

Monomoy Education Internships

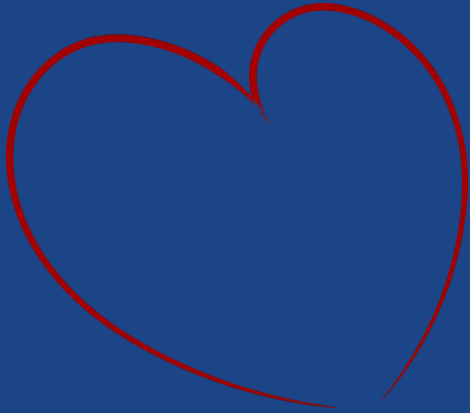
REFLECTIONS

May 2026

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.
Names with stars are committed college education majors.

Table of Education Interns' Reflection Presentations, 2026

Slide 8	Bennett, Paige	MRHS, Michelle Goode, SAIL Program
Slide 15	Bowers, Mackenzie	MRHS, Rose Richard, Music
Slide 22	Kate Burrill ★	MRHS, Shana Grogan, SHORE Program
Slide 31	Rubi Cabrera	MRHS, Claudia Berbeo, World Language
Slide 38	Carchedi, McKenna ★	HES, Katie Keith, Grade 3
Slide 49	Cook, Hayden	NRHS, Melinda Jones, World Language
Slide 59	Cote, Graycen ★	CES, Elise Johnson-Dreyer, Kindergarten / MRHS, SAIL
Slide 75	Crownshaw, Abbey	MRHS, Jessica Friedman, Science
Slide 84	Eldredge, Olivia	MRHS, Taylor Sliney, Athletic Trainer
Slide 96	Eldredge, Savannah	MRHS, James Otto, Physics
Slide 103	Elhilow, Ryan	MRHS, Adam Legg, Physical Education


Table of Education Interns' Reflection Presentations, 2026

Slide 112	Fleischmann, Tyler	MRHS, Denise Creedon, Mathematics
Slide 122	Ford, Alexa	HES, Katie Cloney, Grade 1
Slide 132	Grodzicki, Tessa	CES, Jenna Grodzicki, Library
Slide 142	Groves, Sarah ★	MRHS, Jeremiah Nickerson, Art
Slide 152	Hesse, Riley	MRHS, Mike Newby, Art
Slide 160	Hill, Hoku	MRHS, Michelle Goode, SAIL Program
Slide 168	Kelley, Samuel	HES, Marcus De La Vega, Physical Education
Slide 175	Lajoie, Myles	HES, Fran Jorgensen, Art
Slide 183	LeBlanc, Livia ★	HES, Rebecca Riley, Music
Slide 195	MacRoberts, Payton ★	MRHS, Rose Richard, Music
Slide 201	Mainini, Carly	MRHS, Beth Howe and Emily Welling, Mathematics

Table of Education Interns' Reflection Presentations, 2026

Slide 217	Mawn, Kiley	MRHS, Michaela Oliver, Special Education
Slide 224	Moore, Sheandra	MRHS, Nicole Carvalho, Wellness
Slide 231	Morgan, Grace	MRHS, Carolyn Barr, ELA
Slide 238	Morris, Grace	MRHS, Karen Guillemette, Athletic Director
Slide 248	Needham, Sean	MRHS, Michaela Oliver, Special Education
Slide 252	Pierre, Stacy	MRHS, Kelly Walsh, World Language
Slide 258	Power, Sydney ★	CES, Laub, Grade 2 / MRHS, SAIL
Slide 271	Powers, Margaret	CES, Joseph Zabielski, Grade 4
Slide 278	Pryce, Toneek	MRHS, Michaela Oliver, Special Education
Slide 283	Routhier, Luke	MRHS, Steve Cass, Video Production
Slide 289	Seymour, Kurtc	MRHS, Mrs. Goode, SAIL

Table of Education Interns' Reflection Presentations, 2026

Slide 297	Skinner, Charlotte	MRHS, Rose Richard, Music
Slide 306	Stevenson, Jillian	MRMS, Christopher Thost Brown, Band
Slide 311	Tadema-Wielandt, Oliver	MRHS, Jeremiah Nickerson, Art
Slide 321	Willis, Morgan 	CES, Emily Tuccio, Grade 2

CAPSTONE PROJECT

PAIGE BENNETT

WHAT I DID

I interned in the SAIL program this year and learned so much. I was able to work with them doing academics in class, as well as doing physical education with them in a large class setting. I was able to work with them one on one as well as in a group setting, learning how to adapt to different situations.



OVERVIEW

The SAIL program at Monomoy is the younger age group of special education. The students participate in daily activities and academics as well as attending electives like gym class. I was lucky enough to be able to work in their classroom for the past two years, learning how to teach in a special education classroom setting.



WHAT I LEARNED



I had so many growing experiences in this internship. One was learning how to help the students who have different needs, as well as how to accommodate them to succeed. I loved watching them grow so much over the course of the year.

REFLECTION

I enjoyed working in the SAIL program and will forever remember the things I learned throughout the year and the relationships I developed. I made amazing memories. My internship felt “real” because I was able to direct the students and give them guidance during different activities, while genuinely enjoying doing my job.

HIGHLIGHTS

My favorite part of attending this internship is being able to build relationships with the students in the program and getting to know them personally. I am forever grateful for the opportunity I had in this internship and will carry on the memories and relationships made forever.



THANK YOU


Thank you Mrs. Goode for giving me this opportunity and opening up your class to me! As well as all the other teachers in the SAIL program. I enjoyed being a part of your class so much this year!




2026 Intern Capstone Project

MRHS Music Department


Mackenzie Bowers



I have been a part of the MRHS Music Department as a member of the concert and jazz band for the last five years. My time as a member of this department has been nothing short of rewarding, but I did not realize how much it took to really accomplish all this department does throughout the year.



Mrs. Richard is the only teacher in our department, and she is responsible for concert band, chorus, and select choir, along with putting on and organizing all of our concerts and performances throughout the year. While I have helped in the last few years, I had the official title as an intern with her this year.



Through my time as an intern this year I have truly been able to appreciate all that happens behind the scenes to ensure everything runs smoothly, and I am grateful for the opportunity to have been a part of it.

The MRHS Music Department is responsible for many of the performances you see throughout the year:

- Winter Concert
- Alumni Concert
- Pops Concert
- Spring Concert

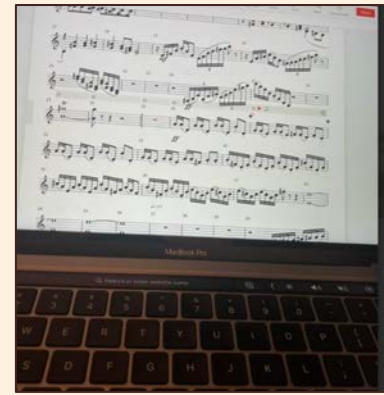
Along with participating in other concerts/showcases in collaboration with the visual arts department like:

- All Arts Night
- Senior Arts Night



There are 3 interns so our responsibilities are split up a little differently, Mine vary and include:

- Filing music
- photocopying/handing out music
- helping organize concerts/performances
- printing/folding programs
- writing music parts/transposing
- Helping younger students in sectionals



This year, we had a very large influx of 8th grade students. Our band in nearly doubled in size.

This meant that breaking down into sectionals and giving some of the younger students individual help was crucial.

This allowed us to continue to play difficult music but make sure that they were able to learn it and get the help they need.



THIS IS ME BEING MENTORED AS A 5TH GRADER JUST STARTING OUT, SO I CAN TRULY UNDERSTAND THE VALUE OF HAVING THE OPPORTUNITY TO LEARN FROM OLDER STUDENTS.

Throughout this year I learned how many people it takes to keep a program this large running. So many people make so many contributions that go seemingly unnoticed for all of our concerts, performances, and more to run as smoothly as they do.

Looking back on my previous years, that is definitely something I can reflect on, now knowing that and having been apart of it.

While this internship was not specific to the career I am pursuing in college, I learned many invaluable lessons about what it means to contribute to and be apart of a community this large. I have formed lasting relationships through my time in this program and as an intern, and I am so appreciative.

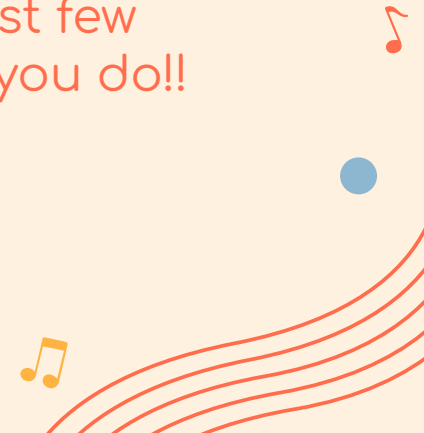


Ms. Richard,

Thank you so much for this opportunity, and being one of my biggest supporters the last 5 years.

I have learned so much through my time as a part of this program, and I will take that with me to college and long after.

I look forward to my last month in class, and our last few performances. I am so appreciative of you and all you do!!



Kate Burrill's Senior Capstone Project



About the Monomoy Regional High Schools SHORE Program

This program supports students after high school by helping them build independence and prepare for adult life. The focus is on life skills like communication and daily routines, as well as job-based learning through real work experiences. The goal is to help students transition successfully into the workforce and their communities.



My Role

My role included supporting students during daily activities, helping with job-related tasks, and assisting teachers in the classroom. I worked one-on-one with students at times, helping them stay on task and build independence.

What I Learned

I learned how important patience and clear communication are, especially when working with students with different needs. I also learned how to adapt quickly, since every student responds differently and requires a different approach.

My Performance

I showed strong effort in building positive relationships with students and creating a supportive environment. I was patient, encouraging, and worked to help students stay engaged in their tasks. Over time, I became more confident in taking initiative and assisting both students and staff when needed. This experience helped me develop a better sense of responsibility and professionalism in a real-world setting.



Growth as a Professional

At the beginning of my internship, I was still developing my confidence in a professional setting. Over time, I became much more comfortable taking initiative and supporting both students and staff. I strengthened my communication skills and learned how to handle responsibilities in a more professional and independent way. By the end of the experience, I felt confident in my ability to contribute and be a reliable part of the classroom environment.



What Made It “Real”

This placement felt real because I was not just observing, I was actively helping students and being relied on by teachers. My role had responsibility, and I could see the impact of what I was doing.



Highlights

One of the most meaningful parts of my internship was watching students grow in their confidence and independence over time. Seeing students succeed in tasks they once struggled with showed me how important encouragement and support can be.

A major highlight was watching Kylee and Adam graduate. Being able to see students reach such an important milestone after all of their hard work was incredibly rewarding and made the experience very meaningful to me.

I also enjoyed having opportunities to help lead lessons and become more involved in the classroom. At the beginning of the internship, I was more reserved, but over time I became much more confident working with students and taking initiative.

What stood out most to me was how every achievement mattered, no matter how big or small. Celebrating those everyday wins with the students made the internship feel personal, impactful, and real.

Reflection

My internship in the post-graduate special education program was one of the most meaningful experiences I have had. Going into the internship, I expected to mainly observe and assist, but I quickly became more involved in supporting students and helping in the classroom environment. Over time, I became more confident communicating with students, leading activities, and taking initiative.

One of the biggest things I learned was the importance of patience, encouragement, and celebrating progress. Watching students build confidence and reach goals, whether it was completing a task independently or graduating from the program, showed me how impactful support and positivity can be.

This experience also helped me grow personally and professionally. I developed strong communication skills, became more comfortable in a leadership role, and gained a deeper appreciation for special education and the work educators do every day. Most importantly, this internship showed me how meaningful it is to make a positive difference in someone else's life.

Thank you Ms. Santoni and Ms. Grogan!





Capstone Project

Rubi Cabrera



Internship Journey

My internship journey as a Spanish Classroom Assistant:

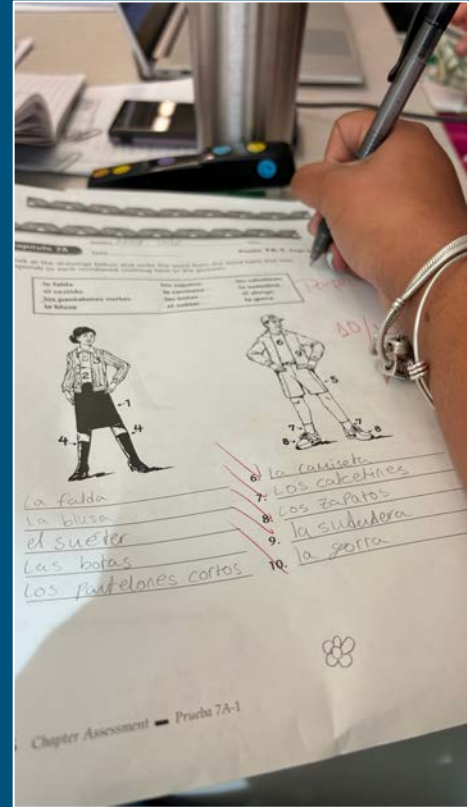
- Rubi Cabrera
- 2025-2026
- Spanish classroom (A258)
- Profesora Berbeo

During my internship, I worked in a Spanish classroom where I helped students learn vocabulary, grammar, pronunciation, and communication skills. This experience helped me grow personally and professionally.



What I Learned

For my internship I stayed within the high school and helped out Mrs. Berbeo in her A and B block Spanish classes. Throughout my time helping her, I have learned the dedication needed to be a teacher and the amazing patience needed to run a classroom. I also learned how to grade student work and how the overall grade is based. I also learned how relationships between teachers and students can grow and develop over time and assisted students during lessons and activities. The most important lesson I learned was how to improve my leadership skills and how to plan a lesson for a class.



Performance

I believe I performed well because I stayed responsible, respectful, and willing to help. I became more comfortable interacting with students and assisting during lessons.

My responsibilities:

- Assisted students with Spanish assignments
- Helped with pronunciation and vocabulary practice
- Organized classroom materials and activities
- Observed teaching strategies and students behavior
- Participated in classroom discussions and group work



Highlights and Reflections



- Watching students improve their Spanish skills
- Helping students understand difficult concepts
- Building relationships with students and staff
- Seeing how education impacts students daily
- Realizing teaching requires dedication and creativity

The main highlight of my time with Mrs. Berbeo definitely was seeing students become more confident speaking Spanish after practicing, and how every student is unique. but are able to come together to help each other. It felt rewarding knowing I helped support their learning.

Growth and Impact

How this experience changed me:


- Grew more confident and professional
- Learned valuable teamwork and communication skills
- Gained better understanding of education careers
- Developed patience, responsibility, and leadership

This internship gave me real world experience and helped me grow as both a student and future professional.

Thank you!!!

I am grateful for this opportunity because it taught me important life and career skills that I will continue using in the future. A very big Thank You to Mrs. Berbeo for having me and trusting me to assist her in teaching.

Another thank you to Ms. Armstrong for never doubting me and pushing me to do my absolute best every single day!

The background features a repeating pattern of various school-related icons and symbols. These include rulers, pencils, triangles, and the letters 'ABC' and the number '123'. The icons are rendered in a light, sketchy style with various colors like green, yellow, red, and blue. The entire background is enclosed within a thin red rectangular border.

Harwich Elementary School

McKenna Carchedi

Overview

My internship at the Harwich Elementary School was located in a third grade classroom. I was placed with Mrs.Keith who I previously have in fourth grade when I went to the elementary school.

Throughout the internship, I had the opportunity to work closely with classroom teachers and students, gaining firsthand insight into the daily responsibilities and expectations of educators. This experience allowed me to actively participate in the classroom environment rather than solely observe, making it both engaging and impactful.

What I Did

During my internship at Harwich Elementary School, I supported both students and teachers in a variety of ways. I worked one-on-one with students who needed extra help, assisting them with their classwork, explaining instructions, and encouraging them to stay focused and confident.

I also helped the teacher with daily tasks like making copies, organizing materials, and preparing work for our class and other third-grade classes. This showed me how much planning goes into each school day.

In addition, I decorated bulletin boards around the classroom and school, creating displays that showcased student work and made the environment more welcoming.

Overall, this experience helped me build strong communication skills and better understand how to support students and teachers in the classroom.

What I Learned

During my internship at Harwich Elementary School, I learned many valuable skills about working in a classroom and supporting students. I improved my communication skills by explaining directions in different ways so students could better understand their work. In addition, I learned how to support different types of learners. Not all students learn the same way, so I had to be flexible and adjust how I helped each student based on their needs. This helped me become more aware of different learning styles and the importance of individualized support. This experience taught me responsibility, patience, and the importance of supporting both students and teachers in order to help the classroom run smoothly.

Reflections

My internship at Harwich Elementary School was a meaningful and rewarding experience. It gave me the chance to be in a real classroom and understand what teaching is like each day. At first, I was a little nervous, but I became more confident over time. One of the best parts was working one-on-one with students. I enjoyed helping them understand their work and seeing their progress. It felt good to know I was making a difference. This experience helped me learn more about myself. I realized I enjoy working with kids and being in a classroom. I also improved my communication and responsibility. Overall, this internship helped me grow and gave me skills and experience that will help me in the future.

Analyze Performance

During my internship at Harwich Elementary School, I demonstrated strong effort and a willingness to learn. I was reliable in completing tasks such as making copies, organizing materials, and helping prepare assignments for multiple classes. I showed responsibility by staying on task and making sure I followed directions carefully. One of my strengths was working one-on-one with students. I was patient, supportive, and able to explain directions in a way that helped students better understand their work. I built positive relationships with students, which made it easier to help them stay focused and confident.

Growth as a “Professional”

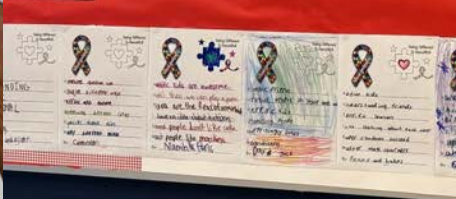
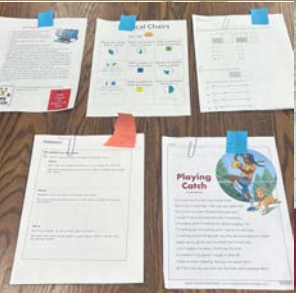
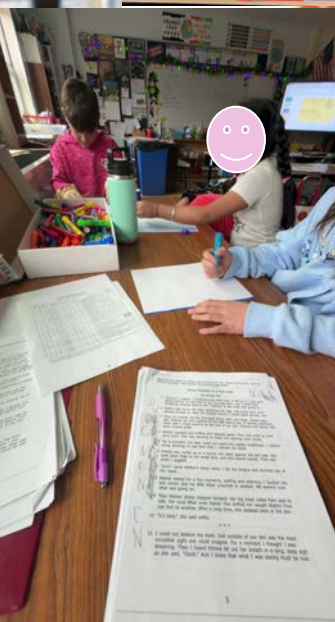
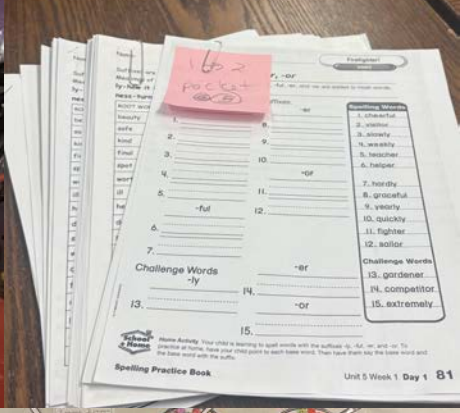
I grew professionally by learning how to adapt to different situations and handle unexpected challenges. For example, I learned how to adjust my approach depending on each student’s needs, which helped me become more flexible and solution-oriented. I developed stronger organizational and planning skills. Managing multiple tasks, preparing materials ahead of time, and keeping track of students’ needs taught me how to prioritize work and stay efficient. I learned to evaluate what strategies worked best, recognize areas for improvement, and adjust my approach to be more effective in supporting both students and teachers.

What Made My Internship Real?

What made my internship at Harwich Elementary School feel real was the chance to take on meaningful responsibilities that actually mattered to students and teachers. I wasn't just observing, I was actively helping students one-on-one, supporting classroom lessons, and preparing materials for multiple third-grade classes. Seeing how my efforts made the day run more smoothly showed me the real impact of my work. Contributing to the classroom environment, like decorating bulletin boards and creating displays, made me feel like I was truly part of the school community. The combination of responsibility, hands-on work, and collaboration with teachers gave me a real sense of what being an educator is like.

Impacts

My internship at Harwich Elementary School had several meaningful impacts on the students, the teachers, and myself. For students, I made a difference by helping those who needed extra support, boosting their confidence, and encouraging a positive attitude toward learning. For teachers, my support with organizing materials, making copies, and preparing lessons allowed them to focus more on instruction and student engagement. On a personal level, the internship had a lasting impact by teaching me responsibility, time management, and the ability to adapt to different situations I've never been exposed to.





Thank You
Mrs. Keith



Internship Capstone Project

Hayden Cook



Place of Internship

- Monomoy Regional High School
- Located in Harwich
- Grades 8-12
- Interned in new Chinese and Asian Culture classes with Ms. Jones

What I Learned

During my experience as an intern for Chinese Culture classes, I learned how to effectively communicate with students and teachers. I learned how a classroom environment operates from the teacher's perspective, and how I can assist in making the classroom a better learning environment.

