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Career Services

Campus Center
Room 008
(508) 531-1328
Internship Program
Room 008

WHERE TO START

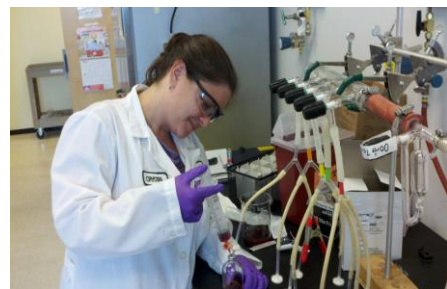
- If you are seeking academic credit, meet with the faculty internship supervisor in your department.
- Research internship leads through your department, the internship database and other resources in Career Services.
- Make an appointment with a Career Counselor (508) 531-1328.
- Prepare a cover letter and resume; have it critiqued at Career Services

TWO BSU STUDENTS SELECTED AS PARTICIPANTS IN THE MASSACHUSETTS LIFE SCIENCES CENTER INTERNSHIP CHALLENGE

By Elizabeth Von Iderstein, '13
Summer 2011 Intern, Career Services Office

The Massachusetts Life Sciences Center Internship Challenge provides innovative internships for students who desire careers in the life sciences industry. The program, initiated in 2009 as a summer internship program, has recently expanded to a year-round experience, enabling students to participate in internships during the academic year. In summer 2011, two Bridgewater State University biology students, Crystal Smith '12 and Ryan Despres '12, were selected to participate in the program.

Crystal interned with Qteros, Inc., a biofuels/biotechnology company that is making scientific strides in the production of green fuel. Working closely with a team of scientists, Crystal assisted in conducting experiments on bacterium that break down sugars of corn by-products into ethanol in order to determine which strains of this microorganism produce the most ethanol. Through this internship she was able to gain significant scientific skills and enhanced her knowledge of specific microbes which were discovered during her experiments. Crystal is grateful to have had the opportunity to work with and learn fi



Crystal Smith at Qteros, Inc.

Ryan's internship was with Biomedical Research Models, Inc. (BRM). Organized in 1996, BRM is a fairly new biotech company. They are in direct relationship with very well known pharmaceutical companies and aid these clients in researching drugs for diabetes, cancer, autoimmune diseases and more.

Ryan's internship provided him with the skills and knowledge he will need to work in a professional biotech company. With a career interest in research, Ryan was able to experience what it is like to work in this field.



"I was able to sit in on many studies and was exposed to the many types of procedures and techniques used. I worked with various chemicals and learned the importance of staying clean and maintaining a sterile environment."

"This internship has opened my eyes to what it will be like, and reassured me I really do want to spend my life doing this. I learned something new every day. But more importantly, I learned first-hand how to be professional - certain tips/tricks that a textbook can't teach you; and I have learned the necessary steps to furthering my career."

For more information about the Massachusetts Life Sciences Center Internship Challenge Program, visit <http://www.masslifesciences.com/grants/challenge.html>.

Ryan Stephansky, '12

Major: Biology

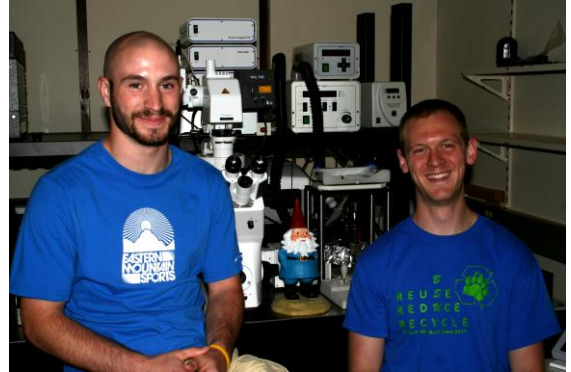
Placement Site: Marine Biological Laboratory, Woods Hole, MA

Details on the Small Things

This past summer I had the privilege of working with Louis Kerr, Director of the Central Microscopy Facility at the Marine Biological Laboratory in Woods Hole, MA. The Marine Biological Laboratory (MBL) is a biological sanctuary for researchers from institutions all over the globe and has housed several Nobel Prize Laureates. My job at the MBL was to learn as much as I could about the operation of some of the most technologically advanced microscope systems in the world. I then trained researchers on the techniques I learned to enable them to collect the necessary data for their experiments using the highly advanced equipment.

