



Three Things You Need to Know

1. [Register for the Cool Speak + Financial Education Day event!](#) This event will be held July 6th and is exclusively for summer interns like you. The day includes a free lunch, opportunities to win **cash** giveaways, a live game show, and by attending you will become eligible for \$90,000 in scholarship money. [CLICK HERE for more details and to register!](#)
2. Have you had a chance to connect one-on-one with your mentor? A **mentor** is somebody at your workplace you can trust to guide you through your internship and give you advice. Ask to schedule time with your mentor to get to know them. It would be helpful to put together a list of questions to ask them. They're there to help you be successful!
3. Do you have a goal yet this summer for what you want to do with your money? Are you saving for a new phone, a trip, or something more long term like college? Whatever your goal is, don't let it be vague! It's a proven fact that people are more likely to achieve their goals if they are specific and measurable. For example, if you want to buy a new phone, a good goal would be: "I will save \$50 a month for the next 6 months for my new phone." Head over to <https://americasavesforyoungworkers.org/achievements/> to commit to your goal!

Taking Feedback like a Champ

We've all been there before – you've put in a good deal of effort on a project or perhaps have made a couple of mistakes and it's time for your supervisor to have a chat with you. It's easy to get defensive or angry when receiving constructive feedback, but just remember that feedback is meant to help us not hurt us.

The next time you receive constructive feedback, keep the following tips in mind to get the most out of the situation:

1. **Check your first reaction.** Before you react at all, take a few seconds to pause and allow yourself to actually process the feedback.
2. **Listen to understand.** Rather than assume the person giving you feedback is out to get you, assume they have your best intentions in mind. Listen closely to what they're saying
3. **Ask questions to learn more.** If something your supervisor is saying doesn't make sense or you would like to share your perspective, ensure you're engaging in a discussion rather than a debate. Ask questions to get to the root of the issue so you can improve in the future.
4. **Request time for processing.** If you're still feeling unsure or defensive about the feedback you receive, feel free to ask them if you can have some time to think through their feedback. You want to have a discussion about the constructive criticism when your mind is clear and open, rather than when you're feeling upset or confused.

Contact Me

As your Job Coach, I'm always happy to help!