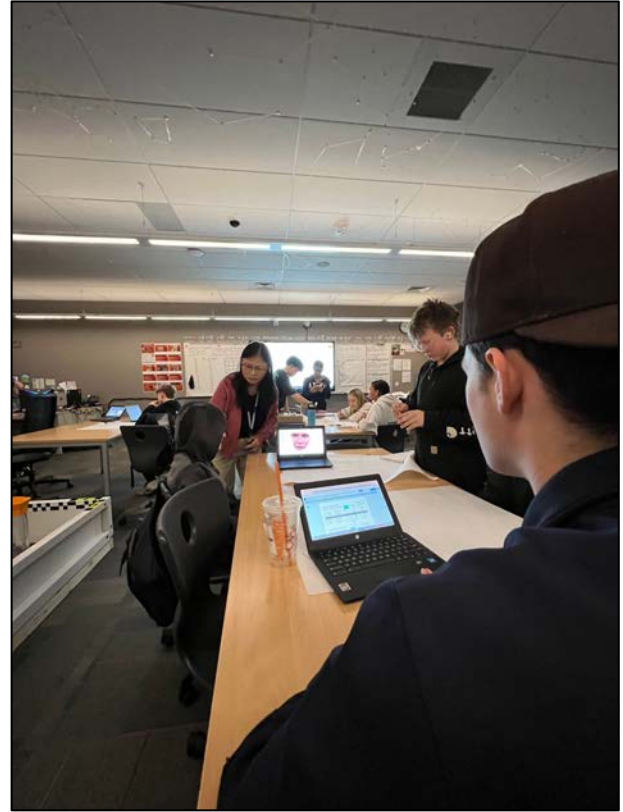


Reflections

I enjoyed helping out in the classroom and participating in all the activities. This was a fun and fulfilling internship and I learned so much.

My Performance

I helped students feel comfortable in class, assisted on assignments, and occasionally led class. I helped make the classroom a fun and effective learning environment.



Growth as a Professional

Being an intern in the classroom gave me the opportunity to improve upon my communication skills and understand what makes each student learn to the best of their ability. These skills will help me in the future when I hopefully become a flight instructor.

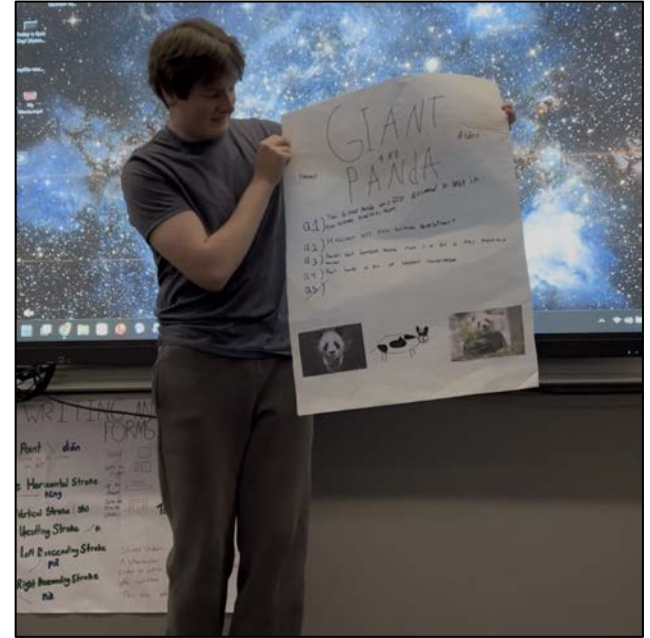
Highlights

My favorite highlight from interning was our trip to Chinatown in Boston.



What Made My Placement “Real”

My placement became real when I led my first class when Li Laoshi was absent. The students were required to present their projects to the class, while I recorded them and assisted them in presenting. I also had to be sure everyone else was behaving.



Impact on My Life

This internship greatly impacted my life. I am glad I was able to help the 8th graders feel welcomed and know that they had an upperclassman that they can talk to and trust. It put a smile on my face everytime I walked through the door.

THANK YOU, Ms. Jones

Thank you, Li Laoshi, for giving me this opportunity to be an intern in your class. You always find a way to brighten my day. It has been an amazing five years knowing you. I am glad I was able to spend my senior year with you.





INTERNSHIP IN THE SAIL CLASSROOM

Graycen Cote

Overview

THIS YEAR, I HAD THE AMAZING OPPORTUNITY
TO BE AN INTERN IN MRS. GOODE'S SAIL CLASS
AT MONOMOY REHIGH SCHOOL!





INTRODUCTION

DURING MY TIME IN THE CLASSROOM THIS YEAR, I LEARNED HOW TO HELP STUDENTS IN VARIOUS WAYS, LIKE HELPING THEM WITH THEIR WORK, TAKING THEM ON WALKS, AND HELPING THEM WITH SOCIAL SKILLS. THIS EXPERIENCE SHOWED ME HOW IMPORTANT PATIENCE, ENCOURAGEMENT, AND SIMPLE INTERACTIONS ARE IN SUPPORTING CHILDREN WITH SPECIAL NEEDS.

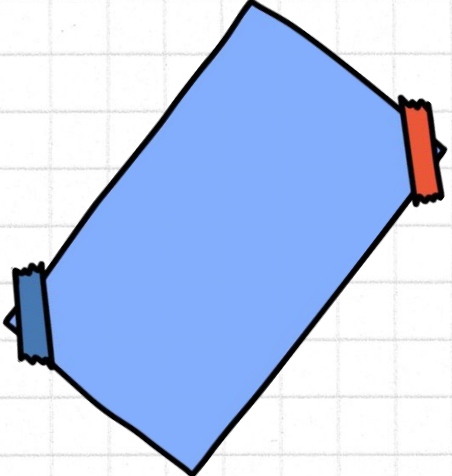
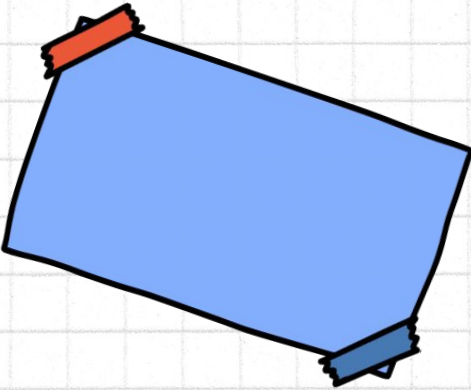
IMPORTANT FACTS ABOUT THE SAIL CLASSROOM

The SAIL (Structured Academics and Independent Living) program at Monomoy Regional High School (MRHS) is a specialized educational program for students with cognitive disabilities. It focuses on functional academics, daily living skills, and vocational training, offering a tailored curriculum.



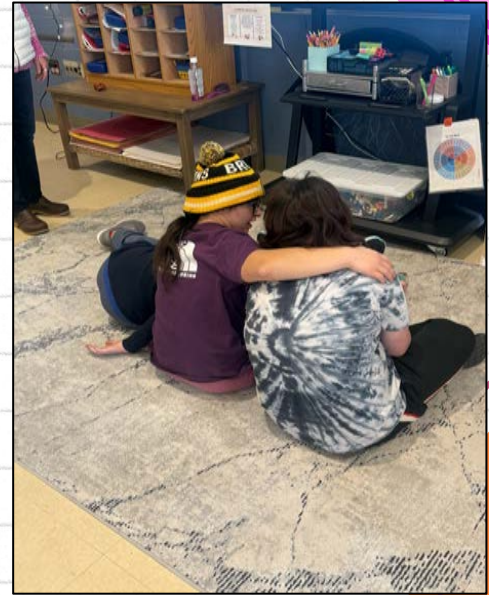
REFLECTION

Throughout my time this year, I learned so much about teaching and communicating with the students, both through my words and actions. Over this time, I have discovered a passion for teaching and realized that I want to pursue a path in life that involves educating others.



MY PERFORMANCE

Throughout my internship, I was reliable and supportive, helping students stay focused and complete their work. I built positive relationships with them, which helped them feel comfortable and engaged while working with me.



THANK YOU, MRS. GOODE!

During my time spent in the classroom, I truly feel like I have grown so much as an aspiring teacher and, most importantly, as a human. You and your students have made a huge impact on my life, and this experience has been remarkable.



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Internship at CES

Graycen Cote

Overview

This year, I had the amazing opportunity to be an intern in Ms. Johnson-Dreyer's Kindergarten class at Chatham Elementary School!



Important Facts about CES



Chatham Elementary School is a small, top-rated public school in Chatham, MA, serving grades PK-4 with approximately 150 students.

What I Learned

During my time in the classroom this year, I learned how to help students in various ways, like helping them with their work, playing with them at recess, and reading to them. This experience showed me how important patience, encouragement, and simple interactions are in supporting children's learning and development.



Highlight!

One day in art class, one of the students was having a hard time and was crying. Another student took my hand and went up to the upset student and wiped his tears, and said, “It’s going to be okay.” This made me realize that he felt safe enough to let me come with him to help his friend.



Throughout my time this year, I learned so much about teaching and communicating with the students, both through my words and actions. Over this time, I have discovered a passion for teaching and realized that I want to pursue a path in life that involves educating others.



Reflection

Highlight!

One day, the students were finger painting, and I made a smiley face on my hand. A student made a smiley face on his hand and came up to me and said, “Look we are matching.”



My Performance

Throughout my internship, I was reliable and supportive, helping students stay focused and complete their work. I built positive relationships with them, which helped them feel comfortable and engaged while working with them.

My Performance

Throughout my internship, I was reliable and supportive, helping students stay focused and complete their work. I built positive relationships with them, which helped them feel comfortable and engaged while working with them.



Thank you!

During my time spent in the classroom, I truly feel like I have grown so much as an aspiring teacher and, most importantly, as a human.

You and your students have made a huge impact on my life, and this experience has been remarkable.

Thank you, Ms. Johnson-Dreyer and Ms. Speakman!

Internship Capstone Project - 2026

Abbey Crownshaw



What I Learned

The main thing I learned from working in these internships was patience, especially with the 8th graders. They are in their first year of high school so most of them are getting used to the sports/school balance. Some of them are also getting used to the sports/school/work balance while also keeping up with friendships as well.

From Anatomy, I also learned that you can never know too much about the human body. Helping the students understand all the muscles and how to find blood types was such a fun time because they were all so immersed and interested in what was going on in class from day to day.

Reflections

Whether it was in Anatomy or being with the 8th graders it really made me realise how well I truly am able to work with other people as a team or even if they just need an unbiased pair of ears to listen to troubles that they have been having. I was so happy, that even if it was someone who was my age or older by a few months, they were willing to have my help and treated me with as much respect as they would a teacher. I highly recommend these internships; I would do it again in a heartbeat. I also would highly recommend being with Mrs. Friedman in general; she is amazing and will help you with everything, whether it is school work, drama, or if you want your hair braided.

My Performance

Since I was in an 8th grade science class, I was familiar with most of what was going on and remembered most of the projects that were being assigned, so I was able to help out the students. I also had taken Anatomy during the first semester and was able to help Mrs. Friedman set everything up, whether it was just passing out papers or setting up for a lab. Being able to get materials and help out was so nice because it took stress off of Mrs. Friedman. There would be some days where I would be stapling packets together for her 8th graders, and she would be able to get her grading done.

Growth as a Professional

I feel that this helped me personally mature around the 8th graders a little bit because it helped me realise that at times I may have to explain some things in a different way for some of them to understand what was going on if they were confused. I also realised that they were all at least three years younger than me, so I could not joke with them in the same way that I joke with my friends. It helped me acknowledge that if I were to become a coach for younger children that I can change how I act in an instant to become more mature and make appropriate jokes, while helping them stay engaged with their work without getting too sidetracked.

Highlights

Even when some of the students were either a little bit younger than me or even my age, they were willing to let me help and willing to let me explain what was going on when they did not understand something or misheard something. They also felt comfortable enough to come up to me if they had any questions or needed help with something. They did not feel weird about coming up to me because they knew that I would help with anything that they needed.

What Made My Placement “Real”

What made it feel real was mainly the fact that I got respect from everyone, and I did not just feel like another student in the class. Students would come up and ask me questions, and would listen when I was explaining something and would actually take the corrections I was giving them. Mrs. Friedman would also include me in all of the conversations and just keep reiterating that I was also there to help, if they needed anything and she was not available.

Impact on My Life

Working with the students was such a fun experience. I could apply what I learned if I were to become a cheer coach because I know that I have the patience to help teach skills and work through anything that is an obstacle.

I also know that I can help find someone's blood type if they need it, and we have the materials for it.

Being in both of these classes as an intern taught me more than ever since I had to explain something a few times it would help me understand it better, too.

THANK YOU!

Mrs. Friedman-

Thank you so much for everything this year, from being my teacher in Anatomy to being my internship mentor. Your students are very well-behaved, so you have taught them well. I am going to miss being in your class and miss being your intern, but I promise to come back to visit you!

Once again thank you for everything this year and making my senior year so memorable! And thank you for braiding my hair :)

I am going to miss you!

Abbey

ATHLETIC TRAINING
INTERNSHIP

Capstone Project

Olivia Eldredge

AGENDA

Project Contents

01. Why Athletic Training?	1
02. What Did I Learn?	2
03. What Made It Real?	3
04. Experiences	4-6
05. Highlights	7
06. Performance and Reflections	8-9

WHY ATHLETIC TRAINING?

What drew me to athletic training was my Mom. She has worked as a physical therapist for 25 years, and for most of that time she worked in a nursing home. Because I went to school in the same town as her workplace, I would occasionally take the bus there after school. While I was there, therapists were still working with patients, and I would often sit in the waiting room and observe. I was fascinated by how therapists used various equipment and techniques to help their patients regain strength and mobility. When it came time for me to think about what I wanted to do in the future, I knew I wanted to follow in my mother's footsteps in some way. As someone who grew up playing sports and enjoys being around athletes, athletic training felt like the perfect combination of my passions.



WHAT DID I LEARN?

- The anatomy of different parts of the body from head to toe
- Different injuries for the different parts of the body
- How to test for different injuries
- Modalities used to treat injuries
- The recovery process and rehab for injuries
- How to evaluate an athlete on the field and in the training room
- Tapes for the foot, ankle, and knee



Modalities Pictured:

top row (left to right)

- cupping set
- graston tools

bottom row (left to right)

- TENS Unit
- Theragun

WHAT MADE IT REAL?

- Doing mock evaluations for injuries
- Covering games and experiencing what an athletic trainer's schedule is like
- Learning different tapes and being able to practice them
- Observing real evaluations done by the AT on injured athletes
- Getting to use/experience different modalities



EXPERIENCES IN THE TRAINING ROOM

Tapes I Learned

Top row (left to right)

- X arch
- Loop Arch or Tear Drop
- Weave Arch
- Low-dye



Bottom row (left to right)

- Toe Strip
- Toe Spica
- Closed Basket Weave



EXPERIENCES IN THE TRAINING ROOM

Treatments I Performed

The athlete in these pictures has a Grade 1 hamstring strain and received cupping and Proprioceptive Neuromuscular Facilitation (PNF) stretching. A Grade 1 hamstring strain is the mildest of the 3 grades an athlete can acquire. Cupping was performed to increase blood flow to the area and loosen the muscle. We did 3 rounds of PNF stretching, and with each round, we noticed improvement in his flexibility.



EXPERIENCES ON THE FIELD

SPORTS I COVERED:

- basketball games, girls and boys
- boys ice hockey
- lacrosse, boys and girls
- softball
- baseball
- tennis, boys and girls

Having the opportunity to cover games taught me about what it is like to be an athletic trainer. I got to observe treatments on the sidelines, make lots of ice bags, and observe any evaluations. Covering games also gave me a realistic idea of what an AT's daily schedule is like. I believe this was very important because it gave me a glimpse of what my future as an AT could be like.



HIGHLIGHTS

- Learning the anatomy of the body from head to toe
- Being able to practice treatments on athletes
- Doing mock evaluations and applying the concepts I learned
- Getting to experience the modalities such as cupping and scraping on myself
- Learning the special tests for injuries and having the opportunity to practice them
- Learning and practicing the different kinds of tapes that can be used

PERFORMANCE

I believe I performed well and grew throughout my internship. This internship taught me the importance of communication and time management. During this time, I always made sure to communicate my schedule with my mentor, including which days we would have class and which games I would be able to cover. I also had to learn to manage my time well between schoolwork/homework, covering games, working, and managing the track team. Another very important part of this internship was staying alert and scanning the field during games. This is very important because injuries can happen at any time, even outside of the play. I believe that whenever I covered games, I made sure to stay alert and scan the entire field.

REFLECTIONS

Throughout my internship, I not only learned all about what Athletic Trainers do in terms of evaluations, treatments, etc., but also about the anatomy of different parts of the body, different injuries, and how to test for them. This internship also provided me with many hands-on learning experiences. I learned different types of tapes for the foot, ankle, and knee. Additionally, I had the opportunity to conduct mock evaluations in which I was given a scenario describing an injury, its cause, and the symptoms experienced. From there, it was my task to evaluate the athlete by going through the routine questions, determining if it would be safe to move the athlete, performing any special tests, and finally making a diagnosis along with any differential diagnoses.

THANK YOU

Thank you to Ms. Armstrong and Taylor Sliney for making this internship possible. Taylor, I am beyond grateful for everything you have taught me throughout this internship. I have truly learned so much and will value this knowledge as I begin my studies in the fall. Thank you for providing me with so much hands-on experience and allowing me to practice all of the tapes, special tests, and evaluations.

CAPSTONE PROJECT

Savannah Eldredge

WHERE I INTERN

I intern at Monomoy Regional High School in two freshman Physics classes, both with Dr. Otto. One was full year, and the other I started halfway through the school year. While I was there, I helped students with worksheets, labs, and homework, while also helping Dr. Otto keep the class in check.

HIGHLIGHTS

Some of the highlights of my internships with Dr. Otto were when the students would have labs. I loved it when they asked me for help, and I loved watching, most of them at least, enjoy learning about my favorite subject hands-on. When they were finished, I enjoyed talking to them about how their days have been and answering their questions.

MY PERFORMANCE

During my internships, a good portion of the week, the students were taking notes. During that time, if they needed help with the math or the concept of the subject, I would help them. Otherwise, my time was spent helping with paperwork from other classes, doing errands for Dr. Otto, or re-learning the topic with them. Occasionally, I would sit with a student and help them take notes.

UNIT 22- STATIC ELECTRICITY

Felix Stokes



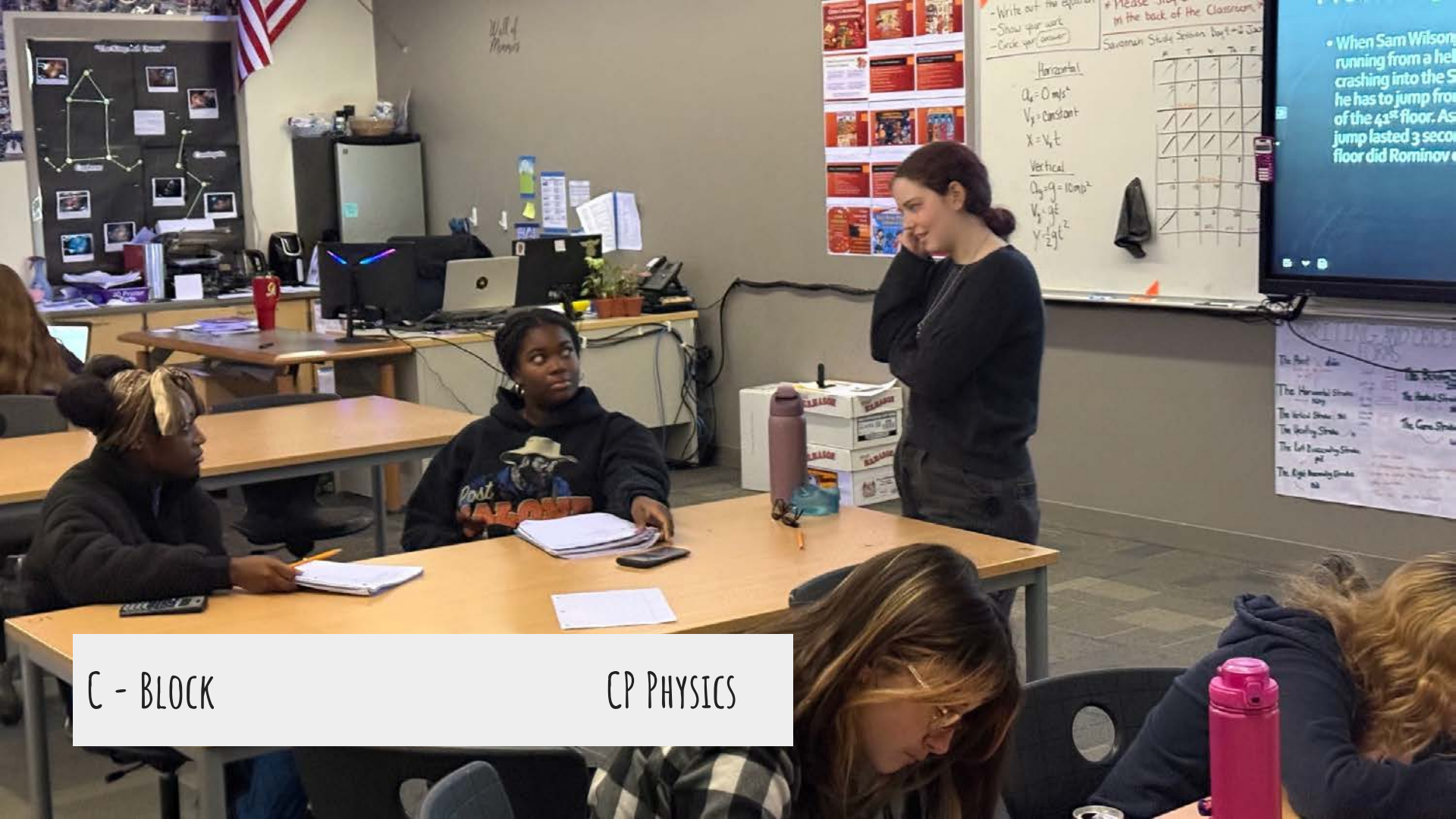
WHAT MADE IT "REAL"

Working with all the students hands on made it real. I would hold weekly tutoring sessions, assisting students with the labs and worksheets, and helping them take notes.

