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## Spring term, Spr/Sum semester, & Summer term Reminder

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As the spring term, spring-summer semester, and summer term approaches, I want to remind you of how the Internship Registration & Management System (IRAMS) accommodates the varied enrollment options. When students begin the internship application process, they are required to select a year-term option (shown in the screenshot below). Only internship courses scheduled during the selected year-term option will display in the class pull down list.



If a student reports that the internship course they want to enroll in is not available to select from the pull-down list, it is most likely that the student has either selected the incorrect year-term option, or your department has not yet scheduled a course during the selected year-term option.

If the student has selected the incorrect year-term option (and the application has not been approved by the department internship coordinator yet), they may reselect the correct year-term option and the internship course will appear in the pull down list.

If your department would like to schedule an internship course, please contact your department academic scheduler.

## Student Internship Spotlights Emily Orton

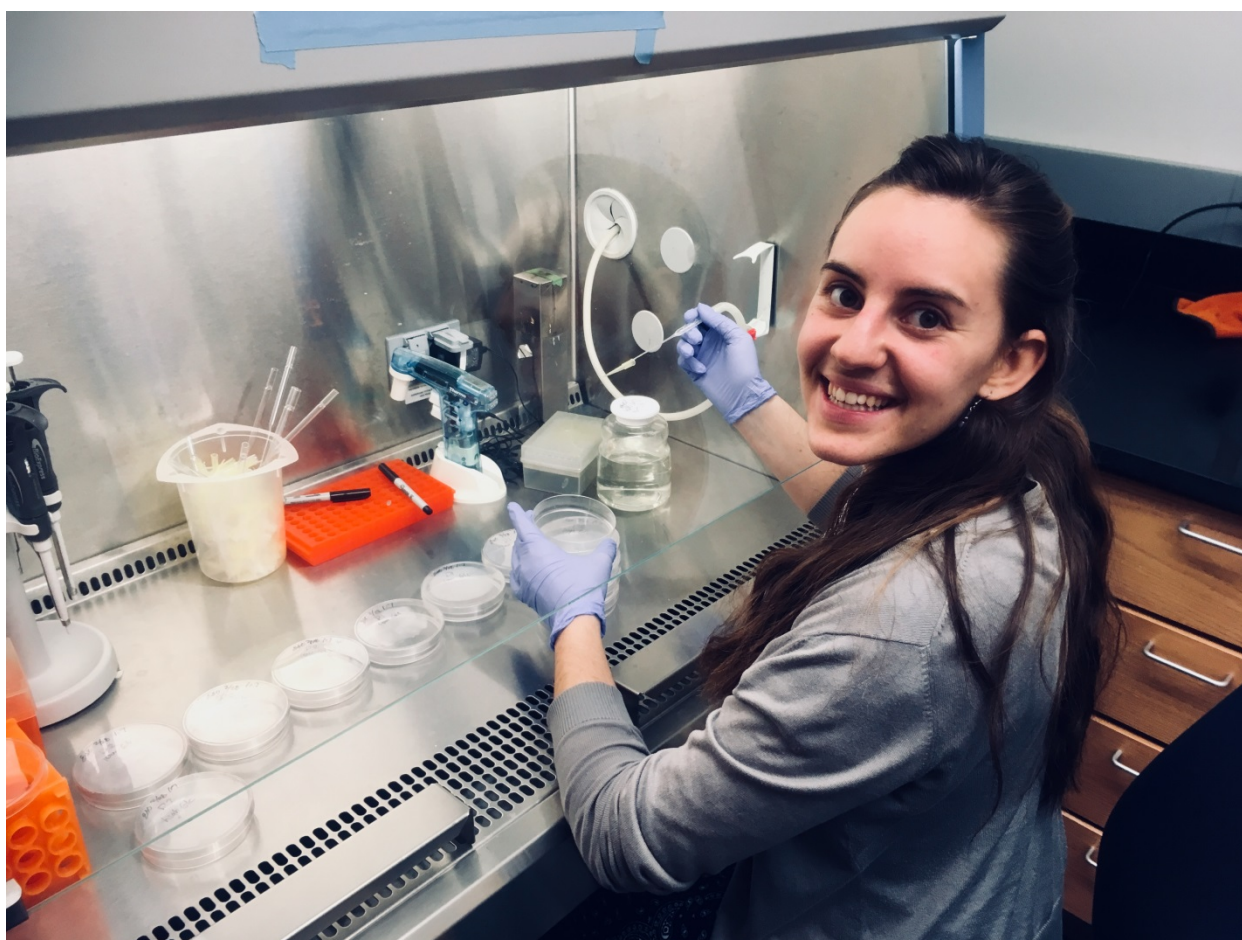


Photo 1: Emily Orton working with diabetes cell cultures in BYU's Nutritional Science Diabetes Research Lab.

**“Use of laboratory equipment was central to my internship and future work in many other labs.”**

Emily Orton, an environmental science major and a Japanese minor, interned with BYU's nutritional science diabetes research lab as a research assistant.

### What were you doing for your internship?

Even though this was an on campus internship, it has been a valuable stepping stone for my academic and professional future. I received training on procedures and equipment in diabetes research. I have continued and am now working in

the lab. This experience led to my current application to continue in this research as a graduate student. This lab experience allowed me to make the transition from Environmental Science to Nutritional Science because the research focused included plant based compounds and their human health effects.

**What was the most useful thing you learned from your internship?**

The networking I did and the hands-on skills training were foundational to the Nutritional Science MS program I am currently applying for. This included building a relationship with the mentor professor. He is not my potential advisor professor. This experience was primarily made up of running lab experiences and learning how to contribute to a lab team.

