Hello!

My name is Melanie Shank, and I am the new Graduate Assistant at the Experiential Education Office.

I am currently working on my Masters of Music in Vocal Performance at Crane. I did my undergraduate at SUNY Albany and received a BA with a double major in Psychology and Voice Performance. I also worked in finance a few years before applying to graduate schools.

My position was created as part of the new Graduate Advantage Program (GAP) and offers me partial tuition remission and a small stipend during my studies here in return for my working 20 hours a week in the EEO office.

When I decided on SUNY Potsdam, I thought this position sounded really interesting, and I was right! From creating these newsletters, to counseling students, to helping with résumés, I am always busy and learning just how much SUNY Potsdam has to offer. So, enjoy the newsletter and feel free to stop by anytime and say hi to me in Sisson 114!

What’s Inside!

Page 2 - Summer Internship Sites
- Summer Scholarships

Page 3 - 5x5x5 Summer 2014 Pilot Program

Page 4 - Across the Pond - A Summer in Dublin
- Faculty Spotlight - Dr. Joseph Timmerman

Page 5 - Student Spotlight - Elizabeth Beardslee
- “A Day in the Life of an Intern” by Elizabeth Beardslee

Page 6 - What’s New? New features and programs coming soon to the EEO office

Written and Created by Melanie Shank
Summer Internships

Summer Internship Sites

Not sure where you’d like to intern? Check out the list of job sites for this summer's interns below.

Adelphi Mobile
Adirondack Technical Solutions
Advance Testing Company
Air Force Research Laboratory
Aspen Music Festival and School
Belvoir Terrace
Big Face Entertainment
Camp Hillard
Chamber Music America
Clear Channel Radio
Columbia Country Probation Department
Community Performance Series
Congresswoman Louise Slaughter
Cornell Coop Extension of Onondaga County
Creative Arts Camp (CLEAR)
CTS (HNS Group)
D’Addario & Co.
Deployed Resources
Eureka! Girls Inc.
Examtime
GE Crotenville
Greens Creek Mine
HANAC Community Services Center
Hard X Music, Inc.
Harvest Works
Hidden Pond Day Camp at The Rinx
Hobin Studios
Homeland Security and Public Safety Bureau
Hoplite Music
Logos Technologies
Madison County Sheriff’s Office
Major League Baseball
Metropolitan Youth Orchestra of New York
Mindspark
Mohawk Council of Akwesasne
Montgomery County Sheriff’s Office and Jail
Nassau Health Care Corporation
New York Central Mutual Insurance
North Country Savings Bank
NYS Homeland Security ICE
Oneida Molding Plastics LLC
OPERA America
Opera Saratoga
Orange Co. Dept of Social Services
PACES - SUNY Potsdam
Project Morry
Public Affairs
Purebred CrossFit
Richmond Memorial Library
Rochester Philharmonic Orchestra
Rome Capitol Theatre
S.E. Baker and Company
Salisbury U./NSF REU Site: Exercise
Saratoga Performing Arts Center
School of Education/Prof. Studies
Steamwalker Studio
TADA! Youth Theater

$12,500 of Summer Scholarships

If you want to intern over the summer, you have to pay tuition to get academic credit. But, did you know there are scholarships available to help with this cost? See below for a list of this year’s winners and visit our website for more information and to apply.

http://www.potsdam.edu/support/ssc/eeo/internships/forms.cfm

Ellen Hughey-Reynolds Scholarship - Matthew Miles and Michael Cole
Lambert-Eagle Scholarship - Nick Cignarale and James McAleer
William N. Sloan Scholarship - Michael Cole
Diana Nole-Zinnecker Scholarship - Jessica Tiff and Kelly Fitzsimmons
Haden Land Scholarship - Collen Roller
Whelly Scholarship for Women Leaders - Anasia Thompson-Lawrence
Ronald and Teresa Fishbeck Computer Science Scholarship - Christopher Pray and Laura Wessing
Thompson Family Arts Management Scholarship - Kaila Harrienger
General Internship Fund Scholarship - Anthony Horton, Kareem Attia, and James McAleer

The Clearview Group
Tioga Co Office of Mental Hygiene
Utica Observer Dispatch
Video Music Awards
West Hills Day Camp
Williams Toyota of Sayre
5x5x5 Summer 2014 Program
A New Way of Learning and Connecting

This summer SUNY Potsdam launched a new internship program in coordination with Living the Map and Daniel Seddiqui, in which students intern in five different jobs, over the course of five weeks, in up to five states of their choosing. Four applicants, Anthony Horton, Kateryna Szewczyk, Kareem Attia, and Chelsea Rourke, were selected to participate. By the end of their journeys, they all agreed it was one of the best and most worthwhile experiences of their undergraduate career to date.