Each system had its own computer program, which often was not user-friendly and needed troubleshooting. I became particularly proficient on some of the systems after working with each one individually. Dan Keeley, a fellow undergraduate at Bridgewater State University, as well as my co-worker at the MBL would often conduct our own experiments using different systems. This hands-on work is how I really got to learn the uses of all the different microscopes and computer programs.

The MBL opened doors for my future. This experience exposed me to so many views on different aspects of biology and even science in general. I learned so much in those 11 weeks from attending lectures and being surrounded by and working with microscopy every day. It was truly a great learning opportunity.



Ryan Stephansky (left) with fellow BSU student intern Dan Keeley at the Marine Biological Laboratory in Woods Hole

Faculty Profile:

Professor Ivana George Art Department

By Elizabeth Von Iderstein,



For the past nine years, Professor Ivana George has been a BSU faculty intern supervisor. In this role, Professor George interacts with art majors in general, and those students concentrating in photography and graphic design in particular, in order to prepare them for their off-campus internship experiences.

Professor George advises her students about the importance of networking, as well as being professional. During an intern's specific internship period, Professor George acts as a mentor between the student and his/her supervisor at the internship site.

Professor George believes that all students should participate in internships as they provide students with opportunities to have real-world, hands-on experience in their field of choice. Internships will also give students greater confidence in their field of study, which they would not be able to gain solely in an academic classroom setting.


Several of Professor George's advisees have gone on to successful careers in the fine and commercial arts as a result of their internship experiences. One student interned with a commercial portrait photographer and gained the confidence to start his own part-time business in this field. Another student participated in an internship in the fine arts and is now managing a fine arts studio. These students, along with many others, may not have chosen these careers without the knowledge and experience gained through their internships, and they may not have been as successful in the completion of their internships without the support and guidance of their faculty internship supervisor, Professor Ivana George.

By: James Ludwig '11
Major: Criminal Justice
Placement: Sergeant at Arms Office for the U.S. House of Representatives

During the summer of 2011, I interned with the Sergeant at Arms Office for the U.S. House of Representatives at the U.S. Capitol in Washington DC. The Sergeant at Arms is an administrative security office that oversees all security matters on the House side of Capitol Hill. Due to the nature of this work, I was given the unique privilege to remain in close proximity to some very powerful and influential people throughout the world. When the Dalai Lama visited the Capitol this past July, my fellow interns and I were introduced to him by the House Sergeant at Arms himself, Mr. Wilson Livingood. When the President of Zambia and the Prime Minister of Estonia visited the Capitol this summer, we were allowed to remain in the hallway as they passed through. Moreover, because the Sergeant at Arms Office works closely with the U.S. Capitol Police in fulfilling their duties, I had the distinct pleasure of working closely with this agency. I was given tours of nearly all of the different police divisions that comprise the U.S. Capitol Police and was able to see the many security measures that have been put into place since 9/11. For a criminal justice major such as myself, the experience of being an intern on Capitol Hill and working closely with a federal law enforcement agency was truly remarkable.

Since I was an intern on Capitol Hill and a student with the Washington Center, I was able to attend numerous lectures and speeches that were provided throughout the summer. I had the pleasure of listening to Colin Powell, a former Secretary of State, former National Security Advisor and former Chairman of the Joint Chiefs of Staff, speak on the floor of the U.S. House of Representatives. I listened to Dennis Hastert, a former speaker of the House, speak about the debt ceiling debate and our budget crisis at the Department of the Interior. I listened to former Secretary of Defense Donald Rumsfeld speak about national security issues facing the United States in the 21st Century. I listened to Karen Tandy, a former Administrator of the Drug Enforcement Agency, speak about the challenges that face federal law enforcement in today's world. I heard Attorney General Eric Holder speak and answer questions regarding controversial Department of Justice cases. I listened to Supreme Court Justice Elena Kagan speak in the Kennedy Caucus Room about the journey she took that led her to become the 112th Justice in our nation's history. I was also fortunate enough to listen to many Congressmen and Senators argue their political positions while also answering difficult questions from the audience. Being exposed to such a diverse group of speakers and discussing such critical issues has encouraged me to become more involved in politics and policy.