**How did your courses and your major prepare you for your internship?**

The flexibility in the environmental science major allowed me to take classes with an emphasis on human health. These classes included micro biology chemistry and nutritional science. The internship research was a direct application of many of the principles I learned in my coursework.

**What professional skills did you develop in your internship?**

I also learned professional communication and presentation skills. As well as literature reviews of recent relevant published studies. "

**Would you recommend this internship to other students? Why?**

Yes I would definitely recommend it. First, because Dr. Tessem is an amazing mentor and scientist. He worked with me one on one as well as directed large group projects and discussions. The other students in the lab were good trainers and were very accommodating to work with. Second, because the internship worked well with my student schedule. Because it was on campus it was very easy to complete my tasks and meet up with other student researchers.

## Haley Roberts



Photo 2: Haley Roberts in front of the US Capitol Building in Washington, D.C.

**“I loved the people I lived with, the people I worked with and met while I was in DC.”**

Haley Roberts, a Political Science major, interned with Representative Mia Love's social media team in the US House of Representatives.

**What were you doing for your internship?**

I was one of Representative Mia Love's interns. Her constituents would call in every day with questions and concerns about various legislative issues. I had to know about these issues to answer her constituents' concerns and questions. I went to briefings and hearings on a variety of issues, like tax reform, the opioid crisis, copyright issues, etc. These briefings were often organized by lobbyist groups that represented specific interests. After the briefings, I summarized the issues for the relevant staff member. These briefings were important because they informed the staff members of policy implications and concerns of upcoming legislation. It also was insightful in how complex the legislative process is. My assignment was on Representative Love's social media team. I followed Love's actions throughout the Capitol and took pictures and wrote down quotes for her social media. I drafted tweets and Facebook posts so her constituents could know what she is doing in Washington D.C. This gave me a unique opportunity to expand my skills outside of answering a phone. I learned what should not be posted on social media and how important the communications director is. I worked very closely with the communications director and he was always working and responding to the current events. He emphasized the importance of highlighting the positive actions of Representative Love.

**What was the most useful thing you learned from your internship?**

I worked in an office that had some interesting characters. It was difficult at first to interact with them because they made the office environment very competitive. However, I decided to focus on my particular skills set, rather than compare myself to my coworker. This led me to work on the social media team. I also saw the importance of being assertive. One of my fellow interns wasn't very assertive and waited for assignments. I was assertive and at the end of the internship, I was given a lot of assignments.

**How did your courses and your major prepare you for your internship?**

I had a background in political knowledge that really helped me. I wish I would have taken a political science 210 before I did my internship because it talks about voter behavior and collective action problems.

**Would you recommend this internship to other students? Why?**

YES! It was so incredibly fun, informative and developing. I understand American politics so much better and I learned about what type of career I want in the future.

**Is there anything else you would like to say regarding your internship?**

I loved it. It definitely was the highlight of my undergraduate experience. I loved the people I lived with, the people I worked with and met while I was in DC. It expanded my future career pathway and helped me get future internships and opportunities.

## Spencer Bradford



Photo 3: Spencer Bradford proudly displaying a dissected pig's heart.

# “I love it and would do it again in a heartbeat.”

Spencer Bradford, a PD Bio major and Spanish minor interned with the BYU's Emergency Medical Services (EMS) as a basic emergency medical technician (EMT).

## **What were you doing for your internship?**

I began an internship on campus as an EMT for BYU. It began with a basic EMS class and through a set of interviews I got on to the BYU EMS crew. The overall mission of BYU EMS is to provide lifesaving support and service to the entire population on the campus of BYU Provo. The clear majority of my time on the agency has been spent training and learning. Every day of the internship has been filled with practice calls and reviewing protocols. We train for the most extreme of scenarios to better prepare ourselves to respond to any call that may arise on campus. A few of those training calls have included delivering a child, treating a patient who has gone into cardiac arrest, and even practicing what to do in the rare event of a bear attack behind the Wilkinson Center. Along the way I have had the opportunity to shadow Provo Fire Department as well as the BYU Dispatch center. Both occasions were eye-opening to the inner workings of the Emergency Response System. Lastly, this internship has given me the chance to do what I have always longed to do- serve others by responding to injuries all over campus, whether it be a bruised knee or a broken hip. I have loved the time I have had to serve as an EMT for BYU, and I look forward to the time I yet have to learn, grow, and serve others.

## **What was the most useful thing you learned from your internship?**

The most useful thing I have learned from my internship has been how to be a leader. Every call that I have responded to, the patient looked to me for comfort and reassurance. I was in charge of taking command of the situation and doing what needed to be done.

## **How did your courses and your major prepare you for your internship?**

My classes taught me much about human anatomy and physiology which has played a crucial part in responding to injuries and other infirmities.

## **What professional skills did you develop in your internship?**

I have developed critical writing skills from the legal narratives that I have written concerning each case we have responded to. I have also developed leadership skills after having responsibility placed upon me as a crew leader.

## **Would you recommend this internship to other students? Why?**

Yes. It teaches a wide range of skills apart from lifesaving knowledge. I believe that it teaches strong leadership capabilities along with how to be stern yet polite. It is also a great footstep into the medical world as it offers basic knowledge with opportunities to shadow more advanced personal and work closely within the system of emergency medical response.

## **Is there anything else you would like to say regarding your internship?**

It's not for the faint of heart, but it is absolutely worth it for anyone thinking of going into the medical field. I love it and would do it again in a heartbeat.