

**Pre-Internship Report Form**

**Name: Rachel Nabors**

Once complete, submit this completed form via GeorgiaView. 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 feel supported and when I am accomplishing something. .  
 I will try to prevent times when I am spoken down to, ignored, undervalued, under appreciated and when I feel as though I don't reach my own potential. .  
 I will enjoy my work by finding employment where I can develop relationships and organize things. .  
 I will find enjoyment in my personal life through movement, cooking food, taking care of myself and others. .  
 I will find opportunities to use my natural talents and gifts such as art, dance, being reliable and loyal, singing, cooking, organizing, building things. .  
 I can do anything I set my mind to. I will figure out ways to make the world completely zero waste, where everything is used and re-used and we take care of the environment and each other. .  
 My life's journey is about a woman who struggles with self love, but as she develops the skills to take care of herself she helps others learn to care for themselves, too. In order to care for yourself though you must care for your environment as we are all apart of the ecosystem. .  
 I will be a person who looks out for others, and looks out for the planet. .  
 My most important future contribution to others will be to show them the wonders of the world in hopes that they will feel at peace through these experiences. . .  
 I will stop procrastinating and start working on:

I think that even though I value a zero waste life style, I am guilty of buying things that I don't need and that may be out of my budget. I create excuses for myself as to why I buy these things, but I truly believe that we consume and purchase too many things and we don't create, reuse and recycle enough!  
 I feel as though I focus on what I get out of relationships and how they can benefit me sometimes rather than what I am giving to that person. People are not commodities, though.  
 I think that I can be somewhat abrasive and demanding of people's attention and time and I think that I can be an overwhelming presence. I would like to listen more and not take control of situations immediately.

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

Intelligent  
 Adaptable  
 Humor

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

Eat well, exercise, sleep well, strengthen and stretch, rest.  
 Journal, pray, meditate, be honest with myself.  
 Slow down, let go of things I can not control, confront the things that need to be addressed.  
 Acknowledge my emotions, communicate with others how I'm feeling/how they make me feel, always introduce friends to friends/family, let go of any judgment others may pass

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:

I would like to provide opportunities for people to learn about their environment and themselves through meaningful interactions and dialogue. By providing experiences for people, I hope to encourage them to become good stewards of their environment.

## TASK 2: STRENGTHS AND STRETCHES

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

**Kiersey – Idealists (NF)**, as a temperament, are passionately concerned with personal growth and development. Idealists strive to discover who they are and how they can become their best possible self -- always this quest for self-knowledge and self-improvement drives their imagination. And they want to help others make the journey. Idealists are naturally drawn to working with people, and whether in education or counseling, in social services or personnel work, in journalism or the ministry, they are gifted at helping others find their way in life, often inspiring them to grow as individuals and to fulfill their potentials

**Enneagram – Individualist:** People of this personality type tend to build their identities around their perception of themselves as being somehow different or unique; they are thus self-consciously individualistic. Fours tend to see their difference from others as being both a gift and a curse - a gift, because it sets them apart from those they perceive as being somehow "common," and a curse, as it so often seems to separate them from the simpler forms of happiness that others so readily seem to enjoy. Thus, Fours can manage to feel superior to others while also secretly harboring some degree of longing and envy.. Fours are emotionally complex and highly sensitive. They long to be understood and appreciated for their authentic selves, but easily feel misunderstood and unappreciated. They have a tendency to withdraw in the face of a world that seems harsh or crude, and are often somewhat moody or temperamental. They are emotionally centered and spend much of their lives immersed in their internal mental landscapes, where they feel free to cultivate and analyze their feelings. A desire to manifest this internal world often leads Fours to an interest in the arts, and some do become actual artists.

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

These tests were very interesting and unlike any other personality tests I have taken. The results had a lot of cross over, especially in describing thought patterns. The Kiersey test, which described me as an Idealist, explained that I dream of creating "harmonious, caring relationships and have a unique talent for helping people get along." I believe this coincided with the Enneagram test in that I tend to be in my own head, day dreaming and thinking of idealistic versions of my life. However, there were some stark contrasts with the tests. The Enneagram said I am an Individualist, that I see myself as superior to others, spend time exploring my own mental landscape and am self absorbed and withdrawn. This contradicts the explanation from the Kiersey test that described me as gifted in helping others and naturally drawn to working with people, which I definitely am drawn to working with people!

