

Pre-Internship Report Form

Name: Matthew Grady

Once complete, submit your form via email to Dr. Hobbs (will.hobbs@gcsu.edu) no later than 5:00 pm, May 2st, 2014. As you write in the boxes below, they will expand to accommodate your writing. Make sure you proofread and write coherently and precisely.

Five Tasks:

1. Personal Mission Statement
2. Strengths and stretches inventory
3. Professional vision
4. Professional Goals
5. Internship Goals and Objectives

Task 1: Personal Mission Statement

Cut and paste the raw statement information from Step 10 of the online process here:

- I am at my best when I am around others who uplift me..
- I will try to prevent times when I am agitated or can't focus.
- I will enjoy my work by finding employment where I can show others how to be efficient with the task at hand. Serving others.
- I will find enjoyment in my personal life through Cycling. Playing music. Sharing time with friends. Helping/serving others.
- I will find opportunities to use my natural talents and gifts such as Music. Great listener.
- I can do anything I set my mind to. I will become a Rescue Swimmer in the Coast Guard. Travel around the world helping/serving people with various projects/tasks.
- My life's journey is helping/serving others. As a Rescue Swimmer for the Coast Guard I save lives at any cost. I am doing this to serve others. The ocean is a vast expanse, If I were to have an accident or to be stranded at sea. I would be scared out of my mind and ultimately lose hope. But as a rescue swimmer I bring hope to the stranded. People in peril need my help, and I pledge to be there no matter the condition. In the end it is my hope to make a difference in others lives. .
- I will be a person who goes out of my way to make someone happy or enjoy themselves. I am very uplifting man, who's goal is to serve others and make a difference in their lives.
- My most important future contribution to others is that I consider my time to be my most important contribution to others. I thoroughly enjoy spending time with others. When I can spend time uplifting others, my hope is that it makes a difference in their lives.

I will stop procrastinating and start working on:

- Time. My time management skills are poor. When it comes down to the crunch period I can stressfully make due. But I consciously realize that in order to succeed in future life I need to manage my time more appropriately.
- Spending time with the Lord. I know that spending time with God, and in Gods word is the one true way to gain a further understanding of Gods plan for my life. Yet on a daily basis I have chosen to disregard this fact. The sooner I make a change to consciously spend time with the Lord, the easier life will happen.
- My language is not professional nor is it uplifting to the Lord. Yet I still choose to use foul language. It's not a good habit I know this. It needs to stop.

I will strive to incorporate the following attributes into my life:

- Extremely open (Openness)
- Realness
- Humble

I will constantly renew myself by focusing on the four dimensions of my life:

- For me biking or running physically exhausts me and balances out my physical being.
- Spending time with the Lord through prayer and reading his scripture spiritually brings me to a better place.
- Mentally meditating at the beginning of my days creates a greater balance for the day to come.
- Socially and Emotionally I am an introvert. I thrive from spending my time alone. Spending time by myself in my own world, doing my own thing recharges and balances me out.

Your final mission statement is a statement of 3-4 sentences that captures the essence of your purpose and intentions **as an outdoor educator**. Write your final revised mission statement here:

As an outdoor educator my mission is to serve others through the use of my time and energy. I am devoted to uplifting others with my natural talents, and making possibilities become a reality.

Task 2: Strengths and stretches

Cut and paste a brief summary of the results from both inventories here:

Guardians (SJ's) are the cornerstones of society, for they are the temperament given to serving and preserving our most important social institutions. Guardians have natural talent in managing goods and services--from supervision to maintenance and supply -- and they use all their skills to keep things running smoothly in their families, communities, schools, churches, hospitals, and businesses.

As a **Protector (ISFJ)**, you offer a high level of commitment and stability to support the organization. You provide comfort gently and helpfully, and see to others' well-being. You are likely to work quietly in the background assuring that procedures are followed and details attended to. As a Protector, you are willing to roll up your sleeves to help the team and follow through until the task is complete. Protectors can be the hardest workers doing tasks nobody else will to do.

