



Brittney Senn
NAC at Swedish



Daniel Bae
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Madeline Miller
Assurance Staff at Moss Adams



Arthur Wilson
Accessibility Content Writer at Microsoft



Matthew Reinikka
Sports Marketing Intern
at Davidson College



Vianté Dile-Basnight
Aspiring Engineer at North Carolina State University
Raleigh, North Carolina | Mechanical or Industrial Engineering

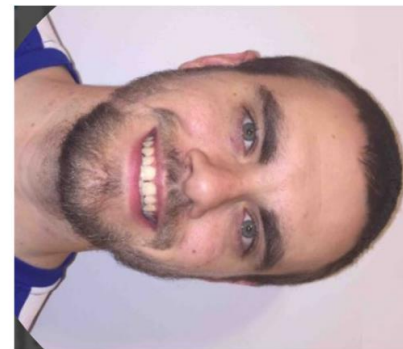


Kaitlyn McArthur
Attorney,
Smith Oblander & Meade, PC

The Power of Internships

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Chris McGee
Technical Analyst at Boeing



Yitaek Hwang
Director of R&D at Leverage



Cody Scott
Project Engineer 2
at Lydig Construction



Olivia Girard
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Access Laser Company



Ray Parker
Consultant at Microsoft. Chemical Engineer,
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Shruti Parikh
Undergraduate Researcher at the UW Plant
Microbiology Lab



Caleb Kinney
Application Security Engineer at ASM Research

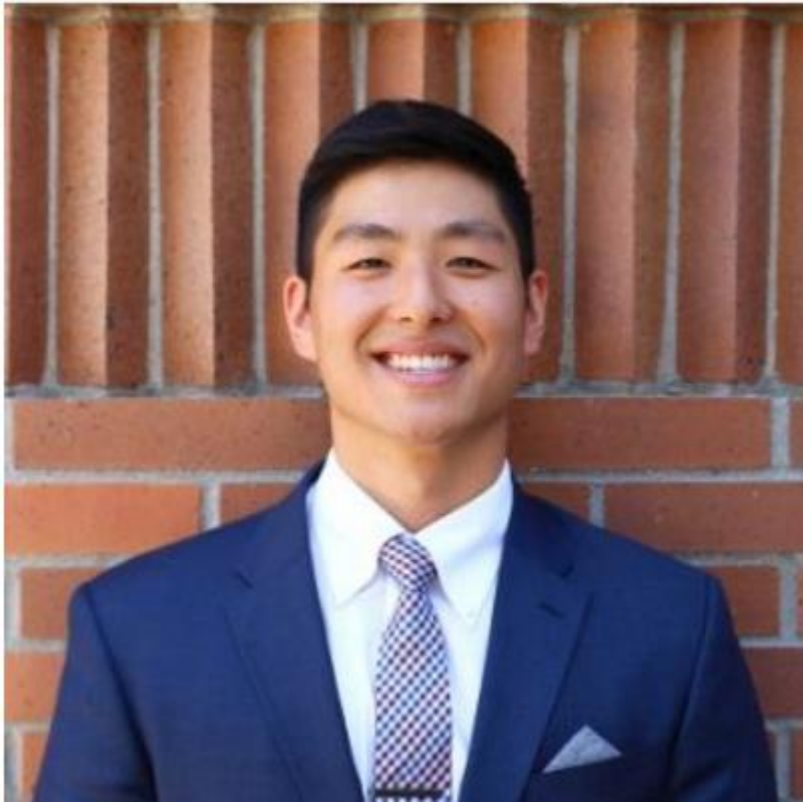


Daniel Bae pg ①

Sourcing Coordinator at Amazon

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- 05/2013-08/2013: Sales/Marketing internship at Vector Marketing.
- - There are many times where I wish that I had never agreed to participate in this "internship." As one of the premiere pyramid-scheme-esque "internships" in the United States, Vector Marketing draws in students by promising high hourly pay. The job is essentially yours so long as you can sell knives. I believe every student benefits from going through a "bad" internship. It allows you to better gauge what you're made of.



Daniel Bae

pg ②

Sourcing Coordinator at Amazon

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- 05/2014-09/2014: Business Development/Marketing Intern at InventIT Solutions:
- This internship was my first real attempt at applying to internships. With my minimal work experience, I was grasping at straws with my applications. That being said, it allowed me to gain valuable line items on my resume. While the job may not have been very glamorous and with a relatively unknown tech firm, adding experience in any facet is very important. Never be deterred by an internship that doesn't exactly fit what you see yourself doing. Experience is experience!