Not only that, but the connections I made with all the students made my experience real. I loved being someone they could look up to and go to for help.

C - BLOCK

CP PHYSICS



- Write out the equation
- Show your work
- Circle your answer

* Please stay in the back of the classroom!
Savannah Study Session Day 1-10

Horizontal

$$a_x = 0 \text{ m/s}^2$$

$$v_x = \text{constant}$$

$$x = v_x t$$

Vertical

$$a_y = -g = -10 \text{ m/s}^2$$

$$v_y = v_{iy} - gt$$

$$y = v_{iy}t - \frac{1}{2}gt^2$$

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• When Sam Wilson is running from a hell, crashing into the S he has to jump from of the 43rd floor. As jump lasted 3 seconds floor did Rominov e

The First ...
The Horizontal ...
The Vertical ...
The Hokey ...
The Left ...
The Right ...

A HUGE THANK YOU TO DR. OTTO FOR
GIVING ME THIS OPPORTUNITY TO
INTERNSHIP! IT WAS SO MUCH FUN! :)

PE Leader Internship

Ryan Elhilow

What I Learned

In this internship I learned the importance of strong leadership and making sure students have a well-rounded physical education that they can apply throughout their lives.

Reflections

As my time as a PE Leader, I learned many valuable lessons and was able to greatly improve my performance as a leader and role model for these students. I was able to get many motivated to do activities in class they otherwise would not have done.

My Performance

My overall performance was not the best in the beginning, but as the year went on, I was able to improve and show that I was ready to pursue a career in it. As the internship came to a close, I noticed my ability to take on small tasks and set up activities greatly improved.

Growth as a Professional

This experience was able to show me the struggles that come along with teaching especially in a gym class. I hope to be able to apply what I have learned to my professional career.

Highlights

There are many highlights from my time as a PE Instructor, and one of my favorite was when I got to join in on the activities the students where playing.

What Made My Placement “Real”

What made my placement real is when we were doing the archery lesson, and I was in charge of making sure people stayed the proper distance away and enforcing the lines that were taped on the ground.

Impact on My Life

This internship has taught me many valuable life lessons that I hope to carry into my future. Most notably the ability to take charge and problem solve when needed.

THANK YOU!

Thank you, Mr. Legg, for the opportunity of allowing to intern in your PE classes!



Internship Capstone Project

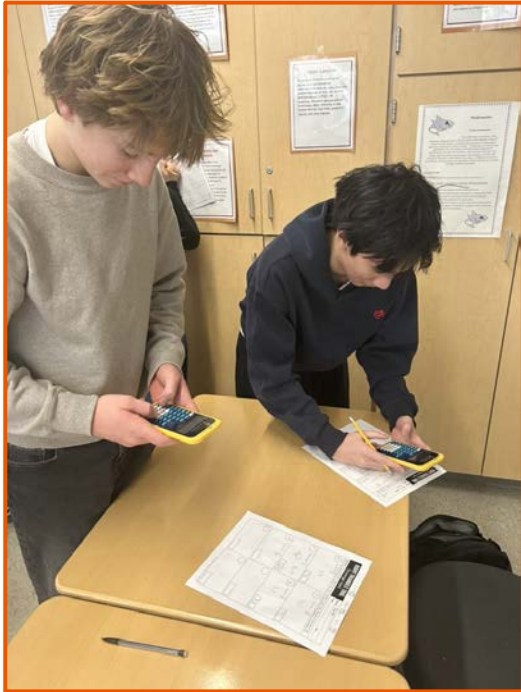
Tyler Fleischmann
Honors Geometry - 9th & 10th Grade
Mentor Teacher: Ms. Creedon

About My Internship

- Assisted in an Honors Geometry classroom
- Worked with 9th and 10th grade students
- Helped students understand classwork and homework
- Copied and distributed classroom materials



Overview of the Environment



- Teacher focused on academic excellence and student growth
- Honors classes encouraged critical thinking and collaboration
- Teacher emphasized responsibility and participation
- Technology and interactive lessons were used regularly
- Positive environment that supported learning

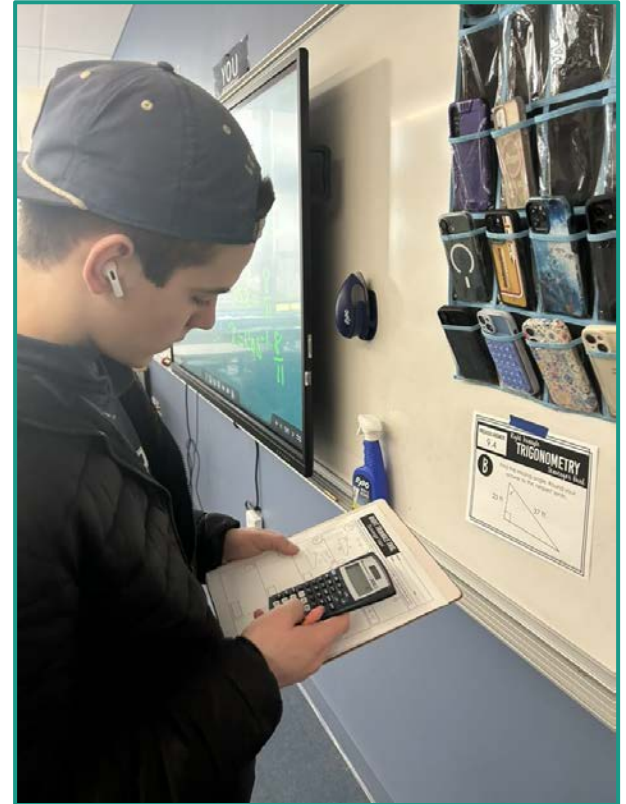


What I Learned

- Improved communication and leadership skills
- Learned how teachers manage classrooms effectively
- Practiced explaining math concepts in simple ways
- Gained patience while helping students work through problems
- Learned the importance of organization and preparation

Highlights

- Helping students prepare for quizzes and tests
- Seeing students understand concepts after extra help
- Assisting with group activities and classroom discussions
- Building stronger confidence when speaking with students
- Becoming more comfortable in a professional environment





Reflection on My Experience

This internship showed me how much effort teachers put into helping students succeed every day. I learned that teaching is not only about explaining lessons, but also about encouraging students, being patient, and creating a positive learning environment.



Analyzing My Performance

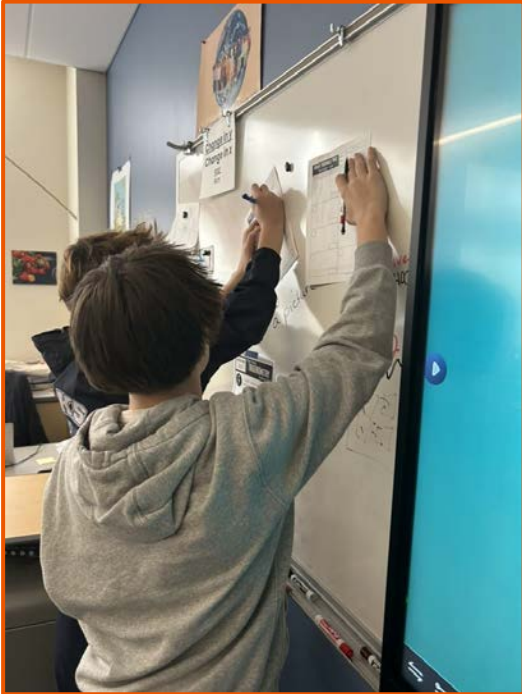
- Strengths:
 - Dependable and organized
 - Positive attitude when helping students
 - Strong communication skills
- Areas for Growth:
 - Becoming more confident leading explanations
 - Improving time management during busy periods



My Growth as a Professional

- Before this Internship:
 - Limited classroom leadership experience
 - Less confidence speaking in front of groups
- After this Internship:
 - More confident communicating with students
 - Better understanding of teamwork and professionalism
 - Improved responsibility and problem-solving skills

What Made This Experience “Real”?



- Working directly with students every day
- Seeing how classrooms operate behind the scenes
- Handling real responsibilities and deadlines
- Supporting students during challenging assignments
- Learning how important teachers are in students' success



Thank You

Thank you to Ms. Creedon and everyone involved in this internship opportunity. This experience helped me grow personally, academically, and professionally.

Capstone Project

Alexa Ford



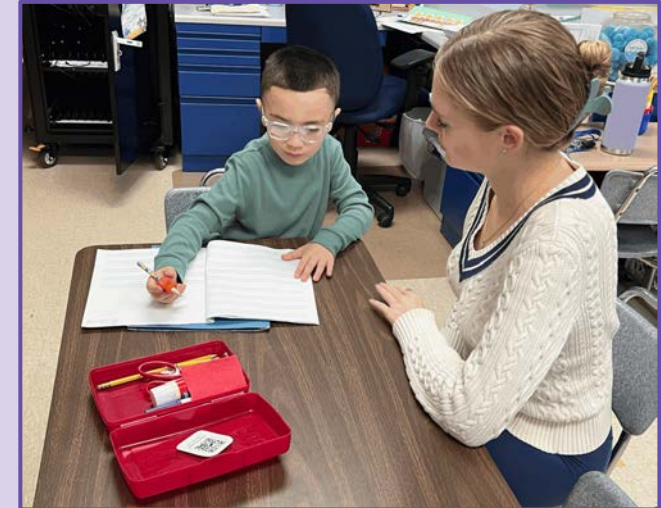
Harwich Elementary School

Harwich Elementary School contains preschool through fourth grade, and is mostly made up of Harwich residents, although it is open to school choice. I interned at Harwich Elementary School with Mrs. Cloney's first grade class. I had Mrs. Cloney when I was in first grade, and I loved having the opportunity to intern for her. This was a full-year double-block internship.



What I Learned

Throughout my internship, I gained a realistic understanding of what teaching looks like from day-to-day. It is not just delivering lessons, but keeping a whole group of children engaged at once. It opened my eyes to how much preparation and patience good teaching requires. My internship also taught me about the emotional side of what teaching entails. Working with children can be very rewarding, but can also be draining at times. Teachers build connections with students, and get to see their growth over the course of the year, but also experience moments of frustration or exhaustion.



Reflections

Choosing Mrs. Cloney's first grade class was the best decision that I could have made for my senior year internship. I am so lucky to have had the opportunity to see her students grow throughout the year and watch them succeed. They have so much potential, and they never failed to put a smile on my face. The best part of my internship was seeing the students' confidence grow over the course of the year.



Performance

I was very engaged the entire time I was at my internship, and I was always willing to help out Mrs. Cloney any chance that I could. Whether it was printing papers for her, or helping the students complete assignments that they were struggling with, I made sure to assist her to the best of my ability.



My Growth

Although I am still a student, this internship provided me with a professional perspective of working in a classroom. I learned how to be an adult, and when it was the proper time to have fun with the students versus when I needed them to focus. I also learned the basic skills that teachers need to know such as how to manage helping multiple groups at once, and even how to use the die cutter machine!



Internship Highlights

The highlight of my internship has been getting to see how much potential these students have, and how capable they are of doing great things. I love listening to them talk about their passions and what they love, and I love that they have opened up to me. It has been so amazing getting to learn from Mrs. Cloney, and I am so grateful to have had this experience!



What Made My Placement “Real”

Being able to work with the kids one-on-one or in small group settings made it real for me. I had the responsibility of making sure they understood the assignment that they had to complete or that they were struggling with. I also had to make sure that they were staying on task, and doing what they were supposed to do. In those moments, I felt like the teacher, and it really put everything into perspective for me. Teaching is not easy by any means, and it takes not only patience, but requires great communication skills. Working with young students forces you to be clear and creative.



Impact on My Life

Having this internship has led me to develop more patience and empathy, while helping me build on my leadership skills. Interning in Mrs. Cloney's classroom made me feel a sense of accomplishment everyday, knowing that I was helping young students learn.



Thank You, Mrs. Cloney!!

Thank you for letting me be a part
of your class this year!

You are an amazing mentor!!!





Capstone Project!

Tessa Grodzicki

My Internship

For my second year internship, as a member of the class of 2026, I was able to intern at Chatham Elementary School with the librarian, and my mother, Jenna Grodzicki! I was assigned organizational tasks and asked to collaborate and assist students whenever they needed help of any kind.



What I Did

During the hour long period of each grade level class, I maintained a routine throughout the year. The first half of class would be Mrs. Grodzicki teaching her lesson. During this time, I would ensure the students were paying attention and do simple organizational tasks around the library. I also did longer tasks such as labeling all the books for SEL and putting barcodes on! Following the lesson, was their time to work independently, and I would walk around helping individuals and/or chatting with the students.



What I Learned

Through this internship, I was able to truly understand what it is like to be an elementary school teacher, and it is very difficult! Because I did not have one set class I was assigned to, I had the unique opportunity to get to know each class in each grade! This meant I also was able to see the difference and improvement of each grade level, which was fascinating from the professional perspective.



Performance

Throughout the year, I could tell how my performance was improving, as I settled into the environment and also got to know the students! Through being able to connect with certain children, I was able to help them even more as the year went on and also form bonds! I was also able to complete my tasks efficiently as I learned the standards in the classroom!



What Made It Real

Being able to bond specifically with each of the children is what made the experience so fulfilling. Although I know you are not supposed to have favorites, there were definitely some children who ran up first to hug me at the door, and who I enjoyed getting to know better throughout the year. These students made my entire day every time their class was in the library. This is what made this year so real and memorable.



Highlights!

Though there were many moments that made this experience so special, my favorite moments were during the students' collaboration time. This was when they could fully express themselves and their interests to me, as I helped them build towers out of Legos, watch informational videos online about a topic that interested them, and most importantly, pick out their weekly books!



Important Lessons I Learned


The most important lesson that I learned during this year was that it is very important to not underestimate the children. Because of the way modern society is, children are exposed to much more than I expected. I also learned how important it is to understand each child is different and learns at their own pace!



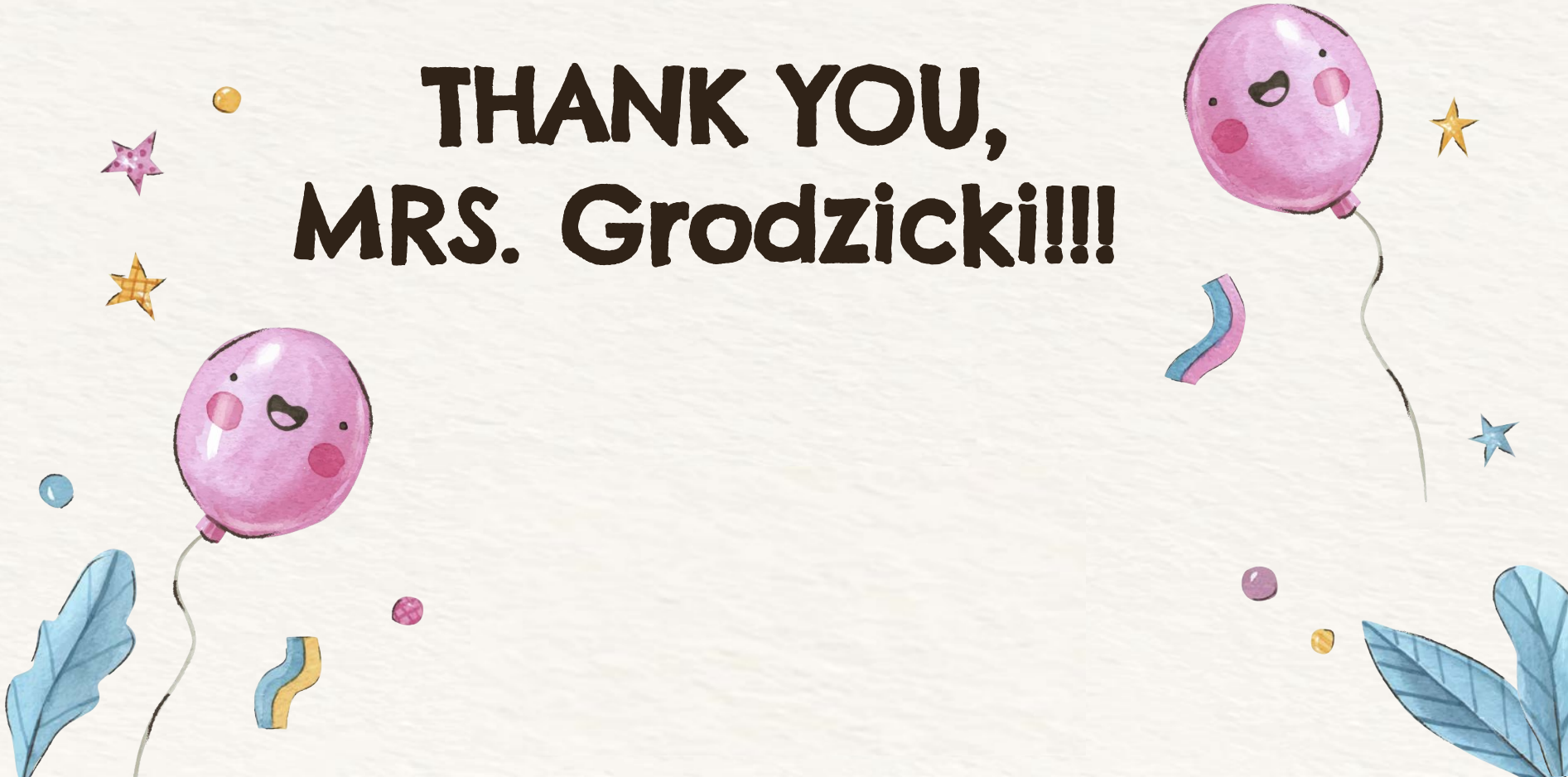
Reflections



Throughout this year at Chatham Elementary School, I was able to learn how to properly communicate with young children, such as how being stern with them is not the answer. The older the student is, the more likely that they will respond to compromise as opposed to telling. I was also able to grasp their knowledge and be able to introduce new words and concepts to them based on what they already knew. Despite this, I also learned that sometimes children will just not listen, and it is important to know I am trying my best and that asking for help from Mrs. Grodzicki and other teachers aid was okay!



**THANK YOU,
MRS. Grodzicki!!!**



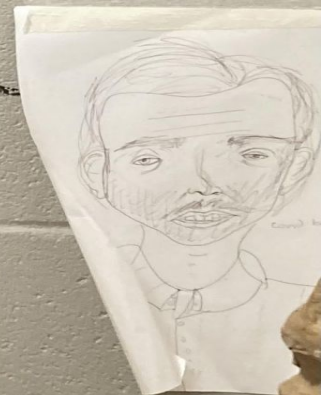
STUDIO ART INTERNSHIP

CAPSTONE PROJECT

SARAH GROVES

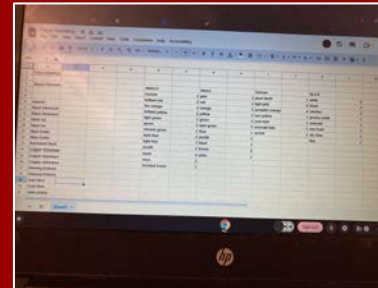
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MR. NICKERSON



WHAT I HAVE ACCOMPLISHED-

- **CLEANED THE CLASSROOM**
- **ANSWERED ANY QUESTIONS FROM STUDENTS WITH INSIGHT ON HOW TO IMPROVE THEIR WORK**
- **RECYCLED NEW CLAY**
- **ORGANIZED THE GLAZE INVENTORY AND TILES**
- **AIDED IN LOADING BOTH THE GREENWARE AND BISQUE WARE KILN**
- **FURTHER IMPROVED MY CRAFT**



WHAT I LEARNED-



STEP 1: GATHER DRIED CLAY INTO A MASSIVE BUCKET AND WITH A MALLET, AND SMASH THE LARGER CHUNKS UNTIL EVERYTHING IS A FINE POWDER/PEBBLE SIZE.

