

# Making the Most of Your UCSD Experience:

Internships, Research, and  
Leadership Opportunities at  
UC San Diego



# Learning Outcomes

- Describe “experiential learning” and how it develops your skills and competencies
- Understand UCSD Resources and Programs for real-world learning
- Learn strategies to maximize your growth and experience in these opportunities
- Strengthen your ability to communicate the skills you will develop in these experiences



# What is experiential learning?



# Experiential Learning: Part-Time Job

In the Chat:  
List a part-time job that you have  
had.

What did you do?

# Part-Time Job @ UCSD



**ON-CAMPUS JOB  
OPPORTUNITIES**

LEARN MORE

**USING YOUR WORK-  
STUDY AWARD**

LEARN MORE

**ABOUT OFF-CAMPUS  
WORK-STUDY**

LEARN MORE

**STUDENT  
EMPLOYMENT  
OPPORTUNITIES**

SEARCH JOBS 

<https://ucsd.joinhandshake.com/>

# Experiential Learning: Student Organizations

In the Chat:  
Write a student organization you  
plan to join!

# Student Organizations @ UCSD



<https://getinvolved.ucsd.edu/>



# Experiential Learning: Internships

In the Chat:  
List an internship that you have had.  
  
Where did you intern?



# Internships @ UCSD



Jenny Nhan

BISP 197 - The Scripps Research Institute  
Department of Molecular and Cellular Neuroscience

ERC  
Psychology

*What advice would you give other students about participating in an academic internship?*

*Embrace this opportunity to network and form dynamic relationships with professionals and faculty members. You will find inspiration to become tomorrow's innovator, researcher, or leader in your career goals. When you're passionate about what you do, learning extends well beyond the classroom.*



Yang Lu '18  
American Psychological Association



Meryl Press '18  
Commission on Security and  
Cooperation in Europe



Melani Mattson '17  
The AIDS Institute



Juan Valdez '17  
Office of Congressman Matt Gaetz


UC  
DC

<https://aip.ucsd.edu/>

# Experiential Learning: Research

In the Chat:  
List what kind of research you have  
conducted.

# Research



The poster is titled "Effects of alcohol consumption on brain microstructure and cognition in healthy and cognitively impaired older adults" by Stephanie E. Fennell, T. Michael Beach, and Linda E. Walhovd, from the Department of Radiology, University of California, San Diego. It includes sections for Introduction, Results, Participants, and Methods. The Results section states: "Alcohol modifies the association of MCI status with verbal memory performance. The interaction between alcohol consumption and MCI status on cognitive test performance was significant for CRIS (F(1,34)=5.8, p=0.02,  $\eta^2=0.15$ ) and CVLT-LF (F(1,32)=6.9, p=0.01). An interaction was observed between alcohol and impairment status as the control group obtained higher cognitive test scores than the non-drinking impaired only, while the scores of the impaired drinking group were lower than the impaired only subjects. Higher average weekly alcohol consumption was associated with higher cognitive test scores in the impaired only group (F(1,34)=4.7, p=0.04,  $\eta^2=0.12$ ), which suggests an association between alcohol consumption and cognitive function in cognitively impaired older adults." The poster also features several bar charts and a table of data.

