

Building a Career with Experience Internship Newsletter

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Career Services

Campus Center
Rooms 008
(508) 531-1328
Internship Office
Room 006
jpaganelli@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 John Paganelli, (508) 531-1328.
- Prepare a cover letter and resume; have it critiqued Career Services

On Wednesday, November 2, 2005, Bridgewater State College hosted its Fifth Annual Community Service & Internship Fair. This was the first year that we joined efforts by co-sponsoring this event with the Community Service Office.

“Co-sponsoring the Fair provided an opportunity for our students to explore various career options...it was also beneficial for organizations who wished to showcase internships and volunteer openings,” commented John Paganelli, Associate Director Internships. Diane Bell of the Community Service Office agreed, “Collaborating with the Office of Career Services was such a natural fit. Both offices were able to provide students with a wide array of possible internship and volunteer opportunities. As I’ve said before, volunteering can sometimes result in fulltime employment. Students may not think about working for non-profits or other organizations that serve the poor, our youth, the elderly and the environment. Volunteering provides them with the chance to not only serve, but also to learn about a possible new career path.” Employers were equally enthusiastic regarding this fair. Andrea Kingman from CareerWorks stated, “Staff and student volunteers were very helpful and friendly...there was a great turnout of organizations and companies.” The following organizations from throughout Southeastern Massachusetts, the Boston and Providence areas attended this successful event:



American Cancer Society	Community Care Services Criminal Justice Policy Coalition	Old Colony Planning Council
American Red Cross of Massachusetts Bay	Educational Surrogate Parent Program	Old Colony YMCA
Ameriprise Financial	Enterprise Rent-A-Car	Peace Corps
Brockton Area Multi-Services Inc.	The George P. Johnson Company	Personal Best Karate
Bank of America Championship	Girl Scout Council of Southeastern Massachusetts	Plymouth Area Coalition for the Homeless,
Boys & Girls Club of Taunton	Girl's Inc. of Taunton	PricewaterhouseCoopers, LLP
Brockton Area Private Industry Council	Haskon Aerospace	ProFitness Health Solutions
Brockton Area Workforce Investment Board,	High Point Treatment Center	Putnam Investments
Brockton Public Schools Adult Learning Center Volunteer Program	Hospice of Boston, Inc. and Greater Brockton	Shaw's Supermarket's
Camp Coca-Cola New England Canton Club	Infinity Boston (WBZ, WBCN, & WBMX)	South Shore Habitat for Humanity Staples, Inc.
Cardinal Cushing Centers Inc.	Interep Radio	Third District Court New Bedford
CareerWorks	Kevin Martin & Associate	United Way of Greater Plymouth County
Town of Carver	Lombardo's	VA Boston Healthcare System
Catholic Charities	Massachusetts Department of Correction	VistaCare
Chase Corporation	New Bedford Public Schools	Walgreens
The Children's Museum in Easton	New England Aquarium	The Washington Center for Internships and Academic Seminars
Coalition Against Poverty	New England Cable News	Webster Printing and Mailing
	Northwestern Mutual Financial Network	WillWork, Inc. Exhibit Services
		YMCA SouthCoast

**Meet Lacasha Wilburn '05
Internship Placement – WCVB/ TV, Channel 5**

By Lacasha Wilburn



The Career Services Internship Database provides a helping hand for students looking for internships. It helped with my search for an internship and also provided me with contact information. I was fortunate to have the opportunity to do an internship at Channel Five over the summer. Channel Five offers a wide variety of internship opportunities.

I did a technical internship and I got to be part of the number one station in Boston. I helped departments such as production, newsroom, master control, and promotions. The technical internship was great because I wanted to gain as much knowledge as I could. I was exposed to different elements of the television industry and I learned what it takes to put together a newscast.

Completing an internship is of great importance. Students gain experience that will impress employers. Internship experience could put you ahead of someone else when applying for a job. Doing an internship is a good thing to do before entering the workplace, as it can provide a glimpse of what your future could be.



Personal Best Karate

250 E. Main St.

Norton, MA 02766

Email: info@personalbestkarate.com

Website: www.personalbestkarate.com

Owner: Christopher Rappold '91

Locations: Easton, Foxboro, Franklin,

Norton & Taunton

**Seeking Interns - Physical Education,
Recreation or Management**

The internship offered at Personal Best Karate is designed to provide students with real world experience in how a small business plans, develops and implements a marketing program.

Employer Profile

Christopher Rappold holds a 5th Degree Black Belt in Tae Kwon Do and is a two-time World Champion. He has represented the United States of America as a top athlete in his sport on five different occasions in international competition. In 1995 and 1997, Chris received the prestigious "Martial Artist of the Year Award" by the International Martial Arts Association in celebration of his two world championships. **He is a graduate of Bridgewater State College with a degree in Physical Education.**



As Founder and C.E.O. of Personal Best Karate, Chris took the attributes that made him a success in competition and integrated them with outstanding operational systems that are implemented and utilized at his centers. The franchise organization now has five locations and looks towards steady growth in the next few years.