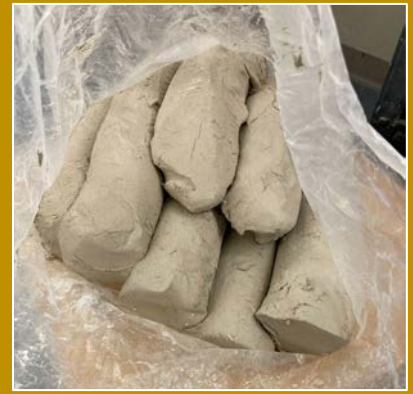


STEP 2: POUR WATER AND MIX THOROUGHLY UNTIL THE POWDER IS WHIPPED AND THICK.



STEP 3: SCOOP ALL CONTENT ONTO THE TABLE LEAVING A TWO INCH GAP AROUND THE EDGES OF THE TABLE. LET IT SET UNTIL FIRM AND FLIP SLAB PIECE BY PIECE. THEN, LET IT SET FURTHER.

WHAT I LEARNED-



STEP 4: PICK UP PIECES OF THE SLAB. ONCE FIRM TAKE OFF THE SEALS AND SPONGES THAT PROTECT THE CLAY ALREADY IN THE PUGMILL, NEXT TURN ON THE MAIN POWER, THEN USE VACUUM POWER TO BEGIN MANUALLY PUMPING CLAY BIT BY BIT.

STEP 5: ONCE THE CLAY HAS BEEN PROCESSED THOROUGHLY, CUT OFF THE CLAY TUBE TO THE DESIRED LENGTH, USUALLY SMALLER THAN THE PLASTIC BAG YOU ARE PLACING IT IN. BEGIN USING THE FRESHLY RECYCLED CLAY!

PERFORMANCE/GROWTH

THOUGH I HAVE HAD A STEADY PERFORMANCE RATE THROUGHOUT THE INTERNSHIP, MY CREATIVITY, CONFIDENCE, AND CRAFTSMANSHIP HAVE GROWN EXPONENTIALLY. I WAS ALWAYS HAPPY TO PERFORM WHATEVER TASK I WAS ASKED TO DO, WHETHER THAT WAS RECYCLING CLAY, HELPING STUDENTS, OR TO ORGANIZE/SANITISE THE CLASSROOM.

IN THE SPARE TIMES I HAD TO CONTINUE WORKING ON MY ART PIECES, I EXPERIENCED A DRASTIC IMPROVEMENT IN MY WORK WITHIN A SINGLE YEAR.



SEPTEMBER



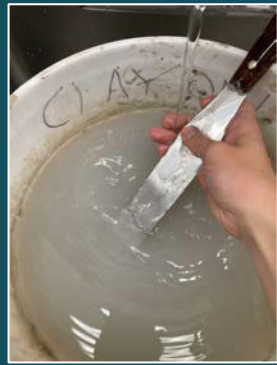
MAY

WHAT MADE IT REAL-

HAVING BOTH IN-CLASSROOM AND PREP-BLOCK CLASSES WITHIN MY INTERNSHIP PROVIDED THE TRUE REALITY OF WHAT THE DAY-TO-DAY LIFE IS AS AN ART TEACHER, THAT OF WHICH I WISH TO BECOME.

ENGAGING WITH THE STUDENTS ENABLED ME TO PREPARE VARIOUS WAYS OF EXPLAINING TECHNIQUES TO HELP THEM ACHIEVE THEIR GOAL AND ENRICHED MY UNDERSTANDING OF THE CONCEPTS BEHIND MAKING CERAMICS TO THE FULLEST.

DURING THE PREP-BLOCK PORTION OF MY INTERNSHIP, I HAD TIME TO FOCUS ON MY PORTFOLIO, AS WELL AS OTHER WORK LIKE CLEANING, ORGANIZING, SHOWCASING ARTWORK, ETC.



HIGHLIGHTS-

- ORGANIZING THE GLAZE CABINETS BY BRAND AND COLOR
- CREATING THE EXAMPLE BOARD OF WHAT EACH GLAZE LOOKS LIKE ONCE FIRED
- DECORATING THE CLASSROOM DURING THE HOLIDAYS
- STARTING THE TRADITION OF DRAWING EACH INTERN ON ONE PORTION OF THE CHRISTMAS TREE STAR
- LEARNING HOW TO RECYCLE CLAY
- BECOMING CLOSER WITH MY MENTOR

Lessons I WILL TAKE WITH me

- **KNOWING HOW TO DE-ESCALATE CONFLICT BETWEEN STUDENTS**
- **CONSTANTLY KEEP YOUR EYES ON THE STUDENTS AND THEIR WORK**
- **ALWAYS MOTIVATING YOUR STUDENTS TO EXCEED THE EXPECTATIONS THEY SET FOR THEMSELVES**
- **MAINTAINING A BALANCE OF PERSONAL CREATIVITY AS WELL AS A STANDARD/STRUCTURE STUDENTS HAVE TO FOLLOW**
- **BEFRIEND THE CUSTODIANS IN ORDER TO HAVE ACCESS TO BASIC MATERIALS WHEN IN A PINCH (TAPE, ROLLERS, CARDBOARD, ETC.)**

REFLECTIONS-

MY TIME INTERNING WITH MR. NICKERSON HAS BEEN ENGAGING, INSIGHTFUL, AND WILL PREPARE ME FOR MY FUTURE AS A SECONDARY ART TEACHER. OVER THE PAST FEW MONTHS, I HAVE LEARNED THROUGH FIRST-HAND EXPERIENCE THE PREPARATION, SKILLFULNESS, AND PATIENCE IT TAKES TO MAINTAIN A CLASSROOM IN THE ART WORLD. THIS INTERNSHIP HAS OPENED UP SO MANY DOORWAYS FOR MY FUTURE AS WELL AS FUELED MY PASSION FOR CERAMICS AND MY HOPES FOR TEACHING.



THANK YOU SO MUCH!!



ALL OF THIS COULD NOT HAVE BEEN POSSIBLE WITHOUT THE GUIDANCE OF MR. JEREMIAH THOMAS LAWRENCE NICKERSON! THESE PAST FIVE YEARS WILL CARRY ME FOR THE NEXT FIVE DECADES, IF NOT MORE!

My Internship



Capstone Project - Riley Hesse

--Where/Who/About--

I got the amazing opportunity to intern for my art teacher, Mr. Newby, at the high school. He teaches a variety of classes including mixed media, architecture, drawing and painting + more and teaches numerous grades. I have had him for multiple classes throughout high school and middle school, and he always pushes me to be better as he does in supporting all of his students. I wanted an internship related to art, and I think this was the perfect choice. I am able to watch over his shoulder while gaining new knowledge.

What I Have Learned

I have learned so many useful skills that will help me within college, especially since I am interested in pursuing a career that involves working with art.

Throughout the year I have got to see firsthand how to teach art classes and what the curriculum looks like for students, for example what work to give out and how to grade/help students improve their work.

Another really cool experience I got to help with was setting up the school art show and displaying students work for families and other students to look at. Mr. Newby and I placed the pieces which took effort and time to carefully and strategically place the artwork so it looked visually pleasing.

Pursuing Art Further

- In college I plan to major in studio art and continue to learn and create.
- This internship has allowed me to gain a new perspective by seeing how to help students express themselves. I want to continue to grow and learn to help guide others.

Pictures/Explanations/Responsibilities



- ***Cleaning up room***

I help clean up the room towards the end of the day, mostly the sink and paint brushes, and make sure everything is put away.



- ***Displaying students artwork for art show***

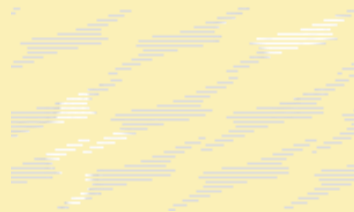
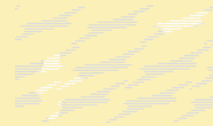
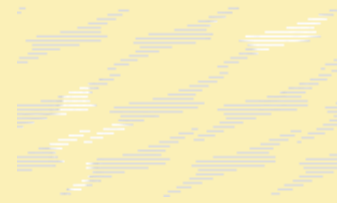


- ***Organizing room/cabinets***

Earlier in the year, I went through each cabinet to organize and move things. I also helped put papers and materials away.

What Made It **“Real”**

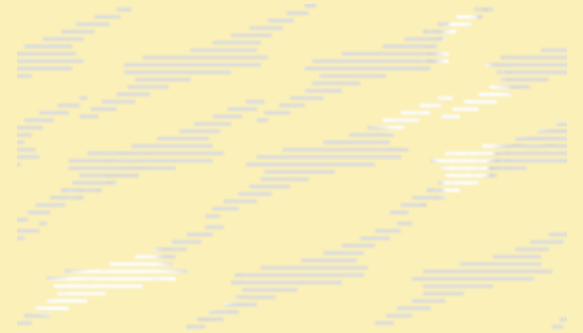
Helping my mentor and being given direct responsibilities in a real learning environment made it so I got a real feel for becoming an art teacher if I want to pursue that. I was also trusted to take on difficult and new tasks that I had never done before like helping build the set for the musical. I think that job specifically is very important and requires a contribution of so much effort. Furthermore, I was able to see the time management that goes into being an art teacher which made this internship feel “real”.



My Performance

Throughout the year, I think I was very eager and attentive towards helping my mentor create a more organized and welcoming environment for students to learn.

I took initiative whenever asked and was grateful for any task given to me. Additionally, I stayed engaged each class by paying attention and asking questions. Since I love art so much this came very easily to me.



Highlights

The entirety of this internship was beneficial and extremely valuable/rewarding to me as an artist and as a person. My mentor taught me so many important life skills that have broadened my perspective on many subjects.

My all time favorite part would definitely have been when we helped build the set for the school musical. I have never had that kind of an opportunity and always thought it would be cool, so I am so happy I got to try something new.

Specifically, I helped make the trees by cutting the cardboard to create the bases of the trees. Mr. Newby did the heavy duty stuff while I assisted him in the more accessible and straightfoward tasks.



-----Impact-----

During this internship, I have definitely become more confident that I want to continue down this path since seeing a whole new side of art and guiding others to see their full potential as well. It has impacted me in such a positive way by expanding my understanding and overall knowledge of art.

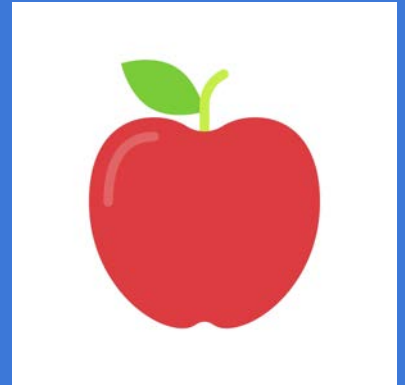
I have improved in responsibility, time management, and I have fostered a stronger work ethic. I am so grateful to have this chance to get better and learn from my mentor.

Thank you, Mr. Newby!



Sail Room Internship

Hoku Hill



What I Do

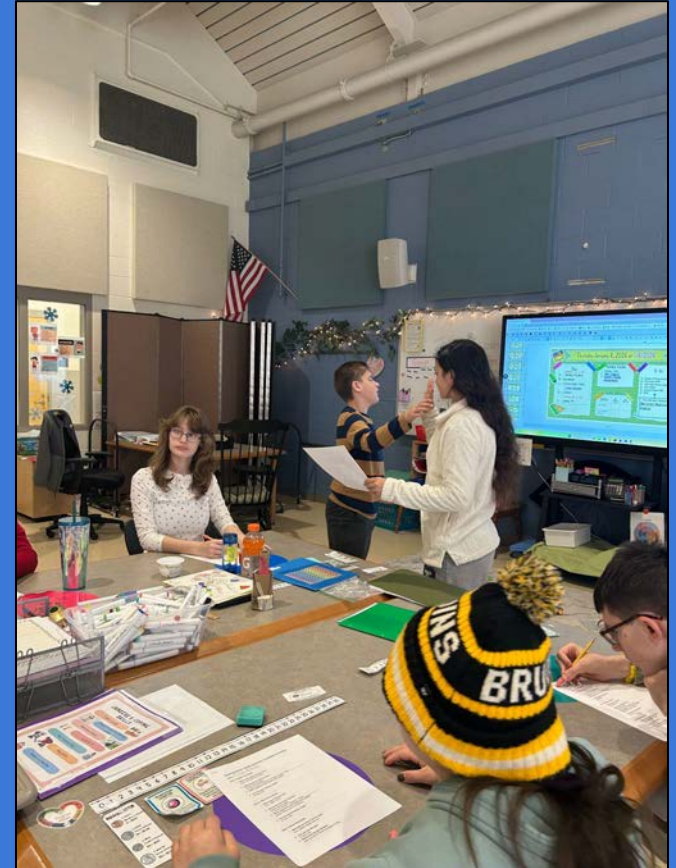
In the SAIL classroom, I help teach students with disabilities. We work on social expectations when interacting with other people and everyday challenges. I also help the students see that when situations are difficult, there is always a way around it.



What I Learned

I have learned the true meaning of kindness, as kindness and gratitude is something that not only the students practice everyday, but I do as well.

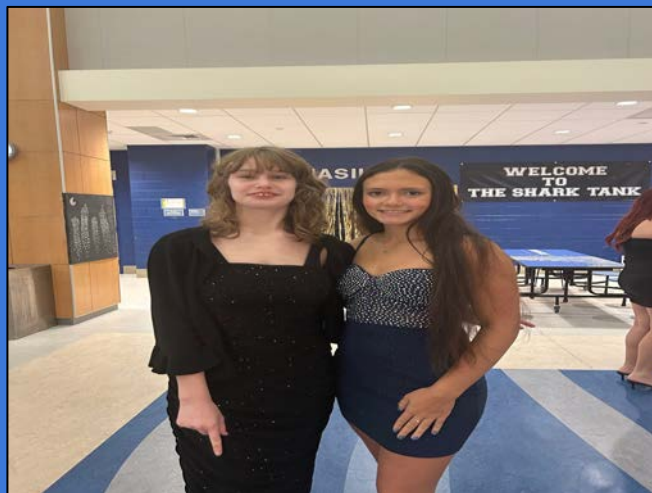
Being in this room also taught me that it is okay to make mistakes and to ask for help. I am the type of person who will constantly try to do things on my own and struggle, but being in this class showed me that asking for help is good.



This internship allowed me to make new friends, get out of my comfort zone and have fun. I really enjoyed when we bake, when we go to gym, and when we do cool science experiments.



I gained friends
that I hope to never
lose. When I tell
someone they are
my friend, I mean it.



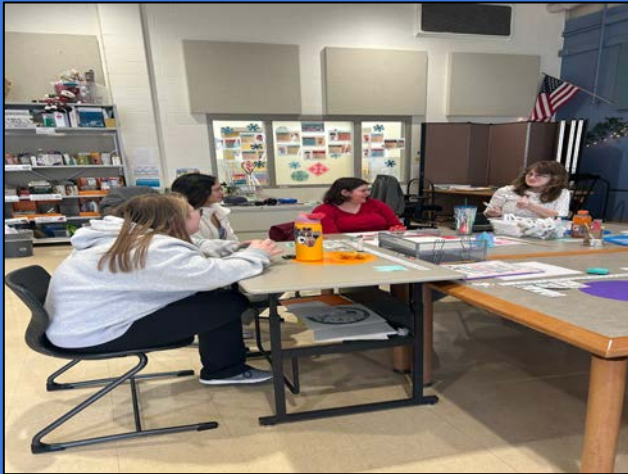
Highlights

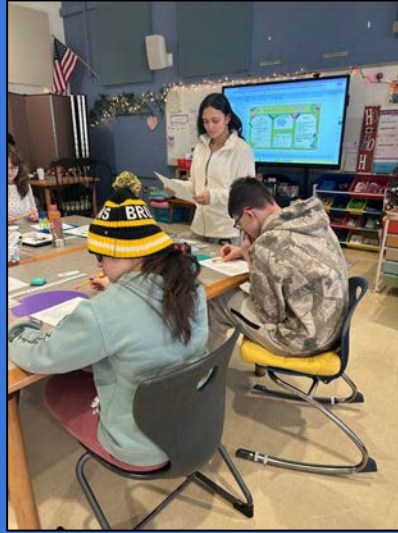
- exploding a pumpkin
- baking / cooking for brunches
- archery
- movie days
- playing with ducks



Reflection

Throughout the course of this school year, I am so grateful I got the opportunity to be in this class room with all these amazing people! It is so much fun to be able to do all these cool things, and it is an experience I will never forget.





Sam Kelley Capstone Project



Harwich Elementary

It was super cool to go back and intern at Harwich Elementary. I interned with Mr. De La Vega in Physical Education. When he did not have class, I also helped Ms. Idman in the Library.



Reflections

This was definitely a good internship for me despite being different than the career path of finance that I would like to pursue. Mr. De La Vega was very knowledgeable about business and finance, and I learned so much in talking with him, in addition to what I learned helping students in gym.



Over the time I spent at my internship, I used skills like public speaking and patience. I helped Mr. De La Vega when he asked for it by tidying up the shed or presenting information to students.



What I Learned

I learned so much from this internship and Mr. De LaVega. It was perfect for me, and I had a great time helping coach with the lessons and doing the activities. Mr. De La Vega taught me more than just PE. He gave me knowledge, I will use through my whole life.



Performance

I think I did pretty well at this internship. I showed up and did my job most of the time and had good relationships with the students and teachers. If I had to point out one thing I could have done better, it would be to speak up and be more assertive.

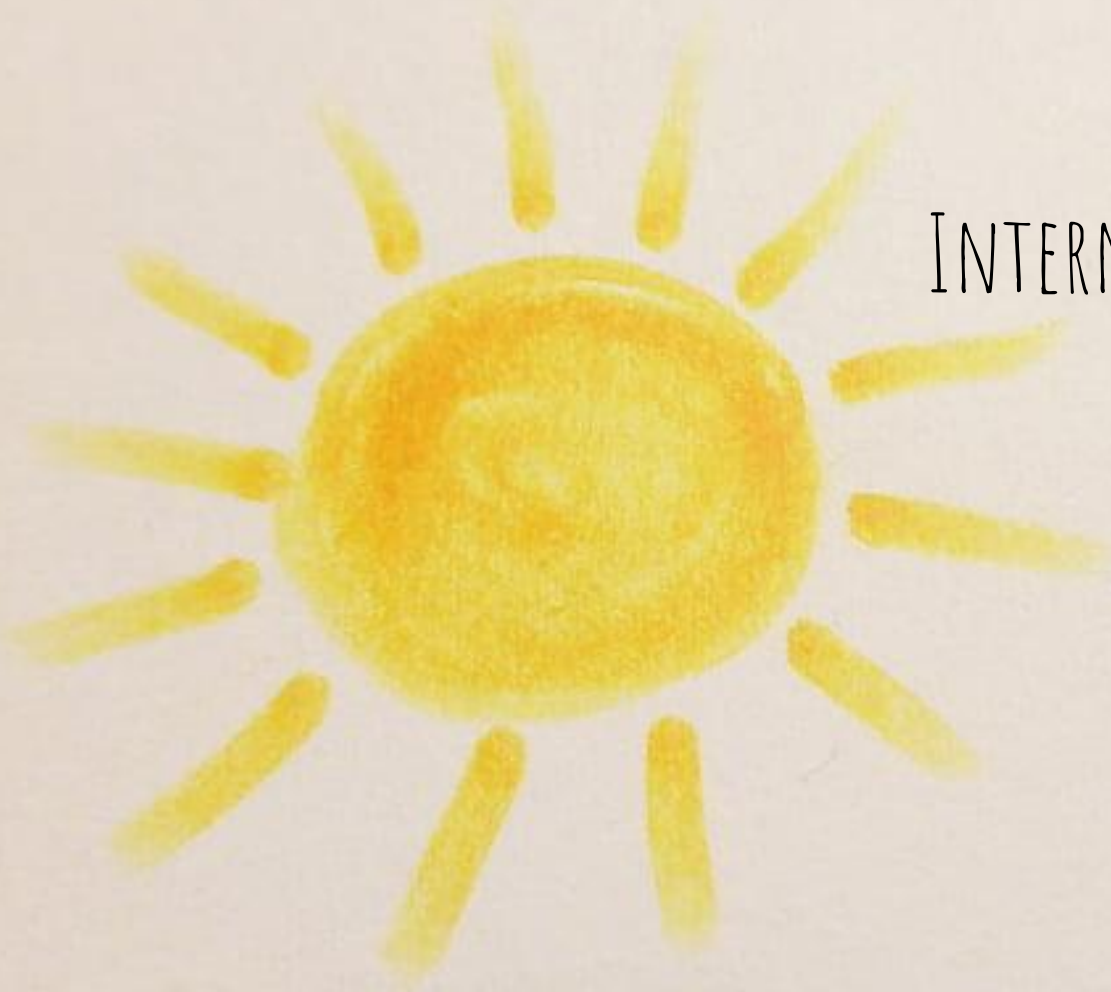


Thank You

Mr. De La Vega, thank you! I expected to have fun at this internship, but I have learned more than I ever expected. It has truly been a pivotal experience where you shared your knowledge and you gave me really good advice. I will take that with me. I enjoyed sharing our interests in sports, and I really had a good time when we have conversations about business, as well. Thank you for going above and beyond and making this a perfect internship for me.

Sincerely,

Sam Kelley



INTERNSHIP CAPSTONE PROJECT

MYLES LAJOIE

What I Learned

I LEARNED THE PATIENCE AND EXPERIENCE OF HELPING CHILDREN LEARN, AND EXPLORING THEIR CREATIVITY. I ALSO LEARNED TO BE PATIENCE AND OBSERVANT WITH CHILDREN AGES 5 TO 10.



