

Stanford Woods Institute for the Environment: Student Internship at the California Ocean Protection Council

This summer, I will be working at the Ocean Protection Council (OPC) in downtown Sacramento. The provided project description includes the following:

- Influence policy and lead collaborations that cascade across the California Natural Resource Agency
- Participate in cross-cutting state, regional and international initiatives
- Work with dedicated, passionate staff
- Obtain experience working at the intersection of science, governance, and management

In order to expand upon and work toward achieving these tasks, I have written the following goals for the summer for myself, the Haas Center for Public Service, and the OPC.

- Prepare for the internship in the following ways: communicate with my mentor before the summer and read about the OPC before arriving. Familiarize myself with how to navigate Sacramento and how long it takes to get to the office. Throughout the summer, read about California state government news in other branches and the legislature.
- Write two blog posts (one in the middle and one at the end) of the summer to reflect on the projects I have been involved in and how my work has related to the Haas Center Principles of Ethical and Effective Service, and possibly share my work with the Woods Institute for the Environment and the public. Write weekly journal entries on the weekends for personal and work-related reflection.
- Meet with a supervisor at least weekly to discuss project updates, contacts at the OPC, and new ideas moving forward. Be intentional about seeking feedback.
- Meet people at the office and be social. By the end of the summer, work closely with at least one person besides my primary mentor and ask them for feedback. Have lunch with at least three or so people from the office. Never be afraid to ask questions.
- Develop a better ability to adjust to feedback, both from others, and from personal reflection. Think carefully and journal about ideas that might be useful to the OPC throughout the summer.
- Learn about the day-to-day work of a state policy agency. Immerse myself in the workplace and the state capitol environments and think about whether I could see myself working in state government or in policy.
- Strengthen my skills in organizing, planning, and evaluating events with a team.

- Focus on clear communication skills. Develop a confidence in producing concise, effective writing, particularly when communicating scientific information. Seek opportunities to do the same with oral communication skills, if applicable.
- Leave the internship with a clear product or contribution that I can articulate and feel proud of.
- Get to know the city of Sacramento. Learn the bus system and light rail during the first week. Check out local running clubs and run consistently, hopefully with local running partners. Have meals with other Stanford interns and meet other people from the community. Attend a local church. Bike the American River bike trail up to the dam. Cook meals with my roommate several times per week.