Daniel Bae

pg ③

Sourcing Coordinator at Amazon

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12/2015-06/2016: Analyst Intern at Axellium, LLC
- This internship was a result of my ability to network with the various alumni at my university. The internship was unpaid but it gave me valuable exposure to working independently and on extremely important projects. This was also my first "prove it" internship. I was given tasks that interns do not normally receive in order for leadership to see my capabilities. Unfortunately, at the time that I was given these big tasks, I was in the middle of a very challenging semester. That's another lesson I learned about internships, these are the perfect occasions to fail. Internships are there to help you learn about your strengths and weaknesses. Can you stay motivated despite not being paid? How do you manage your time? Priorities? All of these are self-taught lessons that would otherwise not have happened without my time spent at internships.



Daniel Bae

pg ④

Sourcing Coordinator at Amazon

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- 10/2016 - Current: Sourcing Coordinator at Amazon
- - Getting a job after graduating is great and an accomplishment but it is not a given. No matter what your expectations are, more likely than not there will be some lag time between you graduating and finding a job. That's not to say that you won't be the lucky student who has a job set in place before you graduate. The message is to not be disappointed if you're not one of them. Another very important message, if your first job doesn't align with what you studied, that doesn't mean you wasted your time. Whatever job you find out of college, whether it matches with your major or not, is an opportunity. I triple majored in finance, marketing, and economics. I'm currently a project coordinator for the HR department at Amazon. I use my education in different ways, handling a very large budget, forecasting for 2017's holiday season, etc. Job titles never tell you the whole story, you have to try to find out.



Madeline Miller pg ①
Assurance Staff at Moss Adams

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- In my experience, internships are a great way to learn what the classroom can't teach you. Schoolwork is of course very important but you will find that in your career the knowledge school provides is just the foundation and your day-to-day tasks may look nothing like what you have seen in school. Internships are a great way to start to build on that foundation, especially since it's a time where you're not expected to know what to do and asking questions is highly encouraged. In my profession people like to say that an intern who doesn't ask questions is scarier than an intern who asks too many.



Madeline Miller pg ②
Assurance Staff at Moss Adams

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- Additionally, having an internship is a great resume builder that makes you more attractive to employers. It shows them that you can hold a job and act professionally, and that you have relevant skills for whatever job you are applying to. You can even get a job offer as a result of your internship like I did. However, it is important to remember that you don't have to have an internship to get a job. It can definitely help and I highly recommend it, but any other type of job, leadership experience, etc. can show that you have the necessary qualities for the job just as well as an internship can.



Madeline Miller pg ③

Assurance Staff at Moss Adams

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- An internship (and other recruiting activities) is your time to "date" the company. It's the period of time where you can get a feel for the culture of the company and decide if it's a place you would be willing to work without a high level of commitment.
- Often, it is your personality that matters more than your technical skills. People are more interested if you're someone they are willing to spend 8+ hours of their day with than if you already know how to do the job. It is expected that you will require a lot of training.



Arthur Wilson

pg ①

Accessibility Content Writer at Microsoft

- Before I went to Microsoft I had two internships as a student at Washington State with both Northwest Public Television and Northwest Public Radio. I definitely think that getting hands-on experience to create my own work there definitely helped prepare me for the workforce after I graduated. I'm now creating content for people with disabilities at Microsoft.

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Vianté Dile-Basnight pg ①

Aspiring Engineer at North Carolina State University
Raleigh, North Carolina | Mechanical or Industrial Engineering

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- One position that I held was an Asset Management Intern at Housing Hope, a local nonprofit that helped provide homes for low-income families. This program was done through the Bank of America Student Leaders Program at the time. This internship helped me gain experience as a member of an organization that held strong beliefs in its ideas and operations.
- It is CRUCIAL to have hands-on experience in the field that one wants to pursue in the future. One of my friend's father works as an executive at Volvo Trucks in North Carolina, and he said that although having a degree is important, experience takes utmost prominence during the hiring process for new employees.



Vianté Dile-Basnight Pg ②

Aspiring Engineer at North Carolina State University
Raleigh, North Carolina | Mechanical or Industrial Engineering

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- In college, one has a sense of grand power—many doors of opportunity are open for students to take. However, it is quite easy for students to miss such opportunities for a variety of reasons. Nonetheless, students **MUST** try their best to gain as much hands-on experience as possible—hence, landing an internship would be the best option. Not only do they help students gain experience, but internships may also help students find employment right out of college. It saves both time and stress.



Vianté Dile-Basnight Pg ③

Aspiring Engineer at North Carolina State University

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- Yet, in today's younger generation, there's a growing sense of a "catch-22" when it comes to finding some experience. Many companies seek young individuals to work as interns for them, but many of those companies want interns to have some experience in their respective field. It is quite strange since some of those individuals are looking for internships in order to gain experience in the first place.
- A possible solution to this is for young students to network while college. As sad as it sounds, what one knows does not matter as much as it used to be; instead, who one knows takes greater prominence today.



