the future, creating a set schedule for time sensitive things would benefit me and I have seen the consequences of not doing that during this time.



*Some of my favorite and most frequent students are the 8th grade trumpet section from the high school; their energy, engagement, and teamwork is infectious!





What I Will Take With Me

Lastly, it has been a great experience to start my internship this semester so I have the utmost gratitude to my mentor and teacher Ms. Richard. This opportunity is not a common one high school students come across but I have gained valuable skills during this time.

Some things I have learned:

- The importance of revision and repetition
- Adjusting my teaching style to greater benefit students
- *Patience is always key*
- Seeing the students happy with their own progress will be the greatest reward for me

*At MRMS with my first band teacher, Mr. Napier, and colleague Katelyn Groves.





THANK YOU!!