Reflections

MY TIME AT THE ELEMENTARY SCHOOL MADE ME REFLECT ON THE BRIGHT STUDENTS AND HELPFUL PROFESSIONALS THAT I WORKED WITH. IT MADE ME EXPLORE THE CRITERIA OF HELPING PEOPLE, WORKING IN A PROFESSIONAL SCHOOL SETTING, AND EXPLORING SUBJECTS, AS WELL AS HOW TO TEACH THEM TO A YOUNGER AUDIENCE.



My Performance

I THINK MY PERFORMANCE IN HELPING SUPPLY CLASSES AND ASSISTING STUDENTS, HELPED CREATE A FUN AND EXCITING CLASSROOM ENVIRONMENT. IT MADE THE EXPERIENCE BEYOND WORTH IT TO HELP CHILDREN THROUGH THEIR EARLY FORMATIVE YEARS AND BE A HELPFUL AND FORMATIVE INFLUENCE.



Growth as a Professional

MY GROWTH AS A PROFESSIONAL
STEMMED FROM THE PEOPLE I WORKED
WITH WHO WOULD CORRECT ANY SIMPLE
MISUNDERSTANDINGS AND MODEL
PROPER ETIQUETTE FOR A CLASSROOM FOR
ME, AS WELL AS THE SKILLS NECESSARY
FOR A WORKPLACE ENVIRONMENT.



Impact on My Life

MY INTERNSHIP HELPED WITH MY PATIENCE
AND PROFESSIONALISM IN EVERYDAY LIFE. IT
LIFTED MY MOOD AND HELPED ME BE MORE
CREATIVE AND INSIGHTFUL.

THANK YOU

MRS. JORGENSEN IS THE MOST FRIENDLY PERSON YOU WILL EVER MEET, AND SHE IMPROVES THESE CHILDREN'S CREATIVITY AND EXPERIENCE WITH EVERY CLASS SHE TEACHES. I HAVE NOTHING BUT RESPECT AND ADMIRATION FOR THE WAY SHE TEACHES, AND HOW SHE IS ABLE TO FORM RELATIONSHIPS TO BETTER THESE FUTURE CITIZENS. MY THANKS TO MS. HOFF AS WELL AS MRS. IDMAN FOR HELPING IMPROVE MY CLASSROOM MANAGEMENT AND FOR BEING SO KIND AND HELPFUL IN TOO MANY WAYS TO COUNT.





Elementar

Y
Music
Internship



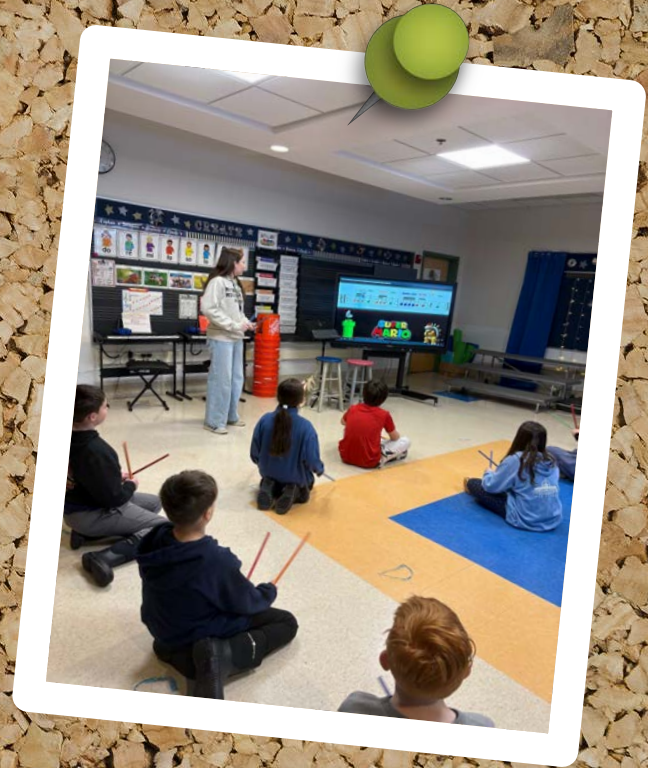
Livia LeBlanc



A green sticky note is affixed to a corkboard. The note has a white border and a white corner tab at the top-left. The text "What Did I Do?" is written in a bold, black, sans-serif font, slanted upwards from left to right. The corkboard background is a light brown color with a pebbled texture. Another white corner tab is visible at the bottom-right of the note.

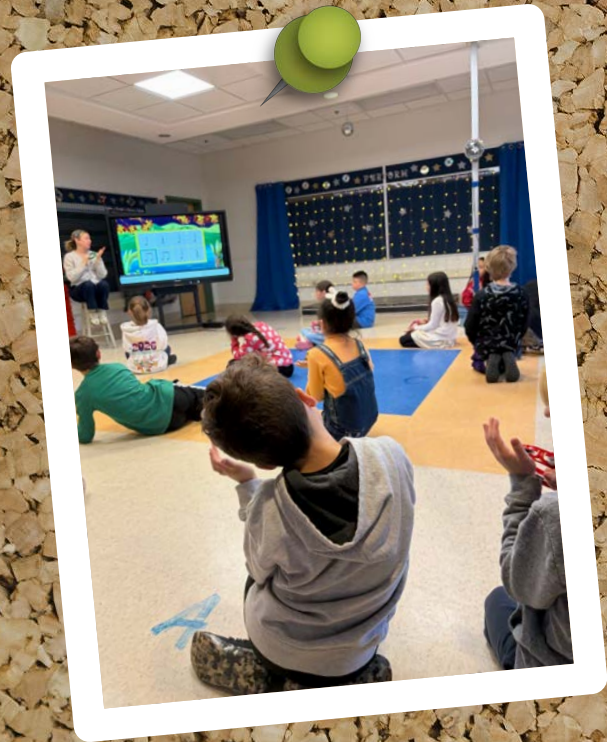
What Did I Do?

I interned at Harwich Elementary School where I got to observe and help the music teacher, Ms. Riley. She is the only music teacher and teaches all of the grades which gave me a really good scope of how the curriculum changes as students get older. Most of the time, I would help pass out things, teach notes and rhythms, and just do little jobs for her to make her life easier. Additionally, on Fridays I would go and teach instruments to the fourth graders with Mr. Pells.



A green sticky note is pinned to a corkboard. The text on the note is written in a bold, black, sans-serif font. The corkboard background has a natural, textured appearance with various shades of brown and tan. The sticky note is slightly offset from the top and bottom edges of the frame, with white adhesive corners visible.

**What
I
Learned**



Through my internship, I learned how to guide and better help students answer questions on their own. I learned how to keep them engaged, and I learned how to change the curriculum to teach building blocks for topics students will learn later on in music. I learned how to explain complex concepts in simpler terms. Overall, I learned how to better work with younger students and what it takes to be a music teacher.



Reflection

- This internship is one of
- my most favorite things
- about school. It allows me
- to gain experience about
- the career path I want,
- and it showed me just how
- much I do want to be a
- teacher when I am older.
-



Performance

I spent much of my time in the classroom helping out Ms. Riley with all sorts of things. Additionally, I helped Mr. Pells teach, clean, and string instruments. One of my most favorite parts was teaching my own class of fourth grade flutes. I taught them a small song and how to switch notes.

Overall, I did as much as I could to be as helpful and to learn as much as possible

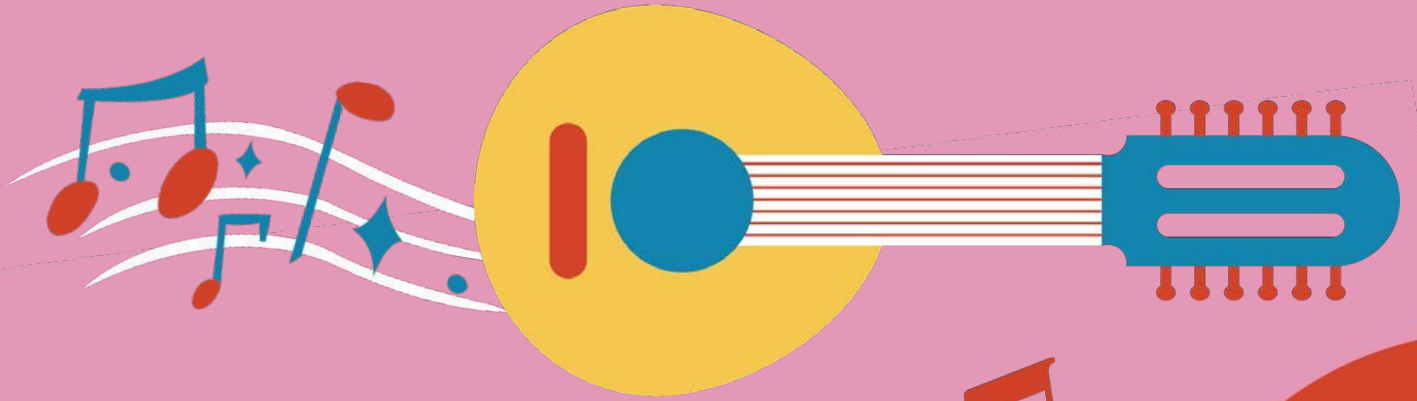
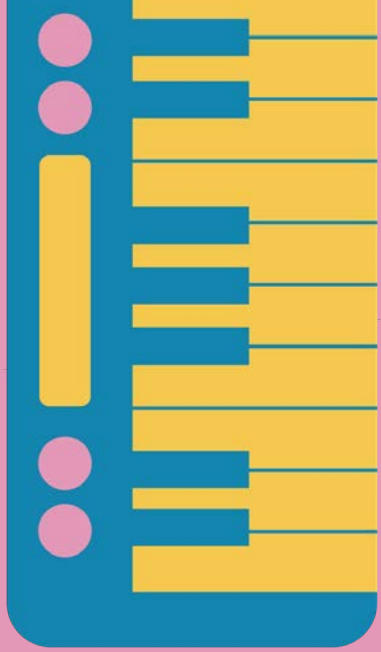


What
Made
It
Real

The students! What made it real was the children coming up to me and showing me all the music things that they learned and asking me to dance with them. It made me realize the impact I have on students, and it made me want to teach even more.



I would like to give a huge thank you to both Ms. Riley and Mr. Pells who have taught me so much and have both inspired me to become a music teacher. I got such an amazing opportunity from both of them to get experience in both general music classes and instrumental classes. Thank you so much for giving me this amazing experience!



MRHS PERFORMING ARTS INTERNSHIP

Payton MacRoberts

What I Did in My Internship

I worked as Ms. Richard's intern in the MRHS music room for the whole school year. I...

- ★ Designed posters for every concert and the play/musical
- ★ Created programs for every concert and play/musical
- ★ Notated the middle school chorus teacher's arrangement of *Let it Be* for All Arts Night
- ★ Photocopied/printed SO MUCH!
- ★ Emailed people in the arts/school community
- ★ Worked on the Performing Arts Showcase
- ★ Worked on the Music room bulletin board



Let It Be
Ms. Sarah Jane's Version

Words/Music by
John Lennon and
Paul McCartney

When I find my-self in times _ of trouble Mother Mar - y comes _ to me,
4 speaking words of wis - dom let it be. And in my hour of dark -ness she is stand
7 -ing right in front of me speaking w
10 - let it be, let it be, _ let it be;

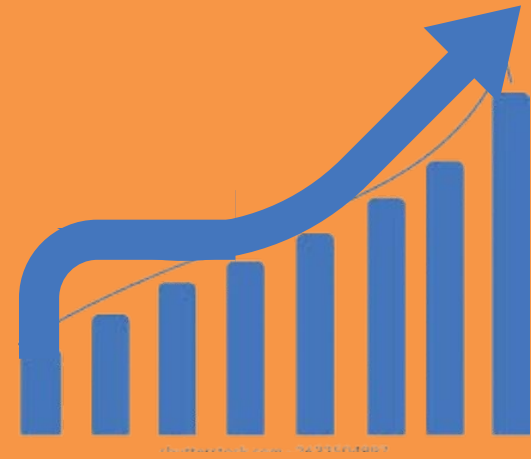
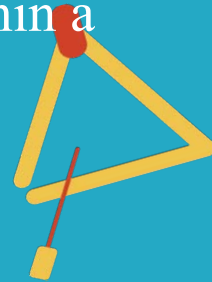
**MRHS PRESENTS THE...
ANNUAL
POPS
CONCERT**
WITH A THEME OF JAZZ STANDARDS AND
BIG BAND MUSIC OF THE SWING ERA
Featuring the Jazz Band, Concert Band,
Chorus, Select Choir, and Various Soloists!
Tuesday April 14th at 7:00 pm
in the MRHS Auditorium
Tickets will be sold online and at the door
\$10 for Adults - \$5 for Students
Monomoy Regional High School Auditorium,
75 Oak Street, Harwich MA

During my internship, I learned how to use new programs, like Noteflight, Flipsnack, and Canva. I also learned how to use the photocopier. (I am now an expert.) I learned through physical tasks, as well as learning how to deal with problems that could arise in a professional setting.

Reflection

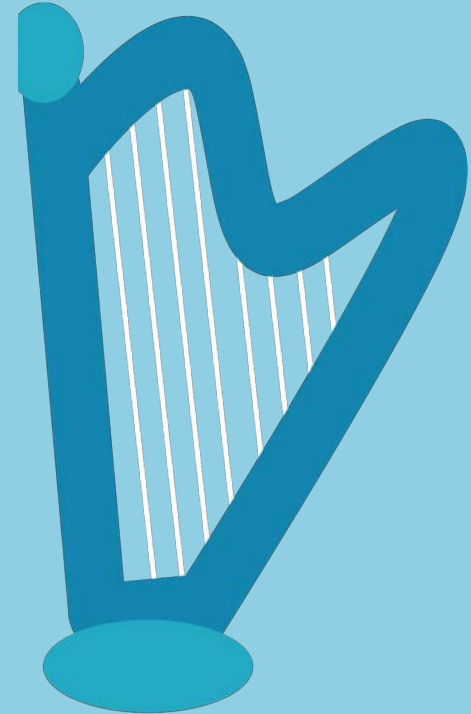
My Professional Growth

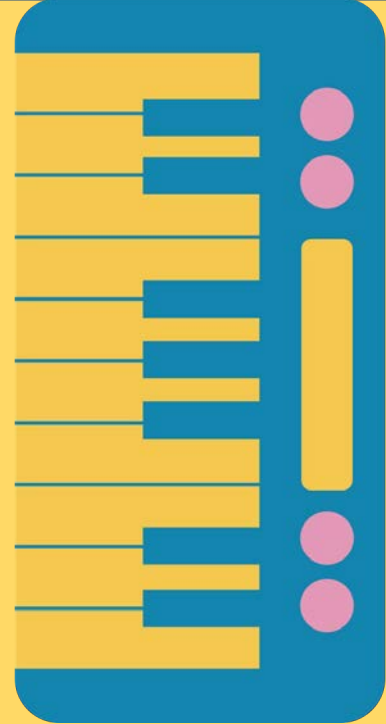
I have become better at many things because of my internship. I have gotten better at sending professional emails, as well as advertisements. My creativity within a professional setting has also grown through my work on posters and programs. I have also become better with my management skills and being in control of tough situations. I feel that my internship has prepared me for a professional setting within a school.



What Made It Real?

One thing that made it real was having to solve problems and make decisions that contributed to the performing arts department as a whole. Helping students with their sheet music, as well as being able to notate some myself also made it feel real. I want to be a music teacher, and everything I have done in my internship has solidified my decision and made me feel more prepared to do this in the future.





Thank you, Ms. Richard!

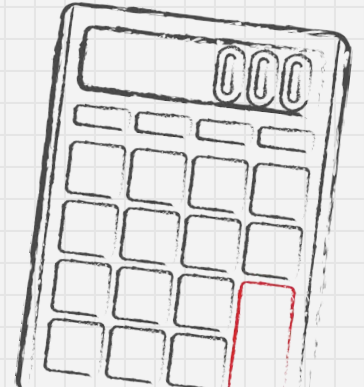
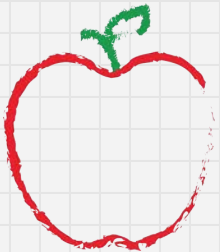


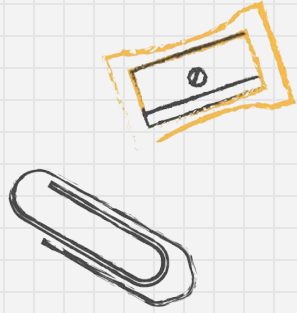
Capstone Project

+

Mentor Appreciation

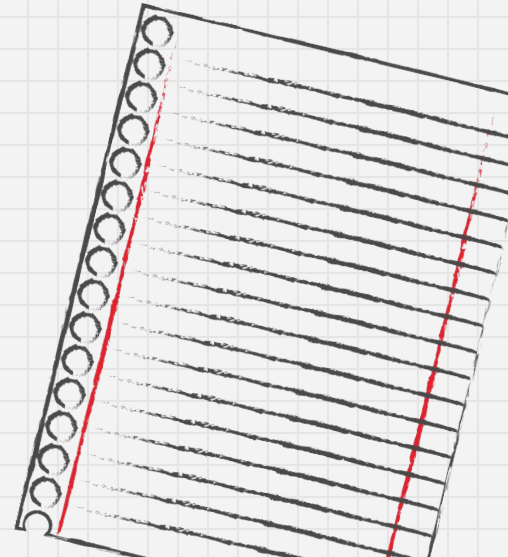
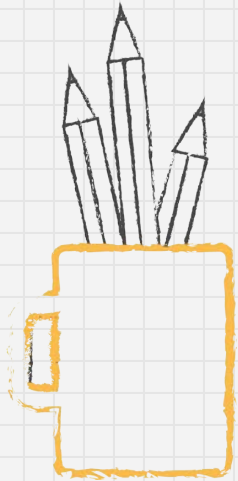
Carly Mainini





Internship?

Two Math Classes with Two Different Experiences!





But First... About Momonoy!





But First... About Momonoy!



- ★ A public high school that houses grades 8-12
- ★ I intern at my high school, where I assist in two Algebra II classes.
- ★ Provides a public education focused on preparing students for college and future careers
- ★ The Algebra II classes include a mix of students with different learning levels, and class sizes are typically around 20 students.
- ★ In these classes, students learn topics such as quadratic equations, functions, and factoring.
- ★ The teachers use a variety of instructional methods, including direct instruction, group work, and guided practice, to help students understand the material.

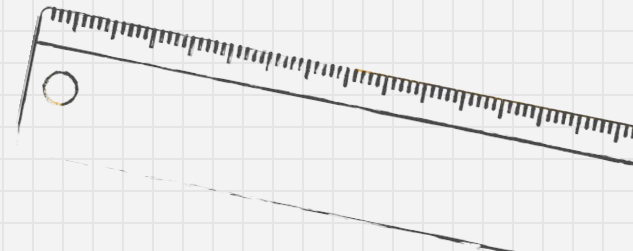
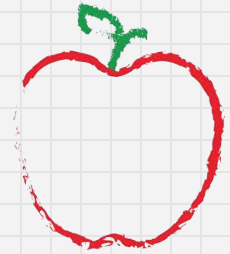




01

Algebra 2

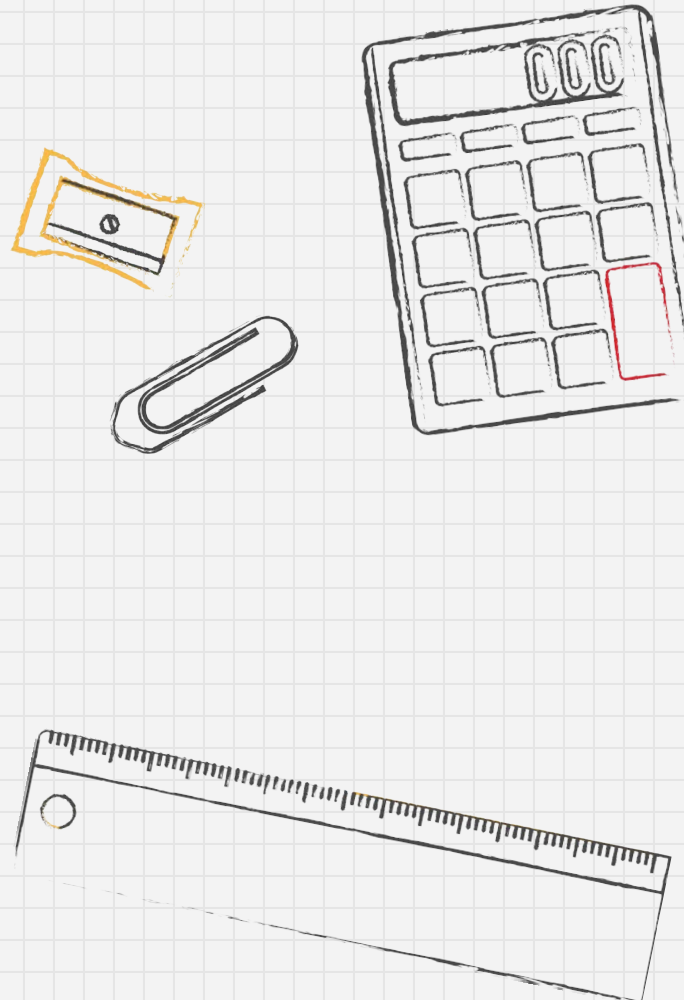
with Miss Welling!



