

STUDENT-ATHLETES ABROAD

Sports, Education, & Service Internship

Coordinator: Dr. Marissa Floyd
Email: marissa@saabroad.com

We can push ourselves further. We always have more to give. (Simone Biles)

The best way to find yourself is to lose yourself in the service of others. (Gandhi)

Course Description

This program combines travel abroad, experiential learning, and service to fully integrate and enhance the internship experience. Interns will work approximately 30-40* hours/week with paired organizations while concurrently completing a variety of activities to apply knowledge and experience. Interns will continuously negotiate and reflect upon cross-cultural challenges and what it means to be a global citizen.
(*additional hours available)

Learning Objectives

- ✓ Apply academic and experiential knowledge during internship
- ✓ Engage in responsible and respectful conduct while working as an intern
- ✓ Discuss concepts of sport, culture, community, and the various relationships and complexities between and among these ideas
- ✓ Identify and evaluate personal beliefs about service and “developing” countries
- ✓ Recognize, articulate, and act upon the role of athletes in global issues
- ✓ Foster critical thinking about travel and cross-cultural communication
- ✓ Integrate travel, work experience, service, and research to create a working understanding of global citizenship

Course Format

- Pre-departure Online Orientation
- On-site work experience
- Service Learning
- Weekly Meetings & Exit Interview w/Internship Coordinator

Credit Hours

You must take this course for 1-12 credit hours. All Course Requirements must be met regardless of credit hour quantity. Number of credit hours are directly related to number of contact and supplemental work hours:

1 Credit – 40 hours

2 Credits – 80 hours

3 Credits – 120 hours

4 Credits – 160 hours

5-12 Credits – Please discuss specifics with Internship Adviser

Grading

Please remember that grades are earned, not given. Grades are based on skill assessment, performance, engagement, and improvement.

Final Grade Breakdown:

A: 93-100%, **A-:** 90-93%, **B+:** 87-89%, **B:** 84-86%, **B-:** 80-83%, **C+:** 77-79%, **C:** 74-76%,
C-: 70-73%, **D+:** 67-69%, **D:** 64-66%, **D-:** 60-63%, **F:** 59% or less

A = outstanding work that is superior and demonstrates an in-depth understanding of the skills and material that **far surpasses the minimum expectations** of a student in the class.

B = above average work that demonstrates an understanding of the skills and material that exceeds the minimum requirements.

C = average work which illustrates that the student has met the minimum requirements and expectations for a particular assignment.

D = below average work in which the student does not meet the minimum expectations for a given assignment.

F = below average work in which little or no effort seems to have been expended by the student.

Course Requirements

Pre-Departure Orientation: Appropriate preparation for the internship is essential to optimizing the time for both the intern and our partner organizations. We have custom built the orientation structure for each internship location. Completion of the online orientation is required and essential.

Prior to departure, interns will engage our four-week online orientation course. Interns will navigate a series of videos and readings including: history and culture of host country, organization information, intercultural communication, and service-learning. Orientation activities and assignments will include: video introduction posts, discussion blog posts on reading/video content, and a pre-departure essay.

Pre-Departure Essay:

To conclude the online orientation, interns will submit a two-page essay to identify specific internship goals in relation to career goals and consider the cultural challenges and experiences ahead. The essay will follow several prompts guiding students to integrate what they have learned during the orientation into the essay.

Internship Journals:

Journaling is an important and necessary component of the internship experience. Without dedicated journaling, much of the rich experience can be lost in the everyday hustle. Journals will not only serve as data for the end of program paper (and potentially upcoming papers/projects), but also as a detailed memory pool for professional development regarding future applications and interviews (jobs, scholarships, graduate school). Additionally, the daily downloading of experience and reflection upon that experience is vital to the holistic abroad internship program.

Interns are required to log journal entries that will be submitted each week. Journals will include sections for: internship/service hours, daily activities and critical reflections of experiences. Journals will also include sections on research and application. See Appendix A for Journal Format.

Research & Application: To fully integrate the internship experience with current knowledge and future aspirations, interns will conduct and apply weekly research. Each week interns will identify 3 aspects of their internship to research and apply to current (internship) and future (career) applications. For each point of research, interns will also consider the cultural implications that connect to their on-site experience. Research and application will be logged in the Internship Journal. See Appendix A for Research & Application format.

Mid-Program Evaluation: Half-way through the program, interns will complete a short online evaluation to reflect on first-half of program.

Weekly Group Meetings: Interns for each organization will meet informally as a group during the week to discuss experiences and how they can best serve the organizations needs and make a sustainable impact.

