Sample Goals Written for an Internship to be Shared with the CCCE and CI(s)

Goals should be written in a concise and accurate manner. Each goal must include only one verb, be measurable, and be appropriate to the internship setting. Number or bullet the goals to make them easy to read. Note that the goals should include a verb indicating a level in the cognitive, psychomotor or affective domain that is a three or above. Goals should increase in complexity with each internship, demonstrating a higher level of performance by the student.

Appropriate goals:
- Observe a surgical procedure. This is an appropriate goal for a facility that allows students to observe surgery, such as an acute care setting or an outpatient setting.
- Perform gait analysis on a patient accurately.
- Demonstrate competent performance of joint mobilizations to extremity joints.
- Demonstrate proficiency in hospital documentation.
- Verbally summarize indications and contraindications for modalities used in the clinic concisely and accurately.
- Observe OT, ST, Psych and Nutrition treatment in the rehab setting.
- Participate in prosthetic fitting for a patient.
- Design and aquatic therapy program for a patient.
- Document standardized testing techniques (e.g. Berg) accurately.
- Teach THA/TKA exercises without help from notes or my CI.
- Collaborate in treatment with OT for a patient with a stroke.
- Participate in team meetings and rounds.
- Demonstrate competency in referrals to other health care providers.
- Document standardized testing techniques accurately.
- Participate in requesting DME.
- Perform an active role in w/c selections for patients.
- Independently administer a functional outcome measure for a child with developmental disabilities.
- Demonstrate proficiency in developing an IEP.
- Demonstrate competency with discharge planning.
- Teach proper body mechanics to a patient, caregiver or aide.
- Manage resources (time, space, equipment) to achieve goals for the practice setting.
- Implement wellness strategies with patients.
- Develop a functional program for an athlete.
- Write an appropriate letter of justification for equipment.

Inappropriate goals:
- Gain a greater understanding of speech therapy and OT in rehab. This goal is not measurable.
- Develop and implement strategies for clients. This goal contains 2 verbs.
- Work with a patient with multiple sclerosis. Goals should not be a listing of patients with diseases.
- Plan effective treatments. This goal is too broad. It could be modified to be appropriate if limited to specific patients or time frames.
- Develop my skills.
- Further my education.
- Gain proficiency.
- Visit the ICU. Students on an internship are ready to practice physical therapy. Goals should reflect a level of participation that is appropriate to the internship.

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