**Internship Proposal**

Before you begin your internship, you need to create a plan, or a proposal, for the work you’ll be doing. This proposal should include the following information:

- **Goal/Objectives:** In a sentence or two, explain your overall goal for this experience. Next, set objectives for the quarter that will help you accomplish this goal. They should reflect any agreements you’ve made with your faculty sponsor or internship host. Include a mixture of personal and project-based statements, using the host’s internship description and the SA&FS learning outcomes overview as guides.

- **Activities:** Outline the methods and associated activities you’ll use to accomplish your objectives. For example, if you set a goal to learn about consensus-based decision-making in group settings, then activities would include plans for teamwork and processes that require group decisions, such as a group project for a new garden, where planting decisions are made by consensus.

- **Partners:** Identify the key people you need to work with on each activity and explain their role in your internship.