



ELC Fall Internship Newsletter

Randolph College

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October 2008

“Is One Internship Enough?”

Gaining Relevant Work Experience is Key in Today's Job Market

By [Thomas J. Denham, MEd](#), Appeared on About.com's Guide to Internships.

To be quite blunt about it: No.

Here's why. Back in the 1960s and 1970s a college degree meant something because not everyone had one. In 1985, only 2% of college graduates participated in some type of internship (Training Magazine, April 1998). By 2000, that figure had increased to 75% (SAM Advanced Management Journal, spring 2000).

“Employers are demanding more and rank internships as the second most important quality in a candidate behind communication skills”

Similarly, research by Experience Inc. in March 2004 indicated the number of graduating students who had at least three internships doubled from 2003.

The job market is going back to the days and ways of the old blacksmith profession: if you want to be the master, you first must do your time as the apprentice. The point is that a college degree just does not cut it anymore in the 21st century.

Employers are demanding more and rank internships the second most important quality in a candidate behind communication skills, according to the National Association of Colleges and Employers. The more internships, the more it will help you better prepare for the demands of a global workplace. You have to bring something else to the table to stay competitive. This is especially critical if your GPA is below a 3.0. You don't want to find yourself in the interview waiting area sitting next to a person from a more elite school than yours with a 3.9 GPA and four internships and is also a leader of several campus organizations.

Multiple internships can enable "disadvantaged" students (ie. low GPAs) to catch up and compete with peers after graduation. Internships may lead to letters of recommendation from the



Sabell Bello '09 interned at the Embassy of Ghana this summer in Washington D.C.

employer, and you may even earn academic credit and earn money simultaneously. By participating in an internship you will increase the likelihood of receiving a full-time job offer from the employer. Often, starting salary offers are higher for students with internship experience than to those without experience. Internship experience can decrease the transition time from college to career (2.5 months) than those with none (6.3 months)*.

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Did you have an internship but didn't see yourself on the list for summer or fall 2008?

Fill out the [“Registration Form for Experiential Learning”](#) and return it to the ELC. This will ensure that you are on the ELC database and we can confirm that you had an internship if employers or graduate schools inquire. [To print off the form go to:](#) www.randolphcollege.edu/elc

- Click on “Internships”
- Click on “Required Internship Forms”
- Click on “Students”
- Click on “Non-credit Internship Form”

General Information about Internships at Randolph College:

- Any student can do a non-credit internship. Just come by the ELC to fill out the registration form.
- To be eligible for a credit internship, you must be a rising junior or senior, with a cumulative GPA of 2.3 or higher. The internship must also relate to your major.



Marie Brown '09 has had several internships in order to gain a well rounded background prior to graduation.

Individuals that complete internships report a higher satisfaction level with their jobs, compared to those with no internship experience*. Several internships will help you to better crystallize your job interests and abilities from contact with professionals, and it will also improve your career decision-making. It provides the possibility to try out a new industry, employer or job. You will also feel an increased sense of responsibility personally and professionally. In terms of networking, you will have increased business contacts and better knowledge of the job market. A couple of internships will serve as a bridge between the theory of what you learn in the classroom and the world of practice. They may even motivate you for increased learning, such as pursuit of graduate study.

"Start early to build and strengthen your resume. It's not unheard of to begin as early as freshmen year with volunteer experience. In the Junior and Senior years, you should plan to have an internship each semester for a total of four by the time of commencement."

The key to staying competitive is summarized by my simple formula: E + E + E = E. It represents Education (GPA) plus Experience (Internships) and Extracurricular activities equals Employment. Your Education and Experience are capitalized in the equation because they are the most important. However, your extracurricular activities make you well rounded and help you to develop transferable skills such as teamwork, problem-solving and communication skills.