**Anthony’s Experience:**
Colorado- El Paso County Sheriff’s Office
Wyoming- Wyoming State Police
New Mexico- District Attorney of Bernalillo
Texas- Homeland Security

**Chelsea’s Experience:**
Illinois- Public Communications, Inc.
Adams Press
Creative Logic, LLC
Evanston Roundtable
Fleet Feet Sports Chicago

**Kareem’s Experience:**
Colorado- Liberty Oilfield Services
Wyoming- Wyoming Geological Survey
New Mexico- Sounder Miller and Associates
Texas- Energy XXI
Oklahoma- Unit Corporation

**Kateryna’s Experience:**
Delaware- Wilmington Blue Rocks
Rhode Island- Newport Visitors Bureau
The Rhode Show
Pennsylvania- 12th Street Gym
New York- Downtown Committee of Syracuse

See [http://www.youtube.com/watch?v=urCOynO1Ggs](http://www.youtube.com/watch?v=urCOynO1Ggs) for a mini documentary Kateryna made of her experience.

Sound Interesting?
Applications are available on the EEO homepage

**Applications Due**

Early Bird: November 14, 2014
Regular: February 9, 2015
Across the Pond - A Summer in Dublin

This past summer, two SUNY Potsdam students, Kelly Fitzsimmons and Jessica Tifft, had the opportunity to intern in Dublin, Ireland for eight weeks. Kelly interned at Examtime, an online study and test prep service, and Jessica interned at The Clearview Group, a procurement services group.

Both Jessica and Kelly obtained their internship through an online service called Global Experiences, which provides customized international internship opportunities. The fee paid to Global Experiences includes housing, language classes if necessary, internship placement, insurance, and various other amenities, although not food or airfare. There are also events and trips coordinated by the service to help you explore the culture and sights of your host country outside of your internship.

If you are interested in an international internship for credit, this option is available in the fall, spring, and summer. Check out the Global Experiences website for more information and to apply: http://www.globalexperiences.com/general/international-internships.php

Faculty Spotlight - Dr. Joseph Timmerman

Dr. Joseph Timmerman is Chair of the Business Department and frequent faculty sponsor and advocate for student internships. As our featured faculty member for Fall 2014, we were grateful for the opportunity to ask him a few questions about his thoughts on internships and the EEO office.

1. Why do you think internships are important for undergraduate students?
In today's economy it is vitally important to make your resume stand out. There are relatively few jobs available and thousands of applicants. All students need more than "took these classes" and "on campus clubs" to keep them from having their resume tossed in the trash.

Also, the act of applying the classroom material in an actual work setting is one of the best learning experiences. In class we can at best "make up stories" or provide outside case studies to illustrate the concepts. Actually "doing" is a much stronger educational tool.

2. Why do you sponsor student interns?
Certainly not for the money! [laughs] Seriously, we [faculty] don't get compensated extra for doing internships during the school year. We do them because we feel it is a valuable learning experience for the students.

3. What advice do you have for students looking to intern?
Go see Toby White as soon as the "interest" strikes. He and his department are a great resource. Also, especially for business internships, be open to looking "back home" over the summer. We have relatively few business opportunities here in the North Country, so interning during summer break is a good option. Also, often a student can turn their regular "summer job" into an internship experience.
Student Spotlight- Elizabeth Beardslee

“My internship was 100% worth my time. I loved every day and did so many interesting things that I can’t imagine my summer without it. Learning through experience is just as fundamental to your future as learning in a classroom setting.”

