Hello all!
Welcome back to Potsdam and another exciting year for the Internship Office. We are pleased to announce that 97 interns registered for Summer 2015! Find additional information on the summer on Page 2.

This semester we had a visit from Lauren Berger, “The Intern Queen,” who spoke to students about internship opportunities, how to find your first job, and her own story. You’ll find a full summary on Page 3.

We’ve also had a location change. Although we are still the Experiential Education Office, we are now a part of the new Center for Applied Learning in Crumb Library—see Page 5 for details on how and why!

Starting Spring 2016, EEO will be going paperless with internship forms—the Learning Agreement and Internship Proposal will be online and approved by email alerts, making the registration process easier for everyone! Learn more on Page 5.

We’re looking forward to our bicentennial year and we can’t wait to help you land the internship of your dreams!

Melanie Shank
EEO Graduate Assistant
### Summer 2015 Scholarships

**14 Students, $13,250**

<table>
<thead>
<tr>
<th>Scholarship Name</th>
<th>Recipients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellen Hughey-Reynolds Scholarship:</td>
<td>Doran Sorrell, Tyler Carrow</td>
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<tr>
<td>Lambert-Eagle Scholarship:</td>
<td>James McAleer, Tyler Carrow</td>
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<tr>
<td>William N. Sloan Scholarship:</td>
<td>Tyler Carrow</td>
</tr>
<tr>
<td>Diana Nole-Zinnecker Scholarship:</td>
<td>Lillian Ferris, Amanda Blackburn</td>
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<td>Whelly Scholarship for Women Leaders:</td>
<td>Lillian Ferris, Alyssa Pannizzo</td>
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<tr>
<td>Dan Hurley Student Leadership Scholarship:</td>
<td>Tara Schuyler</td>
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<tr>
<td>Ronald and Teresa Fishbeck Computer Science Scholarship:</td>
<td>Montana Earle</td>
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<tr>
<td>Thompson Family Arts Management Scholarship:</td>
<td>Jessica James, Alexa Alfonsi, Anne Rappaport</td>
</tr>
<tr>
<td>General Internship Fund Scholarship:</td>
<td>Connor Irish</td>
</tr>
<tr>
<td>Kathleen Friery and Bill Ritter Scholarship:</td>
<td>Dallas Emrich, Cynthia Humphrey</td>
</tr>
<tr>
<td>To Apply For Next Summer:</td>
<td><a href="http://www.potsdam.edu/support/ssc/eeo/internships/forms.cfm">www.potsdam.edu/support/ssc/eeo/internships/forms.cfm</a></td>
</tr>
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### The Yes Fund

The Yes Fund is a new opportunity founded in Summer 2015 thanks to the Joy ’58 and Richard Dorf Endowment for Applied Learning. This Fund is meant to help students participate in innovative and exploratory applied learning.

The recipients this past summer, for a total of $5,600, were George Nunez, Cynthia Humphrey, Dallas Emrich, Jenny Yeager, Sarah Chappell, Adelmari Roriquez, and Emma Dadzrawa.
On October 7th, Ted LaMott 76’ came to SUNY Potsdam to offer career advice to students in his workshop titled “How to get and keep a job”. After a successful career in financial operations, Ted wanted to share his knowledge to help our students get hired and stand out from other applicants. Ted gave advice on résumé writing, the interview process, and how to behave and progress once you have the job. He stressed the importance of career goals and being a life-long learner. Over the two sessions about 40 students benefited from Ted’s advice!

Lauren Berger, a native of Clearwater, FL, graduated from the University of Central Florida in 2006, having completed 15 internships during her college career. She began InternQueen.com in 2009, when she was just 24 years old, and quickly became known as a key voice in the internship/career-counseling world. She is author of the National Campus best seller, All Work, No Pay, and has been featured on The Today Show, The New York Times, Seventeen, and more!

Lauren came to SUNY Potsdam on Wednesday, October 7th and spoke to 60 students in the Union MPR. She began by sharing some stories from her 15 internships (one of which included a trip to Barbados!) and the importance of FIO- Figure It Out. From her own experiences she showed how viewing rejection as a sign you’re on the right path, making your own way, and not waiting for others to lead, and informational interviews are the keys to success. She also discussed the importance of connections and following up right away, encouraging all of the students in the audience to take notes on their phone and email her that night!

An energizing and charismatic speaker, Lauren stressed that while students do not need 15 internships, they should aim for 2-3, because it will make finding their first job so much easier. After a brief Q&A, many students stayed behind to meet Lauren individually and talk about their goals. It was an inspiring and informative event for all who attended!
Craig interned with Fidelity this summer and shared his experience!

1. What were the highlights of your internship?
There were many highlights of my internship including: Meeting prospective co-workers and important people within Fidelity Investments; the opportunity for a full-time position after I graduate; learning how a corporation works from the ground up.