Start early to build and strengthen your resume. It's not unheard of to begin as early as freshmen year with volunteer experience. In the Junior and Senior years, you should plan to have an internship each semester for a total of four by the time of commencement. If this is not possible, plan on having one during the summer. Even a part-time internship with as little as 5 to 10 hours per week will build your resume. Contact your campus career center or a private career counselor to help you with this process. By deciding to have more internships on your resume than your friends have, you will be making a huge investment in the future.

*Denham, T. J. (2004). Comparison of the level of career readiness between students who completed the Siena College School of Business internship course and students who did not. Fort Lauderdale, FL: Nova Southeastern University.



Emily Hanson '09 and Carrie Lewis '09 have both done internships at the Maier Museum of Art. Emily Hanson diversified her experience this summer by also interning at the Lyric Opera of Chicago.



Summer 2008 Internships

Name	Internship	Site	Major	Faculty Sponsor
Amenah Alsrogy	Chamber of Commerce Intern	Richardson Chamber of Commerce	Economics/Philosophy	Non-credit
Ann Nichole Amouri	Production Assistant	Discovery Studios	Religion	Gordon Steffey
Meredith Bell	Broadcasting Intern	Centennial Broadcasting	Communication	Jennifer Guathier
Sabell Bello	Visa/Passport Processor	Ghana Embassy	Political Science	Non-credit
Wai Sze Cheung	DAAD Research Intern in Math and Science (RISE)	Univ. of Duisburg-Essen in Germany	Physics, Economics	Non-credit
Avis Dallas	Dental Assistant	Universal Dental Center, Brooklyn NY	Biology	Anne Fabrikiewicz
Tenzin Deckyi	Office Assistant	Ghana Embassy	Global Studies	Mari Ishibashi
Brynne Gingras	Arts Admin. Intern	The Opera Company of NC	Music (Performance)/French	Emily Yap Ohua
Emily Hanson	Lyric Opera Intern	Lyric Opera of Chicago	Art (History)	Andrea Campbell
Sequoyah Healy-Louer	Field Organizer	Sam Rasoul for Congress Campaign	Political Science	Susan Lockhart
Audrey Ann Hudgins	Gallery & Marketing	WVSA Arts Connection	Communications	Jennifer Gauthier
Shirae Leslie	Biomedical Research	Duke University	Chemistry	Ann Fabirkiewicz
Ashley Lovegrove	Law Intern	Scott E. Gardner, Attorney	Political Science	Sue Lockhart
Kristen McLaughlin	Marketing/Promotions Intern	Lynchburg Neighborhood Dev. Foundation (LNUF)	Math and Economics	Non-credit
Sondra Morris	Marketing & PR Intern	Academy of Fine Arts	Communications	Jennifer Gauthier
Rachel Peters	Research Intern	The Cato Institute	Economics	Joey Coon
Saunya Pradhan	Development Intern	Help-Your-Self	Economics/Math	John Abell
Amanda Sandos	Museum Assistant	Maier Museum of Art	Studio Art/Creative Writing	Non-credit
Tashama Terrell	Hudson House Intern	Central Virginia Community Services-Hudson House	Sociology/Anthropology	Rhonda Johnson
Smriti Thapa	Intern-Donation Asst	A Wider Circle	Economics	Brad Bullock
Priyanka Uprety	Gene Therapy	Univ. of Alabama in Birmingham	Biology	Kathy Schaefer
Kathleen Walker	Medical/Education Intern	Mercy Care Center in Nairobi Kenya	Sociology	Non-credit