All in all, my summer internship was a truly rewarding and extraordinary experience that will be invaluable to me moving forward with my career. Not only was I able to see so many prominent figures, but I also had the ability to work with so many terrific people who made this summer one that I will not forget. I strongly encourage all Bridgewater State University juniors and seniors to apply to the Washington Center Internship Program, regardless of your major, as the experiences you will gain will far surpass the expectations that you will have. Not only will the Washington Center give you the ability to spend a semester studying in our nation's capital, but it will provide you with networking capabilities that will be instrumental to jumpstarting your career once you graduate. My only regret is that I did not pursue this program earlier in my college career. Do not miss out on this exceptional opportunity and look into the Washington Center Internship Program. You will not regret it.




(James Ludwig '11)

Contact Debra London, Internship Adviser, 508-531-1328, or by e-mail at debra.london@bridgew.edu to learn more about The Washington Center Program.

Summer 2012
 Competitive Deadline: February 10, 2012
 Regular Deadline: March 9, 2012

Fall 2012
 Early Deadline: December 19, 2011
 Competitive Deadline: April 27, 2012
 Regular Deadline: June 1, 2012

Visit www.twc.edu for scholarships and application information



Michelle Hacunda '12
Major: Communication Studies
Placement Site: Fox 25 News, Dedham, MA

Friendly Reminders

Be an Intern

Time to start thinking about your spring and summer 2012 options. Make an appointment with a Career Counselor today. (508) 531-1328.

Try FOCUS

Undecided about choosing a major? Consider using FOCUS an online-based career system that allows you to learn about which occupation best suits your interests. Contact Career Services for more details.

Drop-In Hours

Get your resume critiqued at Career Services. Drop-In Hours are Monday – Thursday between 11 AM and 2 PM.

CareerLink@BSU

View over 175 internship opportunities through Career Services on-line system. Search for internships by career field, as well as full-time entry level positions for graduating seniors.

<http://www.bridgew.edu/CareerServices/careerlink.cfm>

This past summer I was an intern at Fox 25 News in Dedham, and it was one of the greatest experiences of my college career. During winter break I took advantage of a job shadow opportunity at the station that was arranged by Career Services. In the spring I applied for an internship at Fox 25 and was fortunate enough to be selected.

I knew that I would be a Newsroom Intern, but little did I know that I would get to experience a summer of tornadoes, the Bruins championship, and Whitey Bulger's arrest! It didn't take me long to understand that Fox 25 interns are expected to chip in and pull their weight in times of chaos or breaking news; interns are part of the team from the beginning.

It soon became evident that the News Desk functions with information received from tips from many sources. I saw those tips develop into news stories that came to life right in front of me. I now have a much greater respect for the news professionals who work round the clock to bring the latest information to the public through all areas of media.

The Fox internship experience has given me a better idea of how a newsroom operates. I also learned that many jobs interconnect; everyone from public relations professionals to police officers and fire professionals has the potential of interacting with a news reporter. Equally important was the opportunity to meet and network with many interesting individuals with a wide variety of backgrounds and careers.



SPECIAL THANKS

A special thanks to Elizabeth Von Iderstein, Summer PR Intern in Career Services, Crystal Smith, Ryan Despres, Ryan Stephansky, James Ludwig and Michelle Hacunda for submitting articles about their internship experiences. Another special thanks to Prof. Ivana George for agreeing to be featured in our Faculty Profile section.

We're looking forward to working with all new employers who recently listed their internship openings with us.

GOOD NEWS!

Employers anticipate hiring **13.5% more** new college graduates from the class of 2011 than they hired from 2010, according to the National Association of Colleges and Employers.



THE VALUE OF CAREER SERVICES

Results from NACE's 2010 Student Survey show the likelihood of getting a job offer increased with the frequency of career center use. Students who used the career center four or more times a semester were more likely to have job offers than those who used it once a semester. (Full article is available through the Career Services Office.)