

Are you looking to ...

Start an exciting senior year internship

Explore different careers

Be more prepared for college and other post secondary programs

Be ready for future work opportunities

Learn to be an independent and confident worker

Learn amazing work and social skills

Improve communication skills

Build your resume and important contacts

All About Exploring Careers

Exploring Careers is a rigorous training experience that prepares Montgomery County high school seniors with an Individualized Education Program to work successfully in the community and comprehensively tackle future goals.

Participants work Monday through Friday for four hours a day for one semester leaving school after second or third period.

Currently based at Holy Cross Hospitals in Silver Spring and Germantown, Exploring Careers provides one-on-one job training and continual support. The internship also allows students to explore possible post-secondary interests while building career and socialization skills.

Exploring Careers also works to build a foundation for the interns' confidence, independence, and problem solving.

“The Exploring Careers Internship gave me the chance to explore several career choices that I am interested in. It gave me a chance to find my path and make clearer what I might want to do in the future.”



“I have learned to be more independent and confident. I am still shy but I am now more comfortable when talking and working with new people and on new assignments.”



How To Apply?

Let the Case Manager and Transition Support Teacher (TST) at your school know you are interested in finding out more about Exploring Careers

Make an appointment to meet with the TST to talk about the internship and see if you meet the admission criteria

The TST will submit a candidate referral form to Transition Services and Exploring Careers Coordinator, Vicki Goodman

If you are eligible, the TST will provide additional paper work for you to complete and an interview date will be scheduled

An interview will be conducted for each candidate at their school

Exploring Careers
might be just right for you!



“My internship has helped me communicate better. I learned to speak and work with many different people. It gave me the experience that I needed to open up more and feel comfortable interacting with others.”



“One thing that I liked about my experience is how friendly and helpful the people are. I got to know other people working in the Observation Unit and in other departments of the hospital. I also met other volunteers and interns who I became friends with. They are all friendly and are great to be with.”

Student’s strengths, needs and interests are considered when making placements in the internship.

Work Assignments Include:

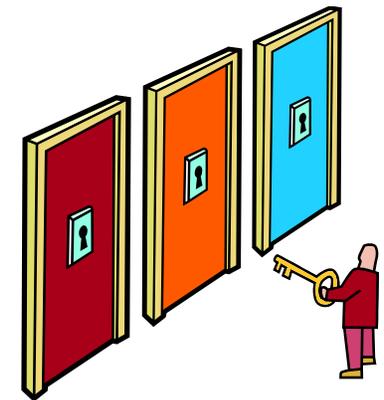
- Customer Relations
- High Risk Perinatal
- Emergency Room
- Pediatric Center
- Observation Unit
- Acute Care Unit
- Multicultural Services
- Case Management
- Food and Nutrition Services
- Patient Registration
- Perinatal Diagnostic Center
- Transport
- and more!

For additional information, contact Vicki Goodman, Transition Services, Exploring Careers Coordinator at Vicki_U_Goodman@mcpsmd.org



Montgomery County Public Schools

Exploring Careers Internship Program



**WHAT IS THE
NEXT DOOR
YOU WILL OPEN?**

**Exciting opportunities
are waiting for you!**