02

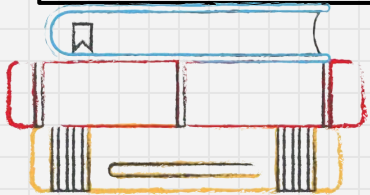
Algebra 2 Honors

with Mrs. Howe



Key Takeaways

- ★ Strengthened my algebra skills through repeated practice and exposure
- ★ Observed and compared different teaching styles and strategies
- ★ Learned how to effectively support students without giving away answers
- ★ Gained experience assisting teachers with classroom tasks and instruction
- ★ Improved my ability to explain math concepts in multiple ways
- ★ Developed patience when working with students who learn at different paces
- ★ Learned how to identify common mistakes students make in algebra
- ★ Built communication skills by working one-on-one with students
- ★ Practiced giving hints and guiding questions instead of direct answer



Reflections on My Experiences

My experience was nothing short of amazing and educational!
Each teacher had a different way of teaching, allowing
me to learn multiple ways of solving equations!

Miss Welling

- ❖ Working with Miss Welling, I learned how to... effectively approach students who need help while still keeping the environment positive and engaging.
- ❖ She showed me that teaching can be both educational and fun.
- ❖ I also learned the importance of creating interactive assignments and projects to keep students interested,
- ❖ as well as how to accommodate each student's individual learning style.

Miss Howe

- ★ Working with Miss Howe, I gained... experience in correcting and creating classwork and assignments.
- ★ She taught me how to support students who are confused or need extra time by working with them individually and adjusting my explanations to fit their needs.
- ★ I also observed how to balance productivity and enjoyment in the classroom by ensuring that work is completed while still allowing time for students to relax at the end of class.

My Performance

Overall, I believe I performed well during my internship and showed clear growth over time. At the beginning, I was more hesitant and unsure of myself, especially when it came to approaching students and helping them directly. However, as I gained experience, I became more confident and comfortable taking initiative.

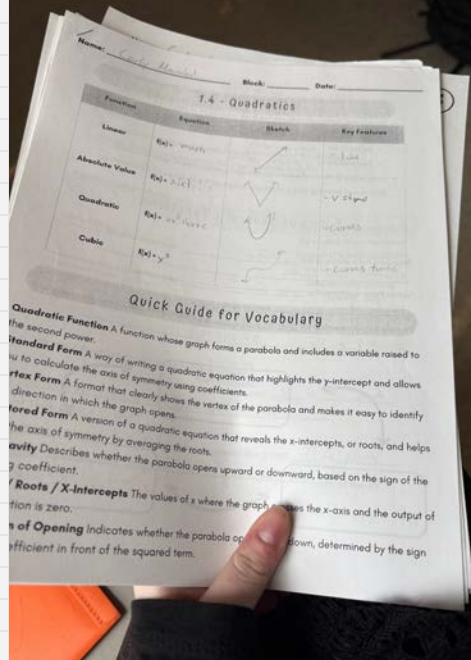
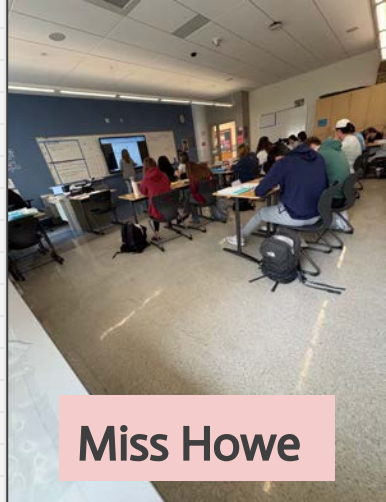
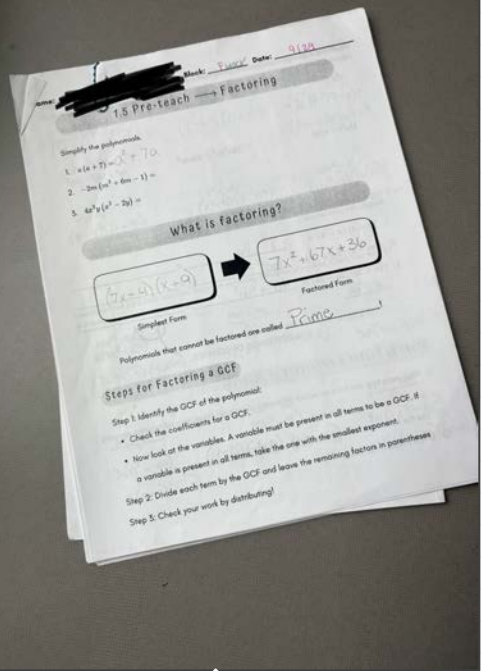
I consistently put effort into supporting students, whether it was helping them understand algebra concepts, working with them one-on-one, or assisting with classwork. I also took on responsibilities such as correcting assignments and helping prepare materials, which showed my willingness to be involved and contribute to the classroom.

By the end of my internship, I was able to communicate more effectively, adapt to different students' needs, and take on a more active role in the classroom. While there is always room for improvement, I am proud of the progress I made and the effort I put into becoming a better helper and learner.

My Growth

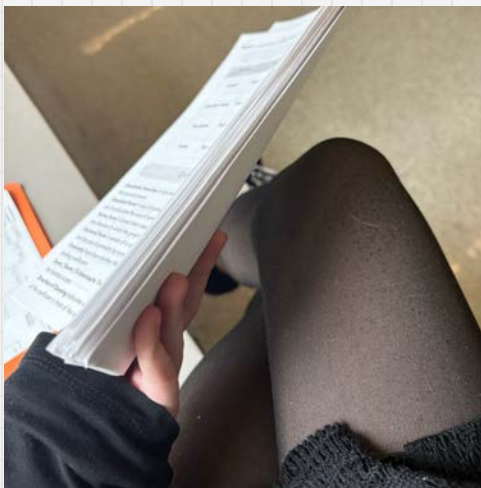
Being an Intern has helped me in many ways, some in school and some in the outside world.

- ★ At first, I was nervous to talk to students and attempt to teach them. I was worried that I might explain something incorrectly or frustrate them if they did not understand. Because of this, I was hesitant to approach students and step into a teaching role.
- ★ However, over time, I became more comfortable and confident. As I gained experience, I started going up to students more often and helping them work through problems. I learned how to explain concepts in different ways so that each student could understand. This growth allowed me to become more effective in supporting students and showed me that confidence in teaching develops with practice.



Student's (who wants to remain anonymous) work that I assisted and took lock because they trusted me to not lose it.

Most of the answer keys I have made (some got taken by a teacher!)



Exciting Events During the Year

1 Miss Welling

Being able to watch her teach and form bonds with the students

2 Miss Welling

The days where there were fun activities and everyone had high spirits while doing the work

3 Miss Welling

Watching the students complete their work just to be able to have time to talk to the teacher

4 Miss Howe

Teaching the class when she had to step out for a little while

5 Miss Howe

Being trusted collecting and grading homework and creating papers

6 Miss Howe

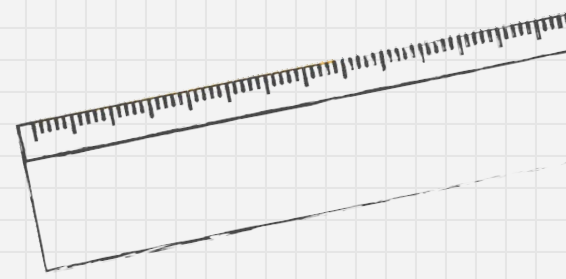
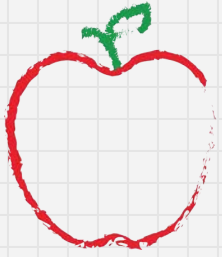
Teaching new topics, but in a way that was exciting and intriguing

My Placement; What Made it Real.

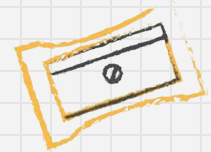
♥ What made my placement feel real was the level of responsibility and involvement I had in the classroom. I was not just observing, I was actively helping students, answering questions, and sometimes guiding them through problems. Being able to work one-on-one with students and see their understanding improve made me feel like I was truly making a difference.

♥ Additionally, tasks like correcting papers, helping create assignments, and assisting the teacher during lessons made me feel like part of the classroom rather than just a visitor. The teachers trusted me to interact with students and support their learning, which made the experience more authentic.

♥ Overall, the hands-on experience and real interactions with students are what made my placement feel like a genuine teaching experience.



The Impact

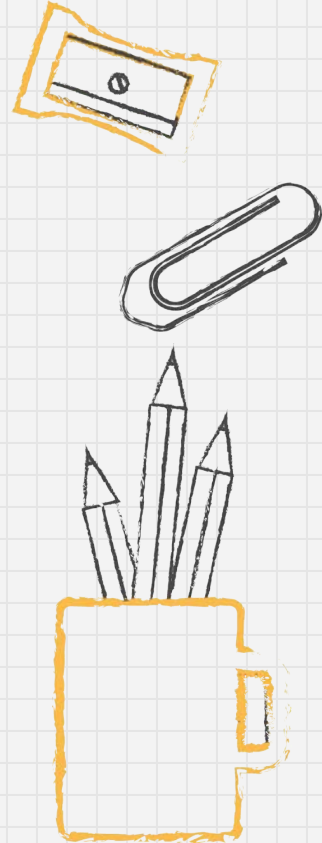


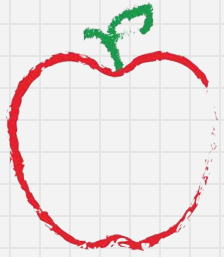
My internship has had a significant impact on both my personal and academic growth.

It helped me build confidence in myself, especially in situations where I had to step outside of my comfort zone, such as working directly with students and assisting in teaching. At the beginning, I was unsure of my ability to help others effectively, but over time I became more confident in explaining concepts and supporting students in a way that made sense to them.

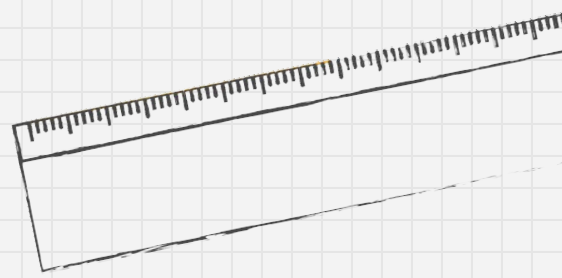
This experience also improved my communication and leadership skills. I learned how to adapt my explanations to fit different learning styles and how to be patient when students were struggling. Additionally, it showed me the importance of creating a positive and engaging learning environment.

Overall, this internship gave me a better understanding of what it takes to be an effective teacher and helped me develop skills that will benefit me in the future, both in school and in any career I pursue.





Thank you. Truly



Miss Welling, Ms Howe..
Thank you for everything.
The experience.

The time spent with you and your
students. Time I am so grateful for.
I wouldn't have changed it for the world.



Capstone Project

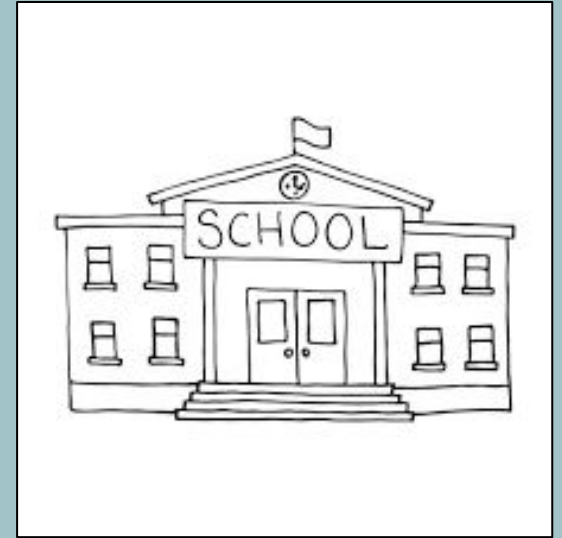
IN THE CLASSROOM WITH MRS. OLIVER

Kiley Mawn

What I Learned

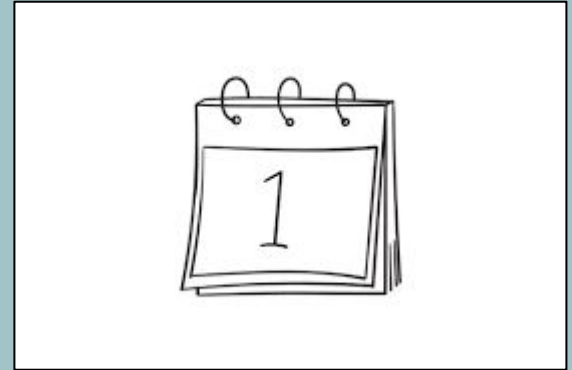
During my internship, I learned about all of the preparation and time it takes to be successful and organized each week.

Also I began to understand the students' different needs and having patience, as well as being compassionate towards them. I learned the importance of keeping a classroom organized for the students helps with smooth transitions from activities.



What I Did

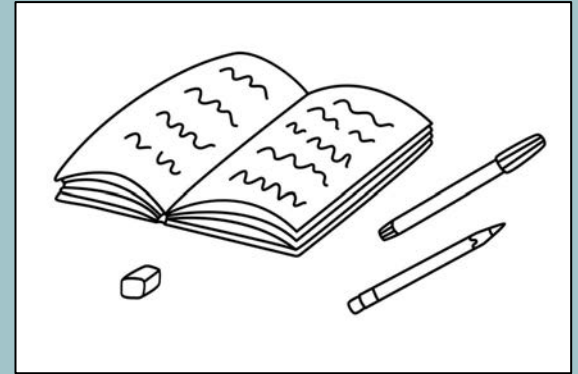
I interned at Monomoy Regional High School with Mrs. Oliver. Her classes include all grades. I was able to work three quarters of the year with Mrs. Oliver. During my time there, I would correct papers, make copies, and help the students stay organized and complete their work in groups or individually.



Reflections

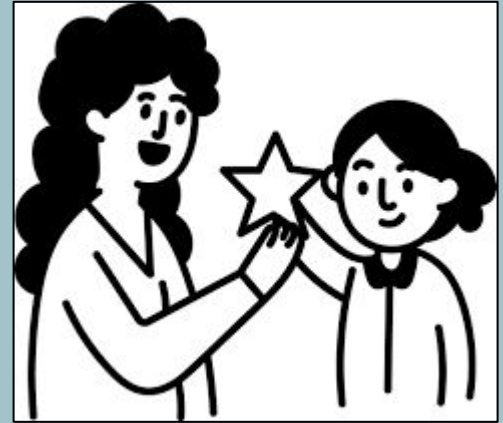
Throughout the year with Mrs. Oliver, I learned so much about communication especially with students and how to communicate with actions, as well as with words.

In my time spent there, I found that I love to help people be the best that they can be and reach their fullest potential.



Performance

I stayed alert during each day. Occasionally, there was some down time in certain classes especially with the older students, which made it easy to get side work done that Mrs. Oliver needed. When helping the students, I made sure to speak to them in a way I would like to be spoken to when receiving help.



THANK YOU, Mrs. Oliver



Capstone Project

Sheandra Moore



Where I Intern

I intern in Monomoy Regional High School in the weight room with Ms.Carvalho. The class is Personal Fitness. The class is also focused on helping kids learn the basic techniques and specific muscle groups in a fun environment all while being safe.



What I Learned

During my internship in Personal Fitness,

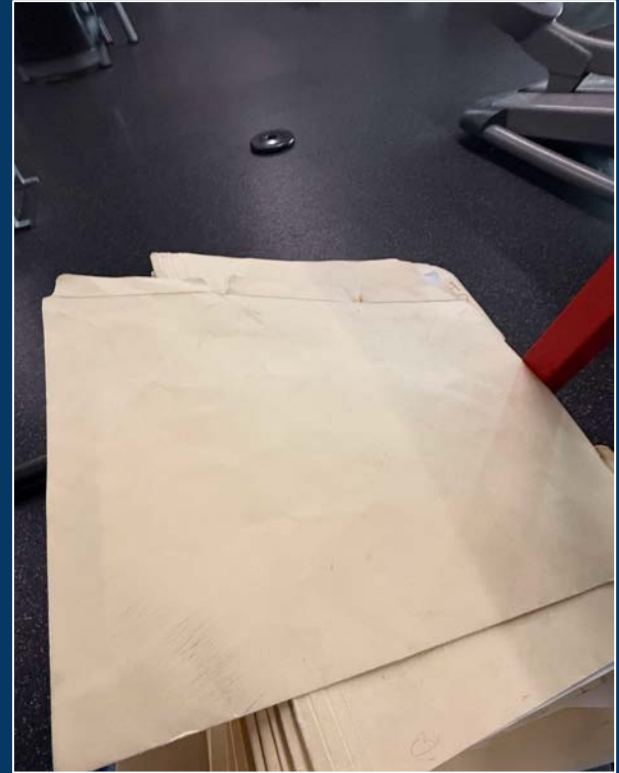
- I learned to be comfortable in a different environment.
- I also learned what workouts and equipment target individual muscle groups effectively.

Understanding how the specific exercise helps in creating a balanced and efficient fitness routine, I now know which movements are best for building strength, endurance and flexibility.



Reflections

Overall, I was glad to have this opportunity, having this internship was fun and good learning experience. I got to see what it is like from a teacher's perspective. I understand how much hard work and patience that it takes to function and keep a class going.



Performance

Thinking back on my experience, it was a fun one and a good learning opportunity. I had fun, and it will be very memorable.



What Made It “Real”?

What made this internship “real” to me was observing how much work needs to be done to keep every class flowing and interesting, as well as learning the basics.



Thank You!

Thank you, Ms.Carvalho, for allowing me to have this opportunity. I very much enjoyed helping you, and I appreciate your guidance and support that you offered to me along the way.





Internship Capstone Project

Grace Morgan

Teachers



Ms. Wheaton
Librarian



Mrs. Barr
10-12 English
Language Arts
Teacher

What I Did

I interned for Mrs. Barr in her grade 11 American Literature class. I helped her with anything she needed and encouraged her to come to me for any help since she has many responsibilities that come from being in her position. I made copies, made packets, organized work for the other teachers that she is in charge of planning curriculum for, and helped organize work for the other classes she teaches.

I also interned for one of Ms. Wheaton's free blocks. I helped her with putting books away that were returned from students, making displays of new books that come in, taking old books off the shelves that do not get checked out anymore, making hall passes for her, and cutting out new bookmarks.



What I Learned



From working with Ms. Wheaton in the library, I learned strong organization skills by arranging the shelves and correctly placing books in the right spots. It improved my responsibility, independence, and helped me develop attention to detail by making sure everything was in order.

From my internship with Mrs. Barr, I learned time management and multitasking by handling copies and coordinating work for multiple classes. This experience taught me how to stay focused and organized in a busy environment.

Reflection

During my internship in the library with Ms. Wheaton my main responsibility was putting books away and making sure that they were all in the right spots, which required me to learn the sections of the library. Overall, the experience taught me the importance of keeping things organized and how it not only affects me but the people who also use the space.

During my internship with Mrs. Barr in one of her American Literature classes, my main responsibility was managing time and staying organized. Through making copies and organizing assignments, I was able to improve my ability to multitask and build my communication skills. Overall, it taught me the importance of being reliable in a professional work setting.

What Made It “Real”

Being able to witness two teachers in their field made a huge impact on me. Serving in my role as an intern and as a mentee is what made my experiences real. Learning all of their responsibilities behind the scenes and being able to help them with it made me appreciate all teachers and all the hard work they put into their jobs.

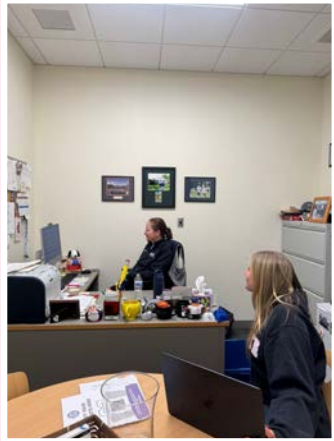
Thank you Ms. Wheaton and Mrs. Barr!

**ATHLETIC
DIRECTOR
INTERNSHI**

P

GRACE MORRIS

WHERE?



MY INTERNSHIP WAS WITH KAREN GUILLETTE, THE ATHLETIC DIRECTOR FOR THE MONOMOY DISTRICT. MY INTERNSHIP ALONGSIDE HER FOCUSED ON THE HIGH SCHOOL. WE MET EVERY E BLOCK IN THE HIGH SCHOOL'S INTERCHANGING SCHEDULE.

THE INTERNSHIP TOOK PLACE IN HER OFFICE LOCATED WITHIN THE SCHOOL, BUT IT WAS NOT LIMITED TO JUST THERE. I ADDITIONALLY WOULD GET TO SEE WHAT SHE DID ON THE SIDELINES OF GAMES, GIVING ME AN OUT OF OFFICE EXPERIENCE.