Elizabeth Beardslee, a senior at SUNY Potsdam, completed a library science internship at the Richmond Memorial Library in Batavia this past summer, which she loved! Working for the public library she was able to experience many different facets of library work and gain important realizations about herself and the field, such as the fact that she does not want to work with children. Highlights from her internship included the independence and autonomy she was given and writing an article (see below) for her local newspaper. After having such a great experience, she has decided to pursue a Masters in Library Science and would recommend internships to everyone! As Elizabeth says:

“If you haven’t tried something, how can you know that you want to do it for the rest of your life? Until you have spent some time in another person’s shoes doing what they do daily, you are making a blind decision. Doing my internship has been the most important piece of my college career thus far.”

“A Day in the Life of an Intern” by Elizabeth Beardslee

Richmond Memorial Library, 19 Ross St., Batavia has been very busy with all of the awesome programming going on! There’s something for everyone, from young children, to teens, all the way up to adults. With so much to choose from, we hope you’ll make the right decision and come join us to learn something new.

I am lucky enough to be doing an internship for 10 weeks this summer with Community Services Librarian Leslie DeLooze at the library. I didn’t always think that I might want to be a librarian. My college career began in the Archaeology department at SUNY Potsdam, where I thought I would be the next Indiana Jones. Thing is, I learned pretty quickly that I hated it and made a complete 180 to a major in politics. Even though I was still a freshman in college, I didn’t know what I was going to do after I graduated with this major (being a politician wouldn’t suit me).

I had jumped so quickly to a decision during high school that I hadn’t left a lot of room for imagining what other jobs I might enjoy doing. In the first semester of my junior year, panic began to set in as I realized that I had absolutely no clue what I wanted to do with my life.

Planning an internship was the best decision I have made. I loved the library during high school and thought along that vein, which sparked a lot of confused questions from my friends as to why I wasn’t an English major. English major or not, I am getting to experience every facet of the library and am enjoying my days here. I am also learning a lot more about this profession than I could have learned by taking a class at school.

There are many different concentrations in Library Science, and I still haven’t decided which one I want to study, but interning at the Richmond Memorial Library has been giving me a good overview of all the prospects out there. I’ve created displays for the Fiction room, helped the Children’s librarian during story time, and have tried my hand at publicity for Teen programs. I am getting multiple different perspectives all in one summer.

So, it doesn’t matter if you’re a politics major or even an art major, your school years are a time to broaden your horizons. You don’t have to be limited because of the major you choose. Deciding what you want to do for the rest of your life at 18 is impossible, so explore your options while you have the freedom. Do an internship. If you don’t like it, that’s one more thing to take off the list of possibilities you have once you’re done with school. Instead of choosing a future job on a whim at 18, see if you can do an internship in what you think you want to do, because until you actually try it, how will you know you like it?

Elizabeth Beardslee is an intern at Richmond Memorial Library and a SUNY Potsdam senior who plans to attend graduate school for a master’s degree in Library and Information Science.
What’s New?

Optimal Resume
For those of you who have stopped by before, you already know what a great tool Optimal Resume is, especially when just starting your résumé. There are lots of samples and templates for résumés and letters in various fields. However, soon there will be even more options including video instructions and résumé samples by major. See the link on the EEO homepage to check it out!

StrengthsQuest
StrengthsQuest is a 30-minute online assessment which provides you with your top five “talent themes” or strengths, such as communication, empathy, or self-assurance. StrengthsQuest then provides career suggestions based on your results and offers you ways to use these strengths to your advantage in your personal, academic and career life. If you’re not sure what you want to do or just want to learn more about yourself, this is a great tool!

CareerShift
CareerShift is a job search tool that pulls together entries from many different sites into one easy searchable database. Students can search for both internships and jobs using many different criteria, including salary, company, location, and career field. Résumés can be uploaded for easy access and CareerShift saves searches and contacts to keep you organized.

InterviewStream
InterviewStream is a great resource coming to the EEO office. It will allow students to practice their interview and “soft” skills from the comfort of home. Students will have the ability to do sample video interviews, which can then be reviewed and rated by a member of the EEO staff. Individual feedback can also be provided to help improve the impressions and answers students are giving. Interviews are always stressful, but practice makes perfect!

Contact Us!
Interested in seeing what academic internship is right for you or just want to learn more about the Experiential Education Office?

Schedule an appointment!

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