**REAL**

**ACADEMIC ENRICHMENT PROGRAMS**

<https://real.ucsd.edu/>

<https://aep.ucsd.edu/>



# What are the benefits of experiential learning?



**Build Skills & Get  
Real-World  
Experience**

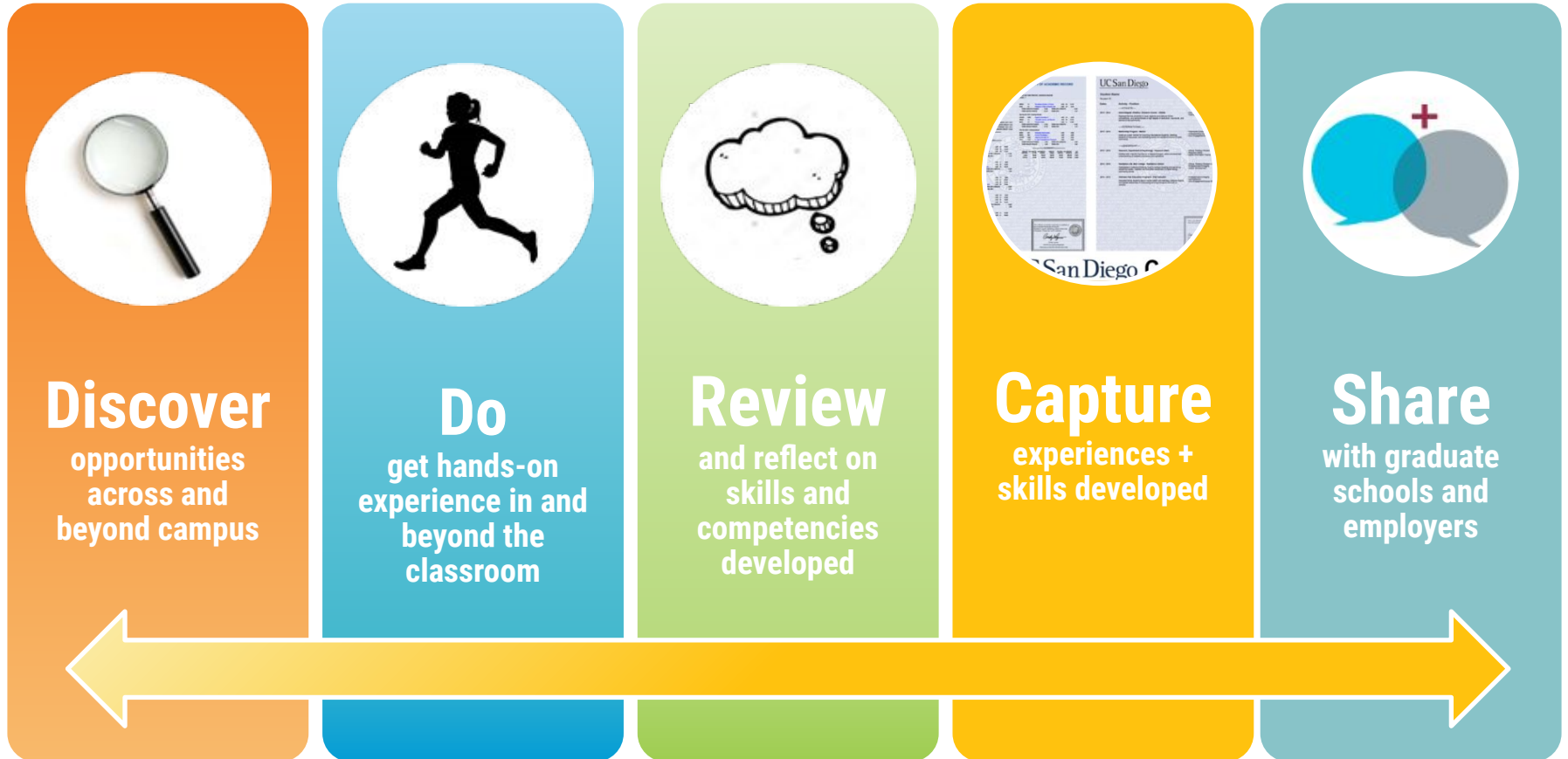


**Find Community  
& Grow Network**



**Explore & Pursue  
Interests**

# Experiential Learning Process



# Discover



Internships for  
academic credit



Research, internship, or  
global experiences



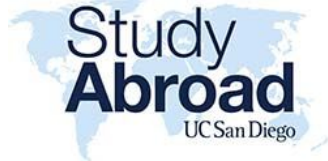
Jobs, internships,  
and volunteer



Clubs and professional  
development



Your College  
Clubs, programs,  
residence, mentorship



Global experiences



Campus community  
centers



Intercollegiate &  
Intramural Athletics  
and Recreation



Your Academic Department:  
Research opportunities  
education and career goals



Undergraduate research  
and professional  
preparation

There are many places get involved on campus. Here are just some!

