* Category: Internships vs volunteering vs job shadowing
* Category: Internships
	+ Types of internships
		- Paid vs Unpaid
		- For fun vs For school
	+ Research internships opportunities
	+ Contact Internships opportunities
* Category: Volunteering
	+ Research volunteer opportunities
	+ Contact internship opportunities
	+ Volunteer somewhere
* Category: job shadowing
	+ How to shadow a job position
	+ Shadow at a position
* Category: Workplace tours or field trips
	+ Tour of Community Place and Charles Settlement locations
	+ Another location tour based on interest of client
* Category: Career mentorship
	+ - Benefits of having a career mentor
	+ Informational interviews-What is it?
		- Good questions to ask