

# **Mt. San Jacinto College Internship Lesson Set**

## **LIFE SKILLS (15 Lessons)**

### **1. Identity & Self-Awareness (3)**

Clear Values, Clear Identity  
Finding Strengths  
What's Your Mood

### **2. Emotional Regulation (2)**

Self-Regulation Skills  
Anger Management

### **3. Mindset & Resilience (3)**

Fixed vs Growth Mindset  
Changing Thought Patterns  
Facing Failure

### **4. Relationships & Communication (3)**

Strengthening Connections for Well-Being  
Being Prosocial  
Respect Under Pressure

### **5. Agency & Direction (4)**

Making Choices  
Leadership  
Finding Purpose  
First Day Job Shadow

***Optional workshop if able to host***

## **WORKFORCE ESSENTIALS (15 Lessons)**

### **1. Professional Basics (3)**

Punctuality  
Appearance and Hygiene  
Disrespect in the Workplace

### **2. Communication (4)**

Verbal Tone  
Verbal Confidence

Written Communication  
How to Receive Feedback

**3. Professionalism & Initiative (3)**

Time Management  
Being Proactive  
Self-Management and Control

**4. Teamwork & Collaboration (3)**

Working Together  
How to Be Empathetic  
How to Solve a Conflict

**5. Problem Solving (2)**

Problem Solving Process  
Creative Thinking

***Offer another workshop gathering feedback if able to do so***