Weekly Coordinator Meetings: Intern groups will meet with the SAA Internship Coordinator weekly to discuss experiences, challenges, and issues as they arise to ensure we are making the most of the internship.

Mock Interview: Gaining experience is the first step; the ability to articulate that experience in meaningful ways is essential. If you are unable to effectively communicate your experience to others, the value can decrease. The Mock Interview will provide the practice of explaining the value of the internship to a desired future employer.

Each intern will choose a desired job position or graduate program for which they hope to apply. They will do some research to discover look into the company/university and qualifications. They will follow a given structure to upload a mock interview video for that position.

Final Paper: Interns will respond to a series of prompts that will integrate the work, service, cultural experience, and research/application components of the internship into a reflective essay. Paper is due on 10 days following the last day of the program.

Exit Interview/Evaluation: Prior to leaving the country, interns will meet with coordinators to discuss goals and performance. They will also complete an anonymous online evaluation of the program.

APPENDIX A - Weekly Journal

Internship Log: (Date)

Work Hours:

Service Hours:

Weekly Activities: Provide a detailed description of important activities throughout the week. Discuss work and service as well as relevant details as you experience the country, people, transportation, food, etc. Focus on writing *what* you did in this section and save your thoughts about it for the next section.

Today we learned the process of how receipts are input at the hotel. I met the 3 people who work in the accounting office, their names are x, y, z. Their positions and duties are x, y, z. These are the steps of processing accounts for x, y, z.

Breakfast and lunch are provided for all staff at the hotel. The morning buffet usually includes x, y, z and the lunch buffet has x, y, z except on Thursdays when there is a x special because of y.

This week J and I tried to learn the local bus system. It's very cheap and goes everywhere so we figured it was a great idea to just explore and figure it out. We traveled to the towns x, y, z and rode 10 different buslines.

Reflections: Here you will discuss about your thoughts and feelings about what you did.

Reflecting on your experience is critical to what you will take away from this internship. Think of it like watching film for your sport. You can't improve or make the most of the time you have if you don't think about what you did. Answer the following prompts:

- What did you learn at work this week? How does it connect to your education?
- What challenges did you face at work?
- Discuss cultural challenges (e.g., language, food, customs, communication)
- Give one example of an experience that changed how you look at/think about things

I am really enjoying learning the accounting process at the hotel. I recognize the forms but they are organized differently and they are of course in Spanish. I am learning to do X and Y differently. It reminds me of this lecture I had in class last semester about Z. I am taking good notes because I can probably write a paper about this for my A class next semester. Doing Y this week also made me think I may want to go into D instead of H.

The language challenge has been tough! But I am learning to use Y and Z to help and it's actually pretty fun. I definitely have a different understanding of people learning to speak English in the US. I never thought about B or C before.

I am so glad we are learning the bus system. Directions are very different here because there are no street signs or addresses! People explain how to get places by saying how far the place is from some other place. For example, X building is 300 meters south of the library.

*****Each Weekly Log should be 1-2 pages (weekend notes are optional)**

Research & Application

Based on your on-site experience, you will identify 3 topics/week to further research and connect to your current intern position and your future career (if it fits). Please include a properly formatted citation for each source (APA or MLA). Your 3 sources per week should include 1 scholarly journal article, 1 trade/topical source (topically focused non-academic publications), and 1 popular or social media source.

Research Topic 1 (example): Environmental Impact on Education

- **Rationale: (explain the topic in your workplace and why you chose to research it)**
 - I work in a school that is basically an open gym with partitions that separate the classrooms. It is so loud from its proximity to the street that the teachers write on the board instead of speaking. I chose this topic to find out how environment impacts learning and what other schools and teachers around the world do in difficult environmental situations. *The rationale should be a solid paragraph with a detailed explanation.*
- **Article Summary (summarize the article in one paragraph):** Provide a succinct summary. Be sure to include the purpose of the article, what was the main point? Summarize the key points of the article. State any challenges or problems discussed. Summarize conclusion/findings.
- **Article Connect/Application: (connect the article to your work; does it inform your work habits or space).**
 - This article connects to my school in these ways x, y, z. These are the environmental factors in this school: x, y, z. The teachers have come up with some great ideas to help x, y, z. This makes me think A and I am going to try B.
 - Be strategic in your connections. Clearly connect the article to your works space. The article discusses x as a possible solution to struggles y and z faced by this community. In a similar way, we could implement t and v in our classroom.
 - Apply what you have learned. Reflecting on this article and my service has led me to support me desire to be a D because of X. Y has also challenged my beliefs about H. *Summary and article should be separate paragraphs.*

*****Each Research/Application log should be approximately 1 page double spaced (3 pages per week)**