

# Career Internship

The VRHS internship program is designed to provide students with real-world experiences in identified areas of career interest. Students work with professionals in local businesses, schools, medical facilities and other government, community and service organizations. Internships can be paid or unpaid. Students earn school credit and the internship can fulfill the senior Capstone requirement.



## School-to-Career Program

The School-to-Career program offers all VRHS students opportunities to explore and define their career interests and develop college and career readiness skills that will prepare them for higher education, employment and career success.

The School-to-Career program affords students authentic opportunities to apply what they learn in the classroom to the world of work.

**Valley Regional High School**  
(860)-526-5328 ext 2432  
mhambor@reg4.k12.ct.us

# School-To-Career



**Mary Hambor**  
School-to-Career Coordinator



Connecting Education  
and Careers



## Work- Based Learning

This is an opportunity for students to gain school credit for work experience either as a part of the school day or outside of the school day.

The work-based learning experience should relate to a career field that the student is thinking about pursuing after graduation; however, this is not a requirement to participate.

## Possible Internship Sites

- Accounting Firms
- Architecture Firms
- Doctors' Offices
- Engineering Firms
- Government Offices
- Health/Fitness Centers
- Hospitals and Clinics
- Law Offices
- Libraries
- Local Businesses
- Museums/Historical Societies
- Non-Profit Organizations
- Nursing and Rehabilitation Centers
- Physical Therapy Centers
- Restaurants
- Retail Establishments
- Schools
- Social Service Agencies
- Salons/Spas

## Job Shadowing

This is an opportunity for students in grades 9-12 to spend a day or part of a day observing/working with an individual in his/her place of employment to learn more about a career of interest.

No credit is given for job shadowing.