2. What did you learn from the internship?
The things I learned during my internship were not only skills, but also long lasting life lessons. I learned a vast array of things, from two new programming languages, COBOL and JCL, to how Fidelity works as a whole, to how the mainframe communicates with the rest of the company. I also gained speaking skills and learned how to work on a project in a team setting.

3. Did you feel it was worth your time?
This internship was well worth my time. As a new father and recent transfer from Potsdam to another college, I was out of the loop. I transferred back to Potsdam and applied for internship credit. I moved out to NE for the summer. It was difficult living five hours from my new family, but because of my internship I am now able to relax knowing that after I graduate I will have a position with a large corporation and will be able to support them.

4. Would you recommend other students do an internship?
I would recommend students to do an internship as soon as possible. Getting your foot in the door through an internship is the first step to getting a future position at a company. Also, internships teach values and skills you cannot learn from school. For jobs in any industry, companies look for experience most- the more internships you complete, the better your résumé will look.

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1. Why do you think internships are important for undergrad students?
An internship experience gives the student a taste of what it would be like to have a job in that field. For example, a student who completes an internship in a chemical dependency program will see what treatment is really like in that setting. That experience will help the student to see whether or not that job setting fits with their personality, perspective, and career goals.

2. Why do you sponsor student interns?
I sponsor internships in the counseling area because I can help the student to see and interpret things that are important in terms of their career decision. So, if a student does not like the counseling style of their site supervisor, I can give some perspective on whether that counselor’s style is typical or atypical. In this way, the student is less likely to make a career decision based upon an anomaly.

3. What advice do you have for students looking to intern?
Anyone interested in an internship should think about what types of future jobs they might like. They can do this by talking to faculty members or other mentors. After coming up with two or three possible career options, the student should go to the Experiential Education office to find out what internship possibilities exist in their desired area. I would also suggest that students strongly consider doing two internships while at SUNY Potsdam in order to gain even more experience. Internship experience is very important both for getting a job after graduation or for obtaining entrance into a graduate program.
When walking through Sisson Hall, you may have noticed that the Experiential Education Office is no longer there. While we’re still available and happy to serve your internship and service learning needs, we have a new home in Crumb Library Suite 107!

Last year SUNY Potsdam was the recipient of a generous $1 million endowment from Joy ‘58 and Richard Dorf to help ensure that all students have access to a high impact learning activity before graduating. In addition, the Dorfs provided the start up funding for the new Center for Applied Learning, which is overseen by the Dorf Endowed Director for Applied Learning, Jenica Rogers, who also directs the College Libraries.

The new Center puts all of the applied learning opportunities available to students in one convenient location, Crumb 107. Students can come to the Center for information on Study Abroad, Internships, Service Learning, Volunteerism, and Student Research. To find our office, just go into Crumb Library, look towards Minerva’s Café, and you will see the Center on the right. We’re excited to have the opportunity to offer more resources for our students and very grateful to the Dorfs for their generous gift!

New Technology

Looking to Volunteer? Finding local opportunities is now easier than ever! Get Connected is a new online resource available on the EEO homepage. Here you can search and apply for local volunteer opportunities, in addition to tracking your hours for future reference.

EEO goes Paperless!

If you’ve ever completed an internship in the past, you know there are two required forms you need to print and return- the Learning Agreement and the Internship Proposal. While you still need those forms, starting Spring 2016 we will be moving the whole process online! All you have to do is log onto BearTracker and click “Report an internship for credit.” (see below)

New benefits will include:

- No more chasing people down for signatures. Now all signatures and approvals will be done electronically!

- Use your print quota for schoolwork not internships! The Learning Agreement can be fully completed online and the Internship Proposal uploaded.
On May 4, 2015 the Experiential Education Office began a new tradition by hosting the first Academic Internship Reception in Thatcher Hall. Students, faculty, and community members mingled before the awards were given and everyone received an engraved key chain. We plan to make this an annual event to honor the hard work and dedication of our student interns, faculty sponsors, and site coordinators.

In preparation for the event we sent out emails asking for nominations for Faculty Sponsor of the Year, Student Intern of the Year, and Site of the Year.

After reviewing the responses, the winners were:

- **Student Intern of the Year:**
  Cassidy Tanzella, an intern at the SLC Arts Council

- **Faculty Sponsor of the Year:**
  Dr. Richard Williams of the Psychology Department (see p. 4!)

- **Site of the Year:**
  Canton-Potsdam Hospital Chemical Dependency Rehabilitation Program

A special award was also given to Provost Margaret Madden for her thirteen years of service.

We look forward to an even bigger celebration this coming Spring - hope to see you there!

Contact Us!

Office: Crumb 107
Hours: Monday- Friday
8:30AM- 4:30PM

www.potsdam.edu/eeo

For an appointment stop by our office in Crumb or call:

**Annie Butterfield**
315-267-2507
eeo@potsdam.edu

Email an internship counselor!

**Toby White, Director:**
whitetj@potsdam.edu

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shankm198@potsdam.edu

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