ISTJ

Introvert(44%) Sensing(38%) Thinking(12%) Judging(22%)

- You have moderate preference of Introversion over Extraversion (44%)
- You have moderate preference of Sensing over Intuition (38%)
- You have slight preference of Thinking over Feeling (12%)
- You have slight preference of Judging over Perceiving (22%)

Write your 200-word minimum (no maximum) narrative reflection here:

I agree with these tests. I am an introvert and embrace it to the fullest. In the past I have wished that I was an extrovert, in this wishful thinking, I became confused as to who I really was and lost my way. Now that I have embraced my introversion and understood what it really means I am able to live my life to the fullest. Also as an introvert I can be outgoing (extrovert like) and have a lot of fun with their friends, but later I must spend time by myself to recharge. I agree with the test that states I value thinking over feeling. When it comes to my decision-making skills, It usually takes me a long time to make up my mind. I would rather run every scenario through my head or explore every option before I make an informed decision.

When it comes to my duties and responsibilities as a leader I am quite serious and take pride in being dependable and trustworthy. "Teamwork makes the dream work." I am a very practical and down-to-earth person. I believe in following the rules and cooperating with others. Without cooperation there is chaos, and I try and stay as far away from chaos as I can.

Task 3: Professional vision

1. Write out your draft vision statement here:

As a professional outdoor educator I want to be in a position of leadership where I am looked up to, and called upon for advice.

2. Write out your responses to the four pillars here:

TRUST: I trust that through research, extended practice, and feedback from fellow professionals that I will work my way towards achieving my goals as an outdoor educator.

MEANING:

- Friendships, and what I've learned from these friendships holds significant value/meaning in who I am.
- As an outdoor professional the experiences I have encountered shape my values, and what I know to be real.

HOPE: In the following years as a professional outdoor leader I hope to build confidence within myself in order to lead participants more effectively.

COMMITMENT: As an outdoor leader I commit myself to attaining mastery of specific pursuits. Specifically in the areas of Mountain Biking and Rock Climbing.

3. Your final vision should be 3-5 sentences long and describe the ideal, the future; the statement will clearly lay out where you want to go professionally. Write your final revised vision statement here:

My vision - is to be a readily available servant to others. To instill confidence within participants by leading and directing them to achieve realities that may not envisioned as a possibility.

Task 4: Professional Goals*

Review your vision statement and then write out 4-5 statements that outline specific strategies for pursuing your professional vision.

1. As an outdoor educator I plan to put myself in positions that openly invite learners to seek my guidance.
2. As an outdoor educator I plan to assist learners in finding/building confidence within themselves. By relying on past successes and providing learners with their own decision making opportunities.
3. As an outdoor educator I plan to effectively lead and direct learners toward specific program results. By explaining the intended outcome, spending meaningful time with learners, and by providing adequate examples.
4. Once learners have found their confidence I plan to break down perceived barriers by taking appropriate risks, in order to embark on new challenges.

Task 5: Internship Objectives

Write out FIVE specific, measurable, realistic, and timely objectives you want to achieve through **your specific internship experience** that will help you reach your professional goals. You will also need to write 2-3 objectives or specific tasks that you wish to complete in your internship for each goal.

Professional GOALS <i>(rewrite them here)</i>	OBJECTIVES <i>(2-3 per goal)</i>
1. Make myself readily available for campers to seek guidance in the area of mountain biking.	<ol style="list-style-type: none"> To give campers an awareness of riding motivators so they are aware of their own. To find the passionate riders and teach them what I know.
2. Building confidence in campers. By relying on past successes and letting them make informed decision.	<ol style="list-style-type: none"> To develop a common riding ground among campers. By giving campers the option of challenge by choice.
3. I plan to push campers to take appropriate risks in-order to advance their skill set.	<ol style="list-style-type: none"> To teach more advanced riding techniques/skills. That campers will be able to ride more advanced trail systems by the end of their session.
4. To learn new riding techniques and teaching skills from time spent with other instructors.	<ol style="list-style-type: none"> To spend days off riding and improving my skills. To put myself in opportunities to teach or assist teaching in various capacities.

TO SUBMIT:

Save this document as "lastname_Pre-Intern Sum14".

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*A brief refresher on terms:

Outcomes: Statements that specify what students' new behaviors will be after a learning experience. Ex. *SWBAT describe the difference between outcomes, goals and objectives.*

Goals: Broad statements of purpose for an experience; tend to be more long-term than objectives. Ex. *The goal of this assignment is to help students think more clearly and concisely about their immediate professional direction.*

Objectives: The specific target pursued or desired strategy applied for a given learning experience; much more short-term. MUST be confined to a specific experience (the internship), measureable (what evidence will demonstrate achievement?), and achievable. Ex. *Complete all portions of the pre-internship report and submit via email no later than May 2nd, 5:00 pm.*