I felt as though the Enneagram painted me as somewhat narcissistic, saying that I consider myself to be a part of aristocracy and those feelings are contrasted by shame, envy and feelings of unworthiness. I do believe that I spend too much time thinking about myself, but I do not see myself as above others and I value vulnerability, something Individualists shy away from when they become withdrawn and feel unworthy. And I will acknowledge that there are times I do withdraw, particularly when I do not feel validated and acknowledged in my efforts, or if I am spoken down to. I would absolutely consider myself highly emotional and sensitive, and constantly analyzing my thoughts and feelings, but I do not let this consume me. I try to express myself in any way I can, through movement and writing and it helps me work through my emotions. I understand that I am never alone in how I feel, and I find that working with others puts my problems into perspective and helps me make sense of things.

### TASK 3: PROFESSIONAL VISION

1. Write out your draft vision statement here:

I want to be an advocate for sustainability. I want to build relationships with people and communities and educate and empower them to take charge of their environmental impact. Novel outdoor experiences and authentic relationships will be the vehicle for environmental and social change.

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

**TRUST:** I believe in the experiential learning cycle. I trust that providing experiences has the capacity to inspire new ideas and changes within people and communities. I trust that the novelty of the outdoors opens the door for meaningful dialogue and interactions, which can then help build relationships.

**MEANING:** Through my experiences as a student, I have improved my self efficacy by reaching beyond what I thought I knew and realizing I am capable of more. I have been able to tackle self doubt and anxiety while developing a full understanding of what I know and do not know, something I believe to be invaluable in our field. I have developed close relationships with people I may have not otherwise and I have deepened my connection with my environment.

**HOPE:** I hope that I can lead by example and that I can have a positive effect on other peoples lives. I have hope in our ability to change and adapt and examine our choices and how they effects others and our planet. I have hope in sound, effective research to help make these changes happen.

**COMMITMENT:** I am committed to working with people through difficult times. I committed to doing everything in my power to raise awareness about and prevent further destruction of our environment through advocacy and research.

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:

I will be an advocate for sustainability. I will educate and empower people and their communities to manage their environmental impact through building relationships and providing experiences that reveal how imperative it is to do so. I will dedicate my time to meaningful dialogue and research for the advancement of my field.

### 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. Develop an understanding of barriers and solutions to sustainable practices for the individual and the community.

2. Explore how relationships and experiences can promote change within.

3. Lead by example by practicing sustainability.

4. Develop methods to addressing environmental issues.

5. Advocate for sustainability within the field of outdoor education.

### 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.

<b>Professional GOALS</b> <i>(rewrite them here)</i>	<b>OBJECTIVES</b> <i>(2-3 per goal)</i>
1. Develop an understanding of barriers and solutions to sustainable practices for the individual and the community.	<ol style="list-style-type: none"> <li>1. Discuss with fellow employees/supervisor about issues with sustainability specific to the job.</li> <li>2. Develop solutions to environmental issues specific to the job.</li> </ol>
2. Explore how relationships and experiences can promote change within.	<ol style="list-style-type: none"> <li>1. Reflect on how my experiences and relationships have changed me.</li> <li>2. Analyze how I might be affecting my coworkers/supervisor.</li> </ol>
3. Lead by example by practicing sustainability.	<ol style="list-style-type: none"> <li>1. Re-use things if/when possible.</li> <li>2. Inform coworkers/supervisor of eco friendly alternatives.</li> </ol>
4. Develop methods to addressing environmental issues.	<ol style="list-style-type: none"> <li>1. Research “green” alternatives for</li> <li>2. Encourage purchases to be local for the business.</li> </ol>
5. Advocate for sustainability within the field of outdoor education.	<ol style="list-style-type: none"> <li>1. !!!!! I sat on this for such a long time and do not know how I will be able to do this in my internship but I don’t want to alter my professional goals to fit my internship...</li> <li>2.</li> <li>3.</li> </ol>

\*\*\*\*\* I really struggled with this last part. I feel as though my objectives overlap with my professional goals. I also don’t know how I am going to tackle my professional goals in an internship that also has to meet requirements for ODED.

**TO SUBMIT:**

Save this document as “*lastname*\_Pre-Intern Sum18”.

Once complete, submit this form in GeorgiaView on the due date.