

## Building a Career with Experience Internship Newsletter

### Inside this Issue:

**Former Interns Tell  
Their Stories - Meet:**  
*Katelyn Donovan '12*  
*Fall '10 Intern*  
*Regan Communications*

*Kaelyn Shallies '11*  
*Fall '10 TWC Intern*  
*U.S. Attorney's Office,*  
*District of Columbia*

**Faculty Profile:**  
*David O'Malley, Ph.D.*  
*School of Social Work*

### Career Services

Campus Center  
Room 008  
(508) 531-1328  
Internship Office  
Room 009-A  
[debra.london@bridgew.edu](mailto:debra.london@bridgew.edu)

### WHERE TO START

- If you are seeking academic credit, meet with the faculty internship coordinator 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.
- Drop In Hours are Monday-Thursday 11-2.

### BE INSPIRED!

#### BSU's THIRD ANNUAL EXPERIENTIAL LEARNING EXPO!

On Thursday, February 24, Academic Affairs and Student Affairs will co-sponsor the University's third annual Experiential Learning Expo from 12:30 – 4:40 PM in the Campus Center Ballroom. The Expo provides an opportunity to celebrate and inform the Bridgewater State University community about the many ways in which BSU students are engaged in out-of-classroom learning activities.

Through oral presentations and panel discussions more than 40 students from all majors will share stories of their experiences in internships, international study/study tours, volunteerism, leadership and service learning. Poster displays will be available for viewing in the Campus Center Ballroom during the entire event. A list of participating students is available at <http://www.bridgew.edu/CareerServices/experientiallearningexpo.cfm>. A schedule of presentation times will be posted on line as the event draws near.



### JOB SHADOW DURING WINTER BREAK

Thirty-three undergraduate students gained short term exposure to an industry or career path of interest at a variety of placement sites during this year's Job Shadow Program during winter break. Sample testimonials include:

**Anne Marie Creighton:** MEDITECH, "The staff was so helpful and interested in helping me figure out how I could apply my Communications background and Public Relations interests to a career at MEDITECH."

**Robert Sullivan:** KAF Financial, "The shadow influenced my future goals by confirming that I want to be an auditor when I graduate and also by helping me see what life is like at a CPA firm."

**Kimberly Wood:** FOX 25, "Thanks to the job shadow and the helpful advice from the Fox 25 news staff, I'm more aware of the career path that I should take and the goals that I need to reach in order for me to succeed."

Other participating employers were BTV-9, the Massachusetts Department of Correction, New Hope and State Street Corporation. A sincere thank you to all of the participating employers!

### INTERNSHIP AWARD

**The Tinsley Public Service Internship Award** in the amount of \$2000 is available for summer 2011. The award will be granted to a qualifying junior or senior who secures and completes an unpaid credit-bearing internship for summer 2011. All majors are eligible, with preference given to students with a demonstrated interest in public service, non-profit, government, social service or an educational setting. Please visit <http://www.bridgew.edu/CareerServices/TinsleyAwardOverview.cfm> for additional information and application packet. The application deadline is April 15, 2011.

**By: Katelyn Donovan '12**  
**Major: Communication Studies (concentration: Corporate Communication)**  
**Site: Regan Communications Group**



During the fall of 2010, I interned at Regan Communications located in Boston, MA. This company is the largest privately held public relations firm in New England and its large client base includes numerous high-profile companies and individuals. As a Public Relations intern I learned a great deal about how this major public relations firm operates from the inside. Being able to observe the talented professionals at this organization execute their public relations campaigns was a truly valuable experience.

Taking initiative and using creativity are essential parts of this career field. I learned how important it is to be a self-starter and was often responsible for coming in and getting right to work on assignments. Some of my responsibilities included posting events on local event sites, compiling and updating media lists, providing relations support, and drafting news releases. I was also provided the opportunity to interact with local and national media representatives, which further developed my ability to communicate effectively with individuals within and out of the work environment.

Because of this experience I have become a more confident and polished professional and have gained essential tools and skills that will benefit me in the future. I am grateful to have been given the opportunity to work with such a great company and am excited to be continuing my internship with Regan Communications during the spring 2011 semester.

## Faculty Profile:



***David O'Malley, a BSU social work faculty member, earned his master's and doctoral degree in social work. He also has degrees in agricultural economics and theology.***

Internships changed the way I learn and think through cross-cultural engagements. My world broadened from suburban Connecticut to include inner-city Hartford, Sub-Saharan Africa, Appalachian Kentucky and the Cheyenne River Sioux Reservation in South Dakota. In these diverse settings I integrated my interests in agriculture, the environment, spirituality and social work.

Internships challenged me to step outside of my comfort zone into unfamiliar territory. I became aware of values and factors in people's lives that were different from mine. I learned that other cultures were not as verbal, that timeframes might not be as rushed and that people are connected to the land and the natural world in different ways.