HOW I HAVE

PROFESSIONAL

I UNDERSTAND HOW MUCH EFFORT AND CONSIDERATION GOES INTO EACH DECISION AND RESOLUTION.

IT OPENED MY EYES TO THE DIFFICULTY AND COMPLEXITY OF RUNNING A SUCCESSFUL ATHLETIC PROGRAM.

PATIENCE

I HAVE FOLLOWED ALONG WITH HOW OTHERS TREAT MY MENTOR AND HOW THEY DO NOT SEE WHY SHE MAKES CERTAIN CHOICES. MOST THESE PEOPLE ONLY SEE THEIR ISSUES AND NO OTHERS. NOT ONCE HAS SHE LET THESE OPINIONS SHIFT HER DECISION, AND SHE HAS PATIENCE WITH EVERYONE.

UNDERSTANDING

I BEGAN TO UNDERSTAND HOW EACH DECISION, CHANGE, AND SHIFT IN PLANS COMES TO AFFECT THE PLAYERS, COACHES, AND HER. I HAVE DEVELOPED AN UNDERSTANDING OF ALL PARTIES AND LEARNED HOW CHALLENGING IT IS TO KEEP OTHERS SATISFIED.

WHAT I LEARNED

THROUGHOUT MY PAST FEW YEARS I HAVE LEARNED..

- HOW TO PROPERLY SCHEDULE GAMES
- HOW TO PROPERLY SCHEDULE BUSSES
- HOW TO PROPERLY SCHEDULE PRACTICES
- HOW TO HANDLE TOUGH LOSSES
- HOW TO HANDLE OVERWHELMING WINS
- HOW EVERY DECISION IS MADE AND THE REASONING BEHIND EACH ONE
- THE EFFORT THAT GOES INTO RUNNING A STRONG ATHLETIC PROGRAM
- HOW TO STAY PROFESSIONAL EVEN WHEN IT IS TOUGH AND THE SITUATION IS DIFFICULT

HIGHLIGHTS

**SEEING HOW EACH DECISION IS MADE AND
HANDLED**

SHADOWING HER ROLE AT GAMES

COMMUNICATING MY OPINIONS AND THOUGHTS



MY PERFORMANCE

FALL

I ATTENDED MOST, IF NOT ALL FALL SPORT GAMES.

I MADE WEEKLY SCHEDULES FROM THE MASTER ONE, AND LEARNED HOW TO BALANCE GAMES AND PRACTICES.

WINTER

I ATTENDED MOST, IF NOT ALL WINTER SPORT GAMES.

I MADE WEEKLY SCHEDULES FROM THE MASTER ONE, I LEARNED HOW TO KEEP A WELL MANAGED BUS SCHEDULE FOR ALL SPORTS.

SPRING

I ATTENDED MULTIPLE SPRING SPORT GAMES.

I MADE WEEKLY SCHEDULES FROM THE MASTER ONE, AND LEARNED WHAT MY MENTOR'S ROLE IS DURING GAMES.

SCHEDULING

Monomoy RHS Athletics	
Weekly Schedule	
WEEK OF: 4/27/26	
<u>MON, 4/27:</u>	V Baseball @ Mashpee 4:30 JV Baseball @ Mashpee 4:30 V Boys lacrosse @ St. Marys Lynn 5:30 V Girls tennis vs Mashpee 4:00 V Boys tennis @ CCA 4:30
<u>TUES, 4/28:</u>	V Softball @ Barnstable 4:00 JV Softball @ Barnstable 4:00 V Girls lacrosse vs Nauset 4:00
<u>WED, 4/29:</u>	V Baseball vs MV 4:00 JV Baseball vs MV 4:00 V Girls tennis vs MV 4:00 V Boys tennis @ MV 4:00 Track vs MV/Nantucket 4:00 Unified track @ Barnstable 4:00 V Girls golf @ DY 4:00
<u>THURS, 4/30:</u>	V Softball @ Cardinal Spellman 4:00 JV Softball @ Cardinal Spellman 4:00 V Boys Lacrosse @ DY 4:00 V Girls Lacrosse @ SJP 4:00 JV Girls Lacrosse @ SJP 5:15 V Boys Tennis vs CCA 4:00 V Sailing @ OR
<u>FRI, 5/1:</u>	V Softball @ Falmouth 4:30 V Baseball vs Nantucket 4:15 JV Baseball vs Nantucket 4:15 V Girls Lacrosse @ Hull 4:00 JV Girls Lacrosse @ Hull 5:15 V Girls Tennis vs Nauset 4:00 V Girls Tennis @ Nauset 4:00 Track D6 Relays @ Ayer Shirley HS

WINTER 2025-2026 SCHEDULE							
File Edit View Insert Format Data Tools Extensions Help Accessibility							
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Day	Date	V Boys Basketball	JV Boys Basketball	Freshman Boys Basketball	V Girls Basketball	JV Girls Basketball	Fr. Girls Basketball
Mon	1-Dec	4:30-6:30	4:30-6:30	3:30-4:30	6:30-8:30	6:30-8:30	3:30-4:30
Tues	2-Dec	4:30-6:30	4:30-6:30	3:30-4:30	6:30-8:30	6:30-8:30	3:30-4:30
Wed	3-Dec	4:30-6:30	4:30-6:30	3:30-4:30	6:30-8:30	6:30-8:30	3:30-4:30
Thurs	4-Dec	4:30-6:30	4:30-6:30	3:30-4:30	6:30-8:30	6:30-8:30	3:30-4:30
Frid	5-Dec	5:30-7:00	4:30-5:30	4:30-5:30	7:00-8:30	3:30-4:30	3:30-4:30
Sat	6-Dec	scrim @ Plymouth North 11:00	Off	Off	10-12	Off	Off
Sun	7-Dec						
Mon	8-Dec	3:30-4:45	Off	Off	scrim. vs Sturgis East 5pm	Off	Off
Tues	9-Dec	7:00-8:30	3:30-4:30	3:30-4:30	5:30-7:00	4:30-5:30	4:30-5:30
Weds	10-Dec	7:00-8:30	3:30-4:30	3:30-4:30	5:30-7:00	4:30-5:30	4:30-5:30
Thurs	11-Dec	5:30-7:00	3:30-4:30	3:30-4:30	7:00-8:30	4:30-5:30	4:30-5:30
Frid	12-Dec	7:00-8:30	3:30-4:30	3:30-4:30	5:30-7:00	4:30-5:30	4:30-5:30
Sat	13-Dec	tri scrimmage vs Silver Lake and Apponequet 11:00	Off	Off	1:00-3:00	Off	Off
Sun	14-Dec	Off	Off	Off			
Mon	15-Dec	7:00-8:30	Off	vs Martha's Vineyard 4:00	5:30-7:00	Off	Off
Tues	16-Dec	vs Martha's Vineyard 5:15	vs Martha's Vineyard 3:45	Off	at Martha's Vineyard 4:30	at Martha's Vineyard 3:00	Off
Weds	17-Dec	7:00-8:30	3:30-4:30	3:30-4:30	5:30-7:00	4:30-5:30	4:30-5:30
Thurs	18-Dec	7:00-8:30	Off	Off	5:30-7:00	Off	vs Barnstable 4:00
Frid	19-Dec	at Falmouth 6:30	at Falmouth 5:00	at Falmouth 3:30	vs Falmouth 6:30	vs Falmouth 5:00	Off
Sat	20-Dec	vs Hopedale 12:00	Off	Off	Off	Off	Off
Sun	21-Dec	Off	Off	Off	10-12	Off	Off
Mon	22-Dec	8-10	Off	Off	Off	Off	Off
Tues	23-Dec	8-10	Off	Off	at Nantucket 5:00	at Nantucket 6:30	Off
Weds	24-Dec	Off	Off	Off	Off	Off	Off
Thurs	25-Dec	Off	Off	Off	Off	Off	Off
Frid	26-Dec	10-12	10-12	12-1	8-10	8-10	Off
Sat	27-Dec	Off	Off	Off	Off	Off	Off
Sun	28-Dec	8-10			10-12		
Mon	29-Dec	at Bourne 6:30	at Bourne 5:00	at Bourne 3:30	vs Bourne 5:30	vs Bourne 4:00	
Tues	30-Dec	10-12	Off	Off	8-10	Off	Off

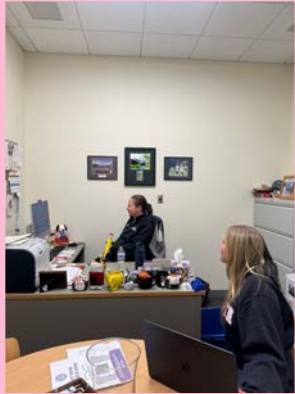
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IMPACT

THE MAJOR IMPACT THIS INTERNSHIP HAD ON ME WAS HOW DEMANDING IT IS TO BE A WOMAN IN A MALE DOMINATED FIELD. I GOT TO UNDERSTAND THE IMPACT OF MY MENTOR'S POSITION AND ALL THE HARDSHIPS THAT CAME WITH IT. I NOW SEE THE CHALLENGES SHE FACED AS ATHLETIC DIRECTOR. I ALSO REALIZED PEOPLE ARE FOCUSED ON THEIR OWN PRIORITIES, AND DO NOT THINK ABOUT THE EXTERNAL IMPACTS. THIS INTERNSHIP OPENED MY EYES TO THIS REALITY.



HOW IT FELT REAL



PROFESSIONAL

THE PROFESSIONAL ASPECT WAS A MAJOR FACTOR IN HOW MY EXPERIENCE FELT REAL. THE RESPECT AND KINDNESS MRS.GUILMETTE GAVE ME MADE ME FEEL LIKE I WAS WORKING ALONGSIDE HER NOT UNDER HER.

HANDS-ON

ALL THE HANDS-ON WORK I DID MADE MY JOB FEEL LEGITIMATE AND AUTHENTIC. THE RESPONSIBILITY OF SUCH IMPORTANT WORK MADE ME FEEL TRUSTED, AND I WAS DETERMINED TO SUCCEED.



THANK YOU, MRS. GUILLEMETTE

THANK YOU FOR THE OPPORTUNITY TO WORK ALONGSIDE YOU, HELPING ME UNDERSTAND EVERYTHING YOUR JOB ENTAILS, AND SHOWING ME HOW TO BE PATIENT IN TOUGH POSITIONS.

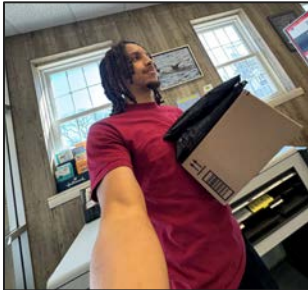
I HOPE THAT ALL YOUR FUTURE INTERNS GET THE SAME WONDERFUL EXPERIENCE AS ME!

INTERN / EXTRA CLASS TIME

Sean Needham

INTERNING

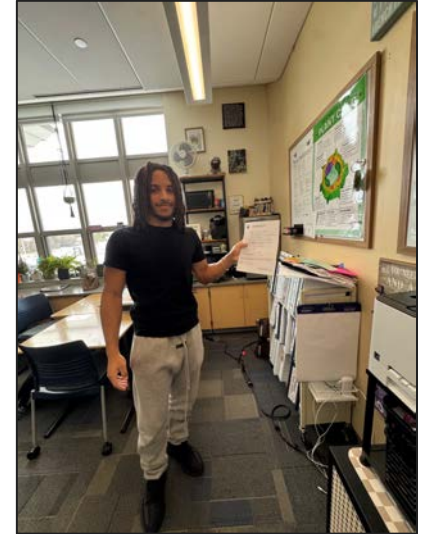
Ms.Armstrong has always seen me as a leader and a standout character. She gave me the internship in the classroom of Ms.Oliver to push me to be a teacher because she knows I would be amazing at it and love the field of teaching. Interning this year in Ms.Oliver's classroom, I have learned that teachers are tasked with so much on their plates and yet, they keep going and making this work. Most are not recognized for how much they do.



Ms.Oliver has shown me how much effort and time it takes to be a teacher. Her patience is unmatched and she cares for her students so much. Her schedule seems unfair. She has to plan for 20+ kids and understand and teach at their level, so she can get the best of their potential. She considers every detail and plans their classwork to make sure every student understands what they are learning.

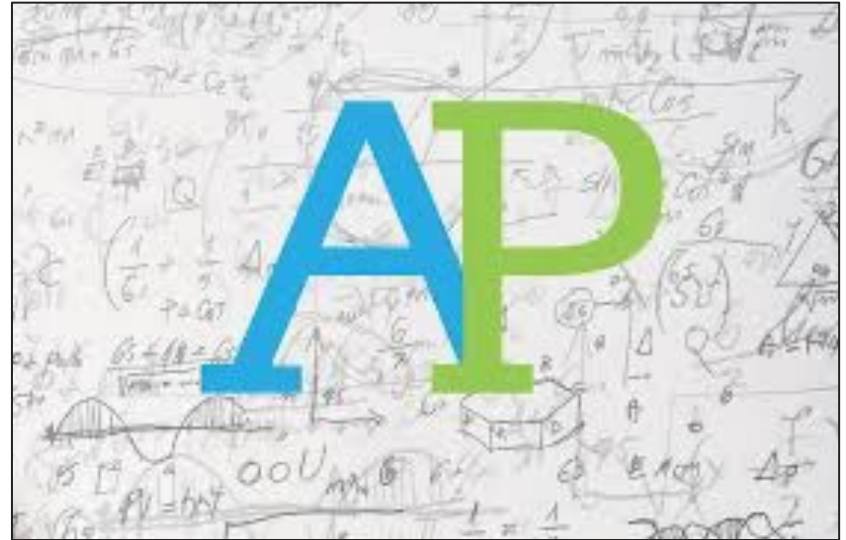


Outside of the classroom, I would run to the post office and grab packages or return packages. For things Ms.Oliver bought for her classroom to make it a perfect and comfortable learning environment. Also, since she is a Class Advisor she has to plan events, and I would run to the office bringing ideas and papers that needed approval, so she could focus on other tasks. I felt amazing taking some of the stress off of her and making sure she was doing well and enjoying her job.



CLASSWORK

My other side of the internship was extra time for my four AP classes: Government, Statistics, Pre-Calculus, and Physics. These courses were very challenging and required extra time. Ms. Oliver was able to assist with this internship and give me the ability to get extra school work done in her room during her prep block. It helped so much and allowed me to finish the year strong and prepared for my four exams.



REFLECTION

I have learned so much this year thanks to this internship. I am so thankful for the opportunity and being pushed to try it. I appreciate all the support and encouragement of Ms.Oliver, Dr.Carpenter, and, of course, Ms.Armstrong.



CAPSTONE PROJECT

Stacey Pierre

I interned in a French One classroom at MRHS. I really enjoyed my time there because I could actually be of use to the students while also learning something as well.



What I Learned

I got the chance to refresh my French through giving instruction and working with the students on their work. I learned how to make myself a useful assistant by being attentive and available to the teacher, Ms. Walsh. Freshman and sophomore year can be very hectic, and students are easily distracted at times, so I had to learn how to keep their attention, especially when I worked with small groups.



Reflection

This experience opened my eyes to my potential as an Instructional Assistant. I do not want to go into teaching, but at least I know that I can lead a group of individuals to success in an area that I am familiar with.



Things I could do better:

- Pay more attention to what the assignment is in class because sometimes I was not sure how the teacher wanted it done.
- Ask the teacher more questions when I am unsure of how to instruct someone.

Things I did well:

- I went out of my comfort zone when coming up to students and checking in on their understanding of the language.
- I was very encouraging to the students when they second guessed or doubted themselves. They know more than they think they do much of the time.



Performance

I really enjoyed the internship experience. It was hard sometimes because students can be very awkward and can make a teaching moment uncomfortable, but I just see that as a part of the assignment. I learned so much, and I would encourage future seniors to try to be a intern for a teacher!

Thank you, Ms. Walsh!





CAPSTONE PROJECT
SAIL CLASS

sydney power



WHAT I DID

I interned in the SAIL room at Monomoy Regional High School with Mrs. Goode. I completed a full-year internship with Mrs. Goode's class. While I was there, I helped Mrs. Goode maintain a healthy learning environment by communicating with the students and being someone that they felt safe coming to for help.



WHAT I LEARNED

During my internship, I learned about the different needs each individual student has to be a successful learner. I also learned techniques for keeping students engaged throughout a lesson. Lastly, I learned strategies to help special education students be easily integrated.





REFLECTION

Throughout my internship in Mrs. Goode's room, I learned the importance of communicating with the students and leading by example.

Thanks to my internship, I now truly know that teaching is my passion, and I cannot wait to pursue my career in education.



HIGHLIGHT!

In Mrs. Goodes' room, one of the rewards for doing all of the school work and being in the green zone is going on a walk with me. It is a very special reward to be able to go on a walk. Having this reward motivates the students to complete their work. It makes me so happy that I am a part of something that makes the students' so happy.



MY PERFORMANCE

Throughout the year, I was able to create a safe place for students to feel comfortable, but also be someone who pushes them to try their hardest. I was there for everyone that needed me whenever I was asked, and I was more than willing to help!





THANK YOU

I am so thankful for the time I got to spend in this classroom. This experience confirmed my desire to pursue my dream of becoming a teacher. Everyone around me was very helpful and made me feel comfortable learning and growing.



Capstone

Project

Sydney Power



What I Did



I interned at Chatham Elementary School with Mrs. Laub in second grade. I completed a full-year internship with Mrs. Laub's class. While I was there, I helped Mrs. Laub maintain a healthy learning environment by reading one-on-one with students and in groups, by keeping students on task, by helping them with their math work, and by keeping the classroom tidy if Mrs. Laub needed.

What I Learned

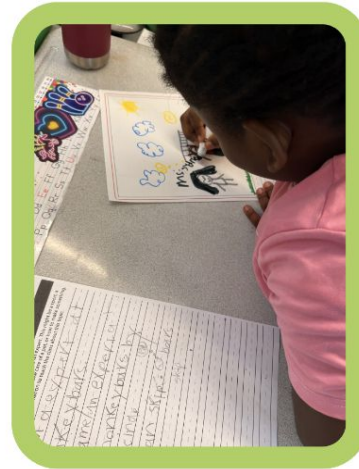


During my internship, I learned about the different needs each individual student has to be a successful learner. I also learned techniques for keeping students engaged throughout a lesson. Lastly, I also learned how to communicate with young students and make them feel heard.

Reflection



Throughout my internship at Chatham Elementary, I learned the importance of communicating with my students through my words and leading by example. Thanks to my internship, I now truly know that teaching is my passion, and I cannot wait to pursue my career in education.





Highlight



A major highlight of my internship this year was when a boy in my class was disregulated and started disrupting the class. When I saw this happening, I was able to help him by calming him. This showed me that by observing other teachers in the classroom, I was able to pick up tools to help him.

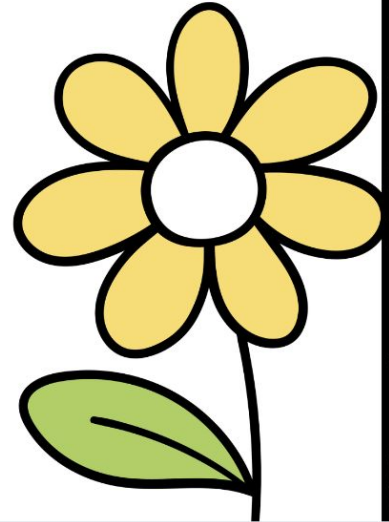
My Performance

Throughout the year, I was able to create a safe place for students to feel comfortable, but also be someone who pushes them to try their hardest. I was there for everyone that needed me whenever I was asked, and I was more than willing to help!



Thank You

I am so thankful for the time I got to spend in the classroom. This experience reassured me to pursue my dream of becoming a teacher. Everyone around me was very helpful and made me feel comfortable learning and growing.



Internship Reflection

Harwich Elementary

— Maggie Powers —

What I Did

For my internship, I helped out with Mr. Zabielski's fourth grade class at Harwich Elementary School. I was able to do this for the whole school year, and went three to four times a week. During my internship, I went to specials with the class and helped out those teachers, too. I worked with small groups to help with assignments and did any extra work Mr. Z needed me to do.



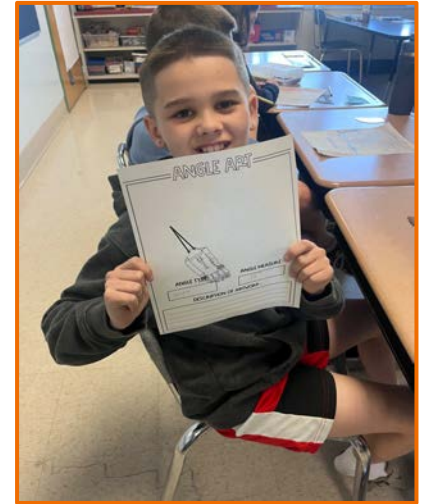
What I Took Away

My internship allowed me to really understand the effect teachers have on students at such a young age. It has been very interesting to see how the students have grown, both socially and academically. I have also seen how much being a good role model makes an impact. Throughout my internship, I have tried to show the students how to be responsible, respectful, and attentive learners.



