

## **Hillsdale High School First in District to Launch Internship Program for Students**

*By L. Jackson*

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*High School Reform Champion and Stanford University Education Partner, Hillsdale High pushes the envelope further with its commitment to its student and the community with its internship and shadowing Program, as part of the official curriculum.*

San Mateo, CA

Hillsdale High school launches its grant funded Internship and Job Shadowing program with the goal of creating opportunities for its students to develop job related skills, and an understanding of the professional universe they will ultimately enter. The students are tested to identify their core competencies and matched up to corresponding professions. They are then offered chances to “shadow” selected professionals and learn more about the realities of the job.

In addition to valuable insights into corporate and business culture, students receive elective credits for every 12.5 hours of work as an intern. In its inception, the job shadowing and internships for Hillsdale High School students have ranged from small business start ups, local realtors and theater companies, to the City of San Mateo Police and Fire Departments, the SPCA, Nordstroms, the San Francisco Chronicle, Daly City’s Seton Medical Center, and soon with a certain California State Legislature’s office, to name just a few.

“It’s important that students get a real life glimpse of a job they may end up doing for life, before they make that critical decision of what to do and or study in college.” explains Lalé Welsh, the School’s Career Discovery Consultant. “In today’s economic climate, these kids are up against more competition than ever, not just with each other, but often against adults who have been laid off and may be competing for the same jobs. The fact that Hillsdale pupils have something concrete to put on their resumes is critical to their success because it’s well received by prospective employers and looks really good on college applications as well.”

Jared Liew, a Hillsdale Senior, credits the program with winning a paid internship in the commercial arm of Coldwell Banker. “The Career Discovery Program at Hillsdale High School has done a great deal in helping me get this internship. did a great job in preparing me on dressing professionally, how to behave in the workplace and excellent interview skills, plus follow up tips and tricks that put me ahead of the competition.”

David Barkoff, an advisor with Coldwell Banker Commercial’s Net Leased Investment Group, in Burlingame, represents over 17,000 investors and franchisee operators of recognizable brands such as Yum, Walgreens, and Burger King among numerous others who actively search for new investment and expansion opportunities. He says: “Our business expanded exponentially and we sought out the help of Ms. Lale Welsh, San Mateo Union High School District and Hillsdale High School’s Career Discovery Program. She was crucial in assisting us locate one of the top students, district wide, to assist us with our day to day efforts. The hard work that Jared, our student intern brings to our team on a day to day basis is a strong reflection of the character of Hillsdale High School . The wonderful program Ms. Welsh and Hillsdale have created is an asset to the community and businesses alike.”

Hillsdale High School is a California Distinguished School and is a partner of the Stanford University School Redesign Network (SRN). With the assistance of a \$500,000 Small Learning Community (SLC) implementation grant in 2003 and a second \$1.1 million grant in 2007 to further our work, Hillsdale has

become a national model for comprehensive high school reform.

To learn more about the school, or enroll your teen in this school contact Cheryl Lawton, Florence House Principal or visit the campus for the upcoming "Parent Nigh" on Feb. 2nd, 2009. [www.hillsdalehigh.com](http://www.hillsdalehigh.com)

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Tags	internships, hillsdale high, job shadowing, stanford university, education reform, linda darling hammond
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