* 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