

Professional Goals

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PUBH468: Internship

PROFESSIONAL GOALS:

GOAL 1: VOLUNTEERISM AND COMMUNITY INVOLVEMENT

By the end of this internship, I hope to become more actively involved in community service, outreach programs, and events that support the needs of local populations. Gaining exposure from the Mobile Clinic has inspired me to want to help and be more involved with groups within the local area to support communities in need. I'm gaining an understanding of the needs within the communities we visit, the common disparities and problems within the community, and how organizations operate and coordinate their services. I plan on achieving this goal by networking with the organizations already in place and joining through their volunteer sites. This will not only help the community but this goal will also help strengthen my teamwork and communication skills.

GOAL 2: NETWORKING AND PROFESSIONAL RELATIONSHIP BUILDING

A professional goal I hope to achieve by the end of this internship is to build meaningful connections with other providers and professionals in the field. Networking is not only important for sharing your own skills in a field setting, but also exploring career opportunities, gaining mentorship, and gaining knowledge and perspectives. I also hope to develop positive relationships with my peers and other students who are a part of the Mobile Clinic, because I do struggle with making friends and having friends with similar interests would be nice. I plan on achieving this goal by not being afraid to communicate and get engaged with everyone I meet. By the end of the summer, I expect to have developed a stronger professional network and stronger communication skills that can support my future career path.

GOAL 3: RESEARCH AND AWARENESS

My last professional and academic goal that I hope to achieve is to contribute to research

efforts that help raise awareness related to the issues within the Hampton Roads area. It's interesting to understand how social, economic, and health-related challenges contribute to many individuals experiencing a variety of struggles leading to cycles of disadvantage. Everyday I learn something new about our communities and healthcare system structure, which has inspired me to become involved in a future research study to get a deeper understanding of policies, programs, and interventions. I think the experience of the Mobile Clinic will help support this goal because it brings a diverse amount of providers with different experiences and perspectives to network with and perhaps help me get involved in a research related activity. My goal for the research would be to spread mass awareness, knowledge, and impact in a way that makes communities feel more connected to health providers and trust in the healthcare system.