

Mendocino College Alcohol and Other Drug Programs
AOD 164/197a Final Project
Fall 2011

Format: 5-8 pages, double spaced, 12 point font. Must have a thesis statement, specific details to support the thesis, and a conclusion.

Content: Write an essay describing the progression of your experience as an intern/student counselor from the summer AOD 108 class to the end of this semester's AOD 164/197a internship. The essay should include, in no particular order:

- Affective components: how I felt about myself going into the internship, as far as being an intern/student counselor, and how I feel about myself today in the same regard.
- My struggles with getting started in my internship, from the perspective of establishing the internship site (interviews, scheduling issues, etc.) and adapting to the routines and personalities at my internship site, including adjustments you had to make in your schedule, your attitude, and your approach to clients and coworkers.
- Barriers you experienced to completing any of the 12 Core Functions, and what you intend to do to complete the functions (such as revising your schedule) during the next semester.
- Deficiencies/inadequacies/weaknesses you've identified regarding your role as an intern, and what you intend to do to resolve these.
- Assets/strengths that you have discovered or had validated regarding your role as an intern.
- A career reality check: should I continue to do this work? Why, or why not? Check out your rationale with at least 2 other people, and include their comments.

Use your journal, and support your statements with facts, wherever possible. Create a rough draft of your essay and ask for feedback from coworkers and/or supervisors, and include their comments in the pertinent sections of the essay. For example, if someone identifies a strength that you didn't include in your essay, say "according to Deborah Jones, I am an effective listener. She reminded me of how I..."

Email me at djenkins@mendocino.cc.ca.us or call me at 468-3020 if you have any questions. You can send me a draft if you want my comments before submitting your final version.

Dan