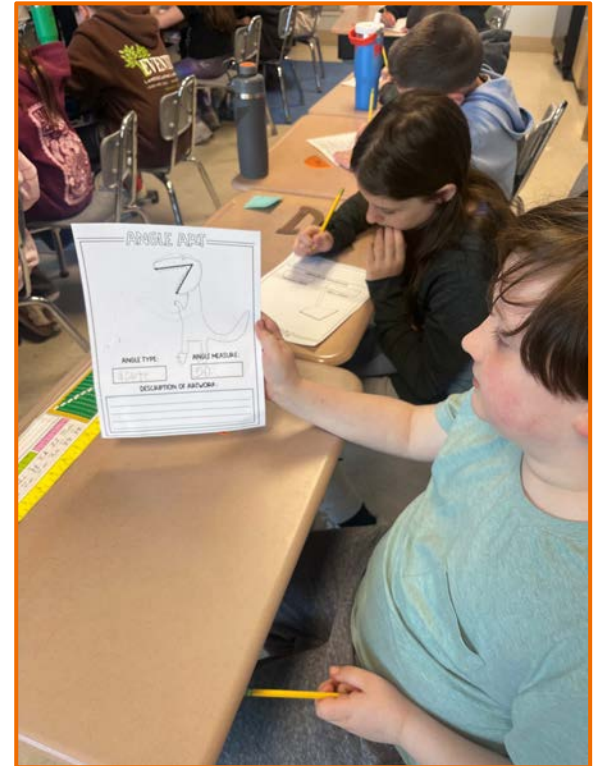
Reflection

- Over the year I have been able to get to know the students and their strengths, and it has been wonderful to see how they have grown.
- I was able to learn what it entails to be a teacher, and how they make sure every student is able to learn in the way that works best for each student.
- I loved to see how passionate the teachers were about their job, and how excited the students were to get involved.



Performance

At the beginning of the year, I was less involved with the students, and they were not as eager to ask me questions. For the first month, I mostly helped out my mentor with tasks around the classroom. As time went on, the students became more comfortable asking me questions. I began to work with them either individually or in small groups. They would read to me, and I would eat lunch with them.



What Made It Real

Getting to know the students and their personalities was definitely what made my internship real. Seeing them grow into confident learners who are ready for middle school has been so great to see! It has been wonderful to see how they have improved, and the potential they have for the future.



THANK YOU!

I would like to thank Mr.Z, Ms. Webster, and all the specials teachers for making my internship experience so wonderful! It has been a great year!





Internship with Mrs. Oliver

Toneek Pryce



Internship

When I first considered an internship, I was excited and immediately knew what I wanted to do. I wanted to help Mrs. Oliver to repay her for always being there for me and helping me with whatever I needed.



My Experience

- I had the best experience with how Mrs. Oliver manages her classroom.
- She teaches her students well, and she remains calm and kind, even when they are not listening.
- It was amazing how much effort she puts into seeing them succeed in all aspects.



My Improvement

- I improved my use of grammar and punctuation by reading the students work and making sure they used proper punctuation and spelling.
- My vocabulary was improved by Mrs. Oliver using words I have never heard before and then explaining what it meant.
- I have learned how to be more patient with people because some people learn at different paces.
- Mrs. Oliver has taught me ways to improve my organizational skills by making me organize all of the names, cards, and permission slips for prom for students that go here and go to other schools, making sure to write down all the students names, and what they need to be able to go to prom and the after prom.



THANK YOU,
Mrs. Oliver 

Capstone Project

Luke Routhier

Two curved teal lines, one above the other, positioned below the author's name.

What I Did



During my internship, I created and edited film projects. I practiced advanced video editing techniques and improved my production skills. I also worked on digital content for marketing ideas and business related projects. I experimented with creating ads and learning how media can be used for branding and pitching ideas.

What I Learned

I gained knowledge about the connection between digital media and marketing and business. I improved my production and editing abilities. I discovered how to produce stuff for more than just enjoyment. Additionally, I developed my visual presentation skills and how to be resourceful with them. This internship taught me how to be independent and manage my time.



Reflections

Working alone and overseeing my own tasks gave me greater confidence. I became more creative and adept at addressing problems. I began to approach my career and future with a more professional mindset. I learned from this experience that I want to work in media or digital business, and because I produced information with practical applications, it seemed authentic.



Performance

Starting from the beginning of the year all the way to now my growth in my field has done nothing but shot up. The repetitive ability to make these projects just made learning get nothing but easier. One film I had been working on all year had run me into a lot of problems. The film style that I was trying to achieve didn't seem like it was being portrayed correctly. I had to constantly re-film more than half the movie till I could perfect it. The biggest take away I had from this film and opportunity is that perfection takes time and effort.

Thank you!

I am beyond grateful for this experience! One challenge was pushing myself to go beyond basic editing and try new techniques. My biggest takeaway is that creativity and business can work together. I want to thank Mr.Cass for his guidance and support throughout this internship and what I have learned in the years of taking his classes.



SAIL

Internship

Kurtc Seymour



Why I Chose SAIL

- ❖ Opportunity to gain hands on experience in a classroom setting.
- ❖ Range of opportunities - exposure to different areas of education.
- ❖ Chances to observe and assist trained professionals in education.
- ❖ Convenient location being in the school and an extremely welcoming environment.



Facts about SAIL

- ❖ SAIL = Students Achieving Independent Learning
- ❖ Supports students with cognitive disabilities
- ❖ Focus on independence and life skills
- ❖ Teaches academics, communication, and social skills
- ❖ Includes daily living and job skills
- ❖ Hands-on, real-world learning



What I Learned

- ❖ I learned how to work with students who have special needs.
- ❖ I learned to be patient.
- ❖ I learned the importance of teamwork in the classroom.
- ❖ I learned the importance of building relationships with students.



My Growth

- ❖ Grew more confident in the classroom setting
- ❖ Learned to manage pressure and multitask
- ❖ Grew more confident with the students



Reflections

- ❖ Learned how day-to-day tasks support overall clinic function
- ❖ Observed how teachers work together effectively
- ❖ Gained a clear understanding of routine responsibilities in the classroom
- ❖ Became more familiar with the expectations of teachers



Highlights:

- ❖ Helped with special events
- ❖ Learned different learning techniques
- ❖ Witnessed ways to help special needs students
- ❖ Gained insight into classroom operations



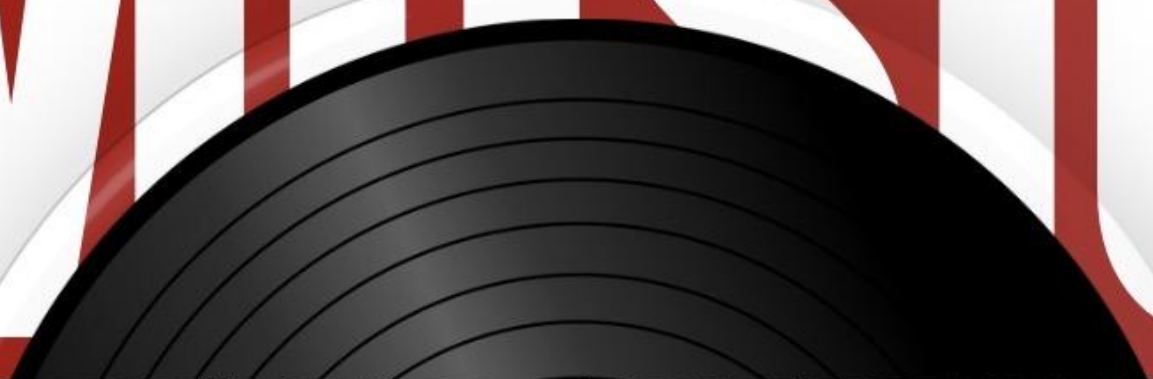
Thank you!!

- ❖ Ms. Armstrong
- ❖ Mrs. Goode
- ❖ Mrs. U
- ❖ Mrs. Z
- ❖ Mrs. Stevens
- ❖ Mrs. Shields
- ❖ And all of the SAIL students



INTERNSHIP CAPSTONE PROJECT

MUSIC



CHARLOTTE SKINNER

MS. RICHARD

8-12 Chorus

9-12 Select Choir

8-12 Band

8-12 Music Theory

8-12 History of Rock

Musical: Music Director



MS. RICHARD



MUSIC CLUB



In my internship, I used and grew my music theory skills to re-write and transpose music for different instruments. I sorted music by instrument, then filed it alphabetically by song title. This internship helped me realize that musicianship is more than just playing an instrument, and it solidified my career choice in music.

WHAT IS MY INTERNSHIP?




WHAT DID I LEARN ?

I learned to rewrite and dissect different instrumental parts. Some scores omit parts for certain instruments, so it was my job to transpose and create a new part for the omitted instrument.

I worked as a Music Librarian, and I learned to sort and file music quickly and efficiently. I researched music history and wrote program notes for the Band and Chorus concerts.



MUSIC CLUB



**“MUSIC IS A MORAL
LAW. IT GIVES SOUL
TO THE UNIVERSE,
WINGS TO THE MIND,
FLIGHT TO THE
IMAGINATION, AND
CHARM AND GAITY TO
LIFE AND TO
EVERYTHING.”**

-PLATO

WHAT MADE IT REAL?

What made it real was all of the hands-on work that Ms. Richard gave me, whether it was making new parts for a specific instrument or photocopying scores. Working with Ms. Richard has given me skills in school, as a musician, and as a person. Her mentorship has helped me grow as a person and a student. I have learned so much and am so grateful for this experience.



Reflection

The advice she gave me and the effect it had on me will further me in my career. Ms. Richard has opened her classroom to me for the last five years of my life, and I will be forever grateful for everything she has done for me. My love of classical music and how far I have become as a musician has much to do with her teachings. I will take what she has given me and use it in my career and day-to-day life. Thank you so much for guiding and understanding me not only as a student but as a musician.



CAPSTONE PROJECT

**THANK
YOU**

**WHERE WORDS END,
MUSIC BEGINS**





Monomoy Regional Middle School

CAPSTONE PROJECT

Jillian Stevenson

Monomoy Regional Middle School

- Before Chatham and Harwich were regionalized, the building that is now Monomoy Middle School served as Chatham Middle and High School.
- The last graduating class was the Class of 2014.
- MRMS serves as a place to empower and encourage students to try new experiences and deepen their knowledge across subjects, including music and the arts.



What Did I Learn?

Throughout my time at my internship in the band room at MRMS, I learned many valuable lessons about teaching and music. I learned to observe the ways different students learn and tailor instructions specifically to them as well as gaining knowledge on planning lessons and classroom management. Through working with students in class or in a small group “lessons,” I learned to recognize specific areas of playing that students were struggling with and helped them with the issue. Through observing my mentor, I learned strategies for classroom management and tried-and-true strategies to teach basic music theory and sightreading.





(me in middle school band/ chorus)



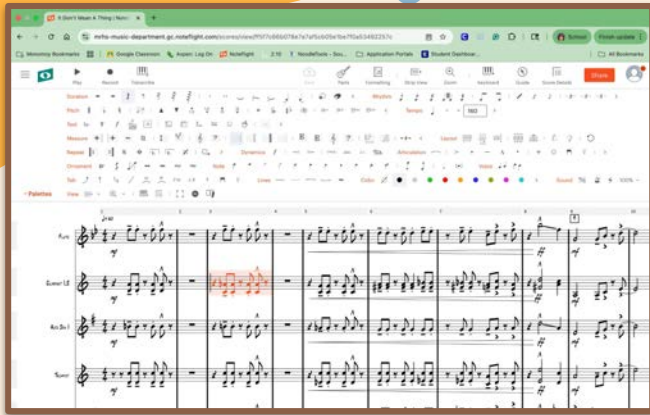
Reflections

Being able to work with middle school students was incredibly rewarding, especially because of my sudden limited access to performing arts in middle school due to COVID-19.

After school was shut down, I had no designated time to practice in school and very few tools/knowledge to do it on my own as a sixth and seventh grader.

After COVID, I was hesitant to continue playing music. Had I been able to interact with a high school student on a daily basis, I believe I would have been much more comfortable/excited to be in ensembles in eighth grade.

While I ultimately decided to continue playing, that is not always the case, and I hope that by being there, I was able to inspire some students to continue band in high school.



What Did I Do?

I interned with Mr. Thoft-Brown in the music room and assisted with organizing classroom materials, photocopying, participating in class discussions and lessons, and arranging and conducting a piece for the 6th and 7th Grade Band to play at their spring concert.

What Made it Real?

Seeing progress in the kids made my placement at the middle school real. As someone who has always found joy and solace in music, it was incredibly rewarding to be able to be a part (even if a small one) of someone else's musical journey.

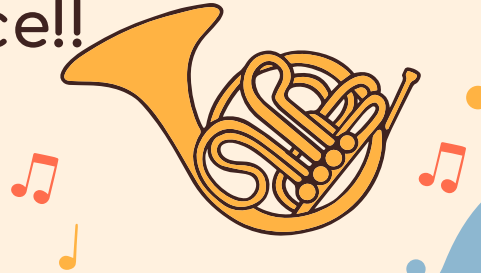
Highlights


- Conducting a piece for the spring concert and watching the band improve
- Helping 6th Grade General Music classes learn simple drum pieces
- Working with wind players in small groups



THANK YOU, MR. THOFT-BROWN!!!

Thank you for giving me such a
fun and engaging experience!!



A background image of a ceramic workshop. In the center is a lump of light-colored clay. To the right, a wooden workbench holds several metal tools like a rib and a wire. To the left, a small bowl and a palette are visible. The scene is lit with soft, natural light.

Monomoy's Ceramic & Sculpture Classes

Olliver Tadema-Wielandt
2025-2026

Background



My first ceramic piece
made with Mr. Nickerson
in 5th grade

I have been taking ceramics and sculpture classes with Mr. Nickerson since 5th grade. Since then, I have taken just about every class he has offered at the high school.

To finish my high school career, I decided to take a different seat in the classroom, one of leadership and observation, to discover what it is like to run art classes, and to be responsible for a classroom and the students.

2025-2026 Classes

This school year I have interned in one Introduction to Sculpture class, two Introduction to Ceramics classes, and one Advanced Ceramics class. The wide range of curricula throughout my internship allowed me to see all aspects of what a classroom really looks like: facing difficulties, changing projects, working with new students, and overcoming obstacles.

Recycling Clay

One of many things I learned during my internship was how to recycle clay, though this can be a difficult process it saves resources and reduces costs.



Slip

Dried out and disposed clay is grinded into a fine powder and mixed with water until it forms a thick mixture called slip.



Clay

The slip is then spread on a plaster slab in order to remove excess moisture, when dry enough the clay is removed and cut into pieces.



Pugmill

The clay is then refined through a machine called a pugmill, rapidly blending the clay to ensure it's uniformity. After this, the clay is ready to be bagged up and used again.



Organizing

My internship also taught me about one of the most difficult elements of running a classroom: keeping things organized. With classes coming in and out all day, it is impossible to keep things organized but still, refreshing things whenever possible helps everyone in the classroom. I spent much of my time organizing materials and tools, as well as discarding old and unused materials to clear out new spaces to store works in progress.



Working with Students

One of the most interesting elements of my internship was working with students. I loved being able to help students learn skills in ceramics and sculpture and having the privilege of helping their creative visions come to life. Sometimes working with students was difficult, but it taught me how to take on more of a leadership role, and how to work through challenging situations. Still, my experience of working with students was so unique and fun, I was able to meet so many new people and have interactions I never would have expected.

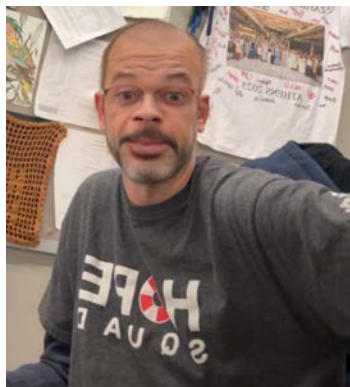


Reflecting

Reflecting on my internship experience, I have felt so grateful to have had this opportunity. I bonded with new people, saw young artists discovering themselves, and gained a new understanding of what it means to teach art. I experienced struggles and obstacles throughout my internship and was able to learn new ways to overcome them. I cannot wait to take the skills I learned here into my future in the art world.

Thank You!

I am so thankful for this experience and the guidance Mr. Nickerson has provided for me not just this year, but throughout all of highschool. He has taught me so many lessons that I will carry for the rest of my life, and I will be forever grateful for that. Thank you Mr. Nickerson!



Senior Capstone Project

Morgan Willis

Overview

From the end of January 2026 until May 2026, I am happy to say that I was given the opportunity to intern at Chatham Elementary School in Mrs. Tuccio's third grade class. I chose this internship because for a long time, I was unsure of what career path I wanted to pursue. Right when I started my internship with Mrs. Tuccio, I knew that teaching was something I could potentially be very good at and that it was a career that I wanted to look into more. I am very grateful for this opportunity and that I got to see what it is like to be an elementary school teacher!



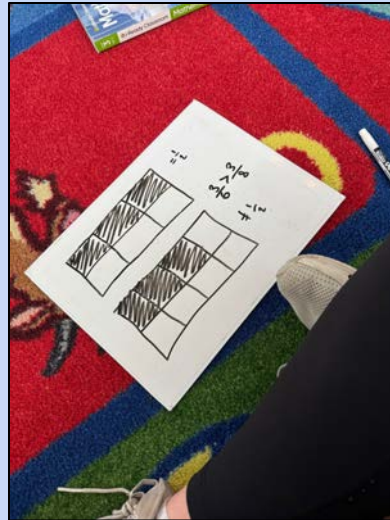
What I learned

During my internship, I learned that creating a positive learning environment can impact students greatly. This opportunity made me realize that teaching is a career field that I want to pursue and become involved in! I learned that teaching is a very impactful career field and I am very excited to have the opportunity to study it.



What I Did

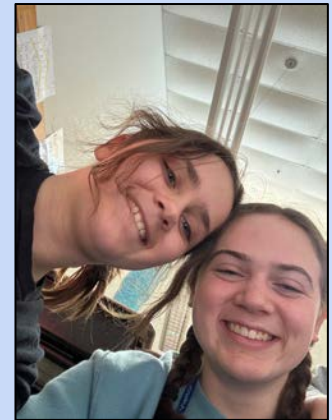
During my internship, I helped the students with their classwork, as well as grading papers for Mrs. Tuccio. I would also take the students to and from their specials, which include gym, music, and art. Alongside that, I sat with them at lunch and play with them at recess. I have really enjoyed this internship experience and everything I have been able to do!



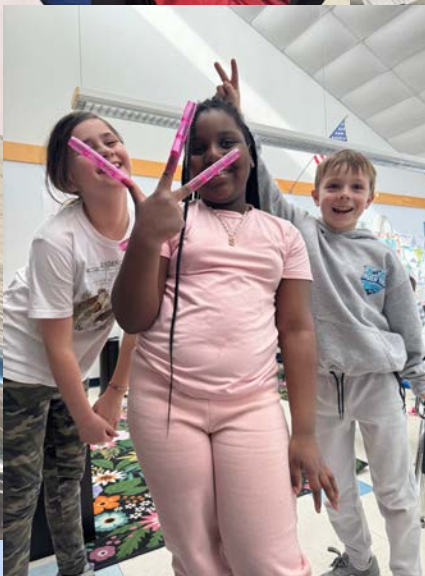
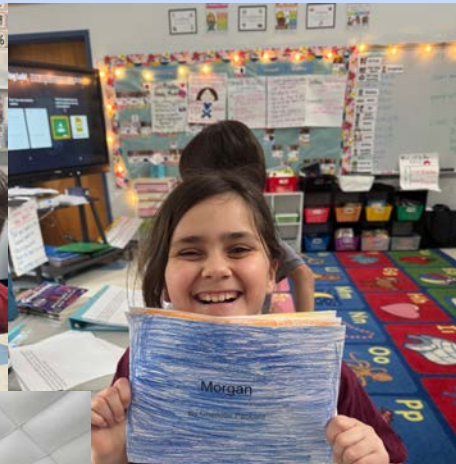
Reflection

This internship was probably one of the most rewarding and enjoyable experiences I have ever experienced. It solidified my choice in becoming a teacher. It taught me skills on how to communicate with children and other teachers, as well as how to create a safe and comfortable learning environment.

Throughout my short time at CES, I learned that I absolutely love teaching young children, and I cannot wait to see where this path takes me.

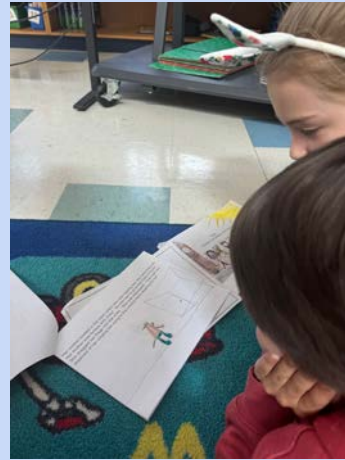


Photos!



What Made It "Real"

What really made this whole experience real was that I was actually a part of the classroom. This was truly one of the most rewarding experiences. Learning the different ways of how to teach children and see how differently everyone learns was so cool. What was really amazing about this was how excited students would get when they finally understood a problem. It made me so happy knowing that I was able to help them figure it out!!



And lastly...



A HUGE thank you to Mrs. Tuccio and all of the other teachers in the school who made me feel so welcome in the CES community!!

And thank you to all of my favorite third graders who made this experience so enjoyable!!