My perspective on measuring community assets changed and allowed me to discover aspects of communities and culture that I might have missed. The less economically-privileged communities where I interned often had stronger connections among neighbors and to the natural world than the more economically-privileged community where I grew up.

Working with differing communities of people challenged me to be a more patient listener and observer. Now before I ask questions, offer comments or take actions, I strive to do so with an understanding of and respect for the context in which I am a visitor. They inform my teaching and scholarship as I appreciate the significance of culture in our local and global partnerships here at BSU.



**By: Kaelyn Shallies '11**  
**Major: Political Science**  
**Placement: United States Attorney's Office, District of Columbia**  
**Fall 2010**

I spent the fall 2010 semester interning in Washington, DC through The Washington Center. I chose The Washington Center in lieu of studying abroad because of the broad components of the program and the opportunity it provided to develop strengths in my field of interest, legal studies. In addition to my full-time internship, I took an academic class, attended the programs offered through the Leadership Forum, including a distinguished speakers series, and I completed a professional portfolio which showcases all of what I accomplished during my semester in DC.

I was fortunate to secure an internship with the United States Attorney's Office for the District of Columbia, my first choice placement. My goal of becoming an attorney was solidified by the internship with the USAO. The opportunity allowed me to participate in and experience every step of the legal process from the investigation to the appeals. By working at the USAO I was able to test the waters and discover whether it was the right career path for me.

Throughout my internship I was able to experience several once in a lifetime opportunities. I worked on several high profile cases that went to trial while I was interning. I was able to spend a morning at the FBI and witness a drug bust in action. Additionally, I had the opportunity to sit in on several court proceedings, including an appeal before the DC Court of Appeals; a court that has produced multiple Supreme Court Justices including Ruth Bader Ginsberg, a current Justice. I was also able to choose a class, offered by TWC, relevant to legal studies.

The Washington Center is a very unique program because of all it has to offer students. In addition to internship placement and classes, TWC provides students with opportunities to engage in discussion with influential public figures. At one meeting, I had the opportunity to sit down and talk to my Congressman, John Olver.

Participating in The Washington Center allows students to work a full time internship to gain real world work experience in their field of interest while living in and being a part of everything that the Capital has to offer. During my time in DC I took every opportunity to explore the city and toured many of the museums and national landmarks.

My internship gave me an invaluable experience in my field of choice and provided me with a skill set I would otherwise not have. It showed me that I am making the right decision for my career path and that I am capable of attaining my goals. The Washington Center program is an exceptional experience for students in any major, not just students who are interested in law or politics. It offers a variety of opportunities for all students who wish to gain first-hand experience in their chosen profession.



**Kaelyn Shallies (second from right) and fellow TWC interns from Massachusetts meet with Congressman John Olver (D-MA).**

Since 1998, more than 70 BSU students have participated in The Washington Center Internship Program.

BSU's [application deadline](#) for Summer 2011 is February 28, 2011, with competitive and regular deadlines for Fall 2011 and Spring 2012 fast approaching.

For additional information, contact Debra London, Internship Adviser, 508-531-1328, or by email at [debra.london@bridgew.edu](mailto:debra.london@bridgew.edu).

Visit [www.twc.edu](http://www.twc.edu) for  
**scholarships and application information**

**Friendly Reminders**

**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.

**BSU CareerLink**

View over 250 internship opportunities in BSU's on-line database 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>

**Use VAULT!**

VAULT is the largest most comprehensive career resource available online. Vault's Career Insider provides information for full-time professional job searches as well as internships. Internship resources include an internship database, internship advice articles, and the *Vault Guide to Top Internships 2010*. Be sure to check it out!



**MARK YOUR CALENDAR NOW!**

**Plan ahead: Create a great resume and bring it with you.**

**Have your resume critiqued by a Career Services Counselor during drop-in hours, Monday-Thursday from 11 AM – 2 PM (last appointment at 1:30) or by appointment.**

**Career Services Office. Room 008. Campus Center**

**SPECIAL THANKS**

A special thanks to Katelyn Donovan '12 and Kaelyn Shallies '11 for submitting articles about their internship experiences.

Another special thanks to Dr. David O'Malley for agreeing to be featured in our Faculty Profile section.

**SURVEY SHOWS INTERNSHIPS LEAD TO JOB OFFERS**

New graduates who took part in an internship program are more likely to have received a job offer than their peers who decided to forgo the experience. According to results of **NACE's 2010 Student Survey**, 42.3 percent of the seniors who had internship experience and applied for a job received at least one job offer. Additionally, employers taking part in the survey reported that 44.6 percent of their Class of 2009 hires came from their own internship programs.