Fall 2008 Internships

<u>Name</u>	<u>Internship</u>	<u>Site</u>	<u>Major</u>	<u>Faculty Sponsor</u>
Melanie Andion	Multicultural Dir. Asst	Randolph College Multicultural Services	Spanish	Nancy Goulde
Alexandra Barrett	Political Intern	Campaign for Change	Political Science, French	Non-credit
Megan Barrett	Political Intern	Campaign for Change	Classics	Non-credit
Meredith Bell	Production Intern	WSET	Communications	Jennifer Gauthier
Foluke Beveridge	Political Intern	Campaign for Change	Psychology	Non-credit
Darian Butcher	Political Intern	Campaign for Change	English (Creative Writing), Dance	Non-credit
Darian Butcher	Literary Intern	Prototype Advertising	English (Creative Writing), Dance	Mara Amster
Meghann Bowyer	NICU Intern	Virginia Baptist Hospital	Human Services	Ann Fabirkiewicz
Khadija Brown	Political Intern	Campaign for Change	Political Science	Non-credit
Rachel Carlson	Political Intern	Campaign for Change	Undeclared	Non-credit
Alisha Dingus	Political Intern	Campaign for Change	Undeclared	Non-credit
Brittany Eubanks	Political Intern	Campaign for Change	Global Studies	Non-credit
Allison Farrow	Political Intern	Campaign for Change	Environmental Studies	Non-credit
Caitlin Fowler	Political Intern	Campaign for Change	History, English	Non-credit
Brandy Freeman	Political Intern	Campaign for Change	Political Science	Sue Lockhart
Antonia Fox	Political Intern	Campaign for Change	Political Science	Sue Lockhart
Ilce Garcia	Campaign Fellow	Campaign for Change	Political Science and Global Studies	Mari Ishibashi
Lori Gerlach	Political Intern	Campaign for Change	Business	Non-credit



Ashley Jones	Broadcasting News Intern	W-SET	Communications	Jennifer Gauthier
Alexandra Knoppel	NICU Internship	Virginia Baptist Hospital	Psychology	Ann Fabirkiewicz
Meghan Kull	NICU Internship	Virginia Baptist Hospital	Health Services	Ann Fabirkiewicz
Krista Lashway	Political Intern	Campaign for Change	Global Studies and French	Non-credit
Ludovic Lemaitre	Environmental Intern	Greater Lynchburg Environmental Network (GLEN)	Environmental Studies	Non-credit
Carrie Lewis	Art Museum Education	Maier Museum of Art	Art History	Andrea Campbell
Evelyn Lobos	Political Intern	Campaign for Change	Psychology/Spanish	Non-credit
Ashley Lovegrove	Manager Assistant	Bayview Holdings	Political Science	Tamara Adcock Wenning
Maria Lugo	Pol. Campaign Intern	Campaign for Change	Global Studies, Political Science	Mari Ishibashi
Olivia Marlin	Political Intern	Campaign for Change	Russian Studies & Economics	Non-credit
Rachel Martinez	Equine Eval & Rehab	Brook Hill Farm	Biology	Doug Shedd
Lauren Medley	Political Intern	Campaign for Change	Global Studies/Spanish	Non-credit
Nadia Moheisen	Environ. Web Manager	Greater Lynchburg Environmental Network (GLEN)	Environmental Studies and Psychology	Karin Warren
Mareeha Niaz	Political Intern	Campaign for Change	Global Studies, Pre-Med	Non-credit
Annamarie Pagel	Human Resources Intern	Randolph College-Human Resources	History	Non-credit
Kody Roza	Political Intern	Campaign for Change	Political Science	Susan Lockhart
Christina Scheele	School Psych Intern	Campbell County Schools	Psychology	Beth Schwartz
Danielle Simms	Campaign Activist	Campaign for Change	Environmental Science	Tatiana Toteva
Halley Smith	SS Teach & Curriculum	Dunbar Middle School	Curricular Studies	Peggy Schimmoeller
Ashley Thomas	Campaign Fellow	Campaign for Change	Political Science	Jennifer Abbassi
Brittni Van Curen	Senior Paper Proposal	Holy Cross School	Curricular Studies	Gail Brown
Elizabeth I. Williams	Political Intern	Campaign for Change	Undeclared	Non-credit
Phanwin Yokying	Political Intern	Campaign for Change	Undeclared	Non-credit