# Discover: Consider your options

- What type of experience do you want (internship, community service, campus leadership, etc)?
- What kind of organization do you want to work with?
- What you would like to gain from the experience?
- When will you participate?
- What do you need to do to prepare for an opportunity?





# How to find opportunities

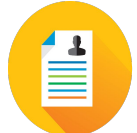
- Connect with **people on campus**
  - ◆ Utilize campus resources!! Talk with advisors, professors, and peers to identify opportunities
  - ◆ Engage campus resource centers
  
- Connect with **professionals in the field**
  - ◆ Identify and connect with target organizations to make them aware of your interest and enthusiasm
  - ◆ Join workshops, speaker events, and job fairs
  - ◆ Conduct informational interviews
  
- Utilize your **personal network**
  - ◆ Reach out to family, friends, teachers, and previous employers for advice about where to apply and what openings are available.

# Making the most of your experience

- Establish learning goals
- Treat every experience in a professional manner
- Take the initiative
- Network
- Reflect on what you enjoyed and what you learned
- Ask for feedback
- Ask for recommendation letters
- Collect artifacts



# Collect Artifacts



Career Development



Digital Information Fluency



Civic Engagement & Social Responsibility



Research Ability



Leadership



Oral, Written & Digital Communication



Critical Thinking & Problem Solving



Self-Reflection



Professionalism & Integrity



Innovation & Entrepreneurial Thinking



Understanding Global Context

## UC San Diego COMPETENCIES



Teamwork & Cross-Cultural Collaboration

UC San Diego		
OFFICIAL CO-CURRICULAR RECORD		
Student Name: <b>Test Student Record</b>		
Student ID: Test Student		
Dates	Activity - Position	Competencies
-----COMMUNITY-BASED / GLOBAL LEARNING-----		
2014 - 2015	Alternative Breaks, Center for Student Involvement - Co-coordinator Coordinated in an intensive project-based community service experience that explored concepts of leadership and community development.	<ul style="list-style-type: none"> <li>Understanding Global Context</li> <li>Leadership</li> <li>Civic Engagement &amp; Social Responsibility</li> </ul>
-----PROFESSIONAL / CAREER DEVELOPMENT-----		
2015 - 2016	Internship Program, Women's Center - Intern Participated in a year-long internship experience facilitating programs and services focused on gender and social justice issues.	<ul style="list-style-type: none"> <li>Teamwork/Cross-Cultural Collaboration</li> <li>Leadership</li> <li>Civic Engagement/Social Responsibility</li> </ul>
2016 - 2017	Program, Academic Integrity Office - Integrity Peer Educator Participated in extensive training, advised students on matters of academic and professional integrity, facilitated workshops on ethical decision making, planned and led events and outreach to the campus community.	<ul style="list-style-type: none"> <li>Leadership</li> <li>Professionalism / Integrity</li> <li>Self-Reflection</li> </ul>
2015 - 2016	Residence Life, Muir College - Residence Advisor Participated in extensive training, lived in campus housing and served as residential leader, mediator and activities coordinator to foster strong community bonds.	<ul style="list-style-type: none"> <li>Critical Thinking / Problem Solving</li> <li>Professionalism/Integrity</li> <li>Career Development</li> </ul>
2014 - 2015	Wellness Peer Education Programs, Counseling and Psychological Services - Peer Educator Educated fellow students about mental health and wellness, reduced stigma and spread awareness of Counseling and Psychological Services on campus.	<ul style="list-style-type: none"> <li>Professionalism/Integrity</li> <li>Self-Reflection</li> <li>Civic Engagement/Social Responsibility</li> </ul>
2013 - 2014	Women's Soccer, Intercollegiate Athletics - Athlete Represented the university in local, regional and national NCAA competitions, and demonstrated a high degree of dedication, teamwork, and service to the community.	<ul style="list-style-type: none"> <li>Oral, Written, &amp; Digital Communication</li> <li>Teamwork/Collaboration</li> </ul>

Career Readiness Competencies

Co-Curricular Record

<https://elt.ucsd.edu/>

# Questions?

<http://aip.ucsd.edu>

[aipinfo@ucsd.edu](mailto:aipinfo@ucsd.edu)

<https://aip-ucsd.youcanbook.me/>