Job Shadow Program Second Year Success

The mission of Bridgewater State College's Job Shadow Program is to match students with employers. During the one day experience, nine students shadowed employers from a wide variety of fields including mental health, social work, law enforcement, government, and education. Rebecca McCarthy '07, completed her job shadow with Norma Crete, LSW and Director of Social Services at Cape Cod Nursing & Rehabilitation Center (Affiliate Member of the Royal Health Group) in Buzzards Bay, MA. Ms. Crete commented, "The strength of this program is that students get the opportunity to be onsite with the elderly population being served. One-on-one contact with a management team member and direct access to the organization and information on policy and procedures enables students to discuss issues with a staff member".

Other participating employers included the Mansfield Police Department; Boston Office of Alcohol, Tobacco and Firearms (ATF) alongside the Boston Police Department; Malden District Court Probation Department; Falmouth Town Manager's Office; Robinson Elementary School in Mansfield; Lifestream, Inc.; and WCVB-TV- Channel 5.

Meet Emerald Cohen '06

Major: Anthropology

Placement: Global Aids Alliance

Non-Profit Leaders Program

After realizing that I was finally old enough to vote in a presidential election, I decided to take full advantage by interning with The Washington Center in Washington, DC during the 2004 elections. Financially it made much more sense to spend money for an entire semester in DC rather than two weeks on a study tour.

I decided that the best way to become both more politically involved and to apply my anthropology major would be to intern at a non-profit organization. After a nerve-racking few days, I was accepted at Global AIDS Alliance (GAA), an AIDS advocacy group. It is located in DuPont Circle, right in the heart of DC. I worked directly under the executive director, Dr. Paul Zeitz. Under his leadership as well as other co-workers, I researched and wrote papers, attended multi-organizational meetings, and contributed in numerous small ways to GAA.

I also learned a great deal during my participation in The Washington Center. I enrolled in the Nonprofit Leaders Program, attended a non-profit class at George Mason University, went to lectures hosted by United States Representatives, and even went to a White House briefing. During the week of the elections, I went on a paid trip to Florida to help campaign.

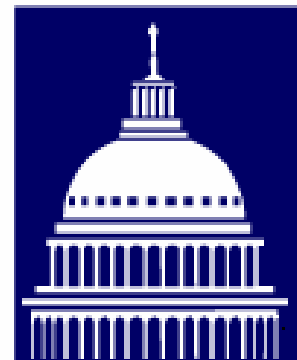
Most of all, I met many friends from all over the country, such as New York, California, Colorado, Iowa, and Missouri. My roommates were from Mexico! When I wasn't interning or working at my part-time job, I was touring the city with my new friends. We visited the free museums, as well as the more expensive aspects of night life. This was especially true when the Red Sox were in the playoffs. We went out every night to watch them, and they celebrated with me when they won!

I loved my time in DC, and I am seriously considering moving back there after I graduate next semester. I would recommend this program to any student in any major, especially those who are contemplating a career in DC. It is an incomparable experience.



Emerald Cohen (L) with colleagues in front of the Supreme Court

THE WASHINGTON CENTER®



For Internships and Academic Seminars

**Summer 2006 Deadline:
March 1, 2006**

The Washington Center has \$7,450.00 in scholarship money per applicant available for Students with Disabilities. Visit www.twc.edu for scholarship and application information.

Interested in applying to the Washington Center Internship Program?

- Visit website at: www.twc.edu
- Meet with your departmental faculty advisor about the program.
- Schedule an appointment with Dr. George Serra, Campus Liaison, Ext. 2417.
- Review PowerPoint presentations at bridgew.edu/careerservices
 - The Washington Center Information
 - The Washington Center Application
- Schedule an appointment with John Paganelli if you have further questions.



News & Events

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 needs. Contact Career Services for more details.

New England Patriots seek BSC Interns

Opportunities in Marketing and Operations. Refer to Internship Database for details and/or meet with a counselor.

Be a Summer Intern

Time to start thinking about your summer options. Why not do an internship. Make an appointment with a Career Counselor today - (508) 531-1328.

Annual Spring Job Fair

Wednesday, April 5, 2006
Mark your calendar.
Get your resume critiqued at Career Services.

New Internship Sites for 2005-2006

Clear Channel (Promotions Assistants)

InnSeason Resorts (Marketing Coordinators)

Needel, Welch & Stone (Accounting)

New England Patriots (Marketing & Operations)

Peroni Financial Group, LLC (Financial Services)

Sanford Rose Associates (HR)

Shazamm Digital Design (Communications, English and/or Business Majors)

South Shore Women's Business Network (Graphic Design, PR, and Web Design)

Town of Carver (GIS)

Venilia Gardens, Inc/ Cultural Counseling Services (Counseling)

SPECIAL THANKS

A special thanks to Lacasha Wilburn '05, Emerald Cohen '06, and Chris Rappold '91 for their contributing stories. Also, thank you to Kariana Lamparelli '08, Internship Marketing Coordinator, for her management of the fall Community Service & Internship Fair marketing campaign.

INTERNSHIP DATABASE

The internship database maintained by the Career Services Office has over 550 opportunities for students considering internships. Search internships by career field, geographic location, as well as paid and non-paid opportunities.

www.bridgew.edu/careerservices/intern

**NACE 2005-06
Experiential Education Survey**

According to NACE's *Job Outlook 2006* report, employers expect to hire 14.5 percent more new college graduates in 2005-2006 than they hired in 2004-2005.

National Association of Colleges & Employers