**Instructions:** This short activity is intended to help teachers discuss the importance of internships with their students. Instruct students to watch The Value of High School Internships [video](https://youtu.be/C58C1YRGV-k) and answer the following questions in written format or as part of a group discussion. At the end of this activity, discuss your school’s internship process and requirements and encourage students to explore local internship opportunities.

1. The students and alumni in this video discussed the importance of internships from their perspectives. What stood out as reasons you might consider completing an internship?

2. Which aspect of an internship do you think you would value most? (Examples may include career exploration, networking, or hands-on learning.)

3. What type of work environment or industry would you be interested in exploring through an internship? Explain.

4. Would you prefer an internship during the summer or during the school year?

5. What additional information would you like to know before applying for internship opportunities?

6. At our school, where can you learn more about internship opportunities?