Caleb Kinney pg ①
Application Security Engineer at ASM Research

- I think in this day in age getting a start in a career requires work experience, which is a double edged sword - how to get experience without the experience needed to get experience? For me certifications bridged that gap. It showed I had the knowledge to perform the job duties (also they are usually required in government contracting).



Caleb Kinney

Application Security Engineer at ASM Research

pg ②

- I will also say being passionate and working on your own time also helps to persuade potential employers who may be leery of your lack of work experience. I am constantly fighting that battle. For example just this week I went to an interview for a job and the interviewers really harped on my previous retail experience and wrote off majority of what I could bring to the table. They did not recommend me for the position, the hiring manager was able to see past it and still offered me the position (although I am turning it down for a number of reasons).

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Olivia Girard pg ①
Buyer/Planner at
Access Laser Company

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- “I have completed two internships throughout my college career, and was hired for a third internship for the summer of 2017. As a freshman in college I always heard how beneficial internship experience was, but it always seemed so far off and I was intimidated by big companies like Boeing, Microsoft, and Starbucks who were seeking students from my program. Although it takes hard work and dedication to prepare yourself for applying and interviewing it is WELL worth it.



Olivia Girard pg ②
Buyer/Planner at
Access Laser Company

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- My first internship was at a company called Access Laser Company, a small company in Everett that builds and sells commercial and industrial lasers. My second internship was at a much bigger company called Crane Aerospace & Electronics in Lynnwood. Both of these experiences provided me with insight on company culture in a big and a small company, experience with a diverse group of people from different generations and lastly, experience in my field which I thankfully enjoyed in a professional setting verse a classroom setting.



Olivia Girard pg ③
Buyer/Planner at
Access Laser Company

Why is an internship so helpful for future employment?

- I was able to show my work ethic and skills to potential employers
- I learned what types of work cultures I like and do not like
- I gained mentors throughout my experience that I still keep in touch with
- I will be graduating with 6 months of real, professional experience
- These experiences lead me to securing a position starting post graduation

Your future is about getting out of your comfort zone, setting yourself up for success and going for the unthinkable, even if you think you might fail.



Ray Parker

pg ①

Consultant at Microsoft. Chemical Engineer, experience in venture capital, consulting, pharmaceuticals & aerospace

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- Couple notes:
- 1. I don't have an objective anymore, I believe it's a bit limiting in the grand scheme of applying for jobs online, etc.
- 2. You can see how I progressed in terms of internship subjects, from doing ChemE things, to other things like MechE, Project Management, then consulting and more businessy things. Mainly working towards things I enjoy and like.
- 3. My resume is 2 pages. Mainly for picking up on keywords. Unfortunately these days they use ATS (applicant tracking systems) that use keywords and robots to basically figure out the best candidates, so this resume optimizes for that.
- I would recommend 1 page for people just starting out.



pg ②

Ray Parker

Consultant at Microsoft. Chemical Engineer, experience in venture capital, consulting, pharmaceuticals & aerospace

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- LinkedIn, I believe is pretty crucial in this day and age to keep up with people and whatever it may be.
- As with all experience and extracurriculars, a lot of things could go here, but I had to optimize my resume for the industry I want to go for, so this is by no means a complete list. LinkedIn has much more on it.
- I would say, skills, especially for technical majors is very important, skills lead to experience and experience helps you get internships.
- In order to get internships and experience, it really comes down to progressing up a ladder.



Cody Scott pg ①

Project Engineer 2
at Lydig Construction

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- During spring quarter of my sophomore year, I decided to start looking for internships to help get a head start on my construction management curriculum in the upcoming fall quarter. At the UW, you only take pre-requisites the first two years before you can start your major's course load, so I wanted to try to get ahead any way possible. Unfortunately, most companies don't hire on interns that haven't started in the program due to inexperience. When fall quarter came around I started attending company presentations, and our department's career fair. Through these events I was able to pick several companies that I thought would be a good fit.



Cody Scott pg ②
Project Engineer 2
at Lydig Construction

- After several rounds of interviewing with these three companies I received internship offers for two of them. I decided to go with Lydig Construction as I connected with everyone that I had interviewed with. I started my internship in January of 2015, working part time after school. I continued on through winter and spring quarter, and when summer arrived, I transitioned to a full time internship. During the summer internship I was able to work directly with a project team on site. This allowed me to build really strong workplace relationships while also getting a chance to prove my worth, and show off important skills on teams such as hard work, flexibility, and team work. By the time the summer had ended, the internship had gone so well that they actually offered me a full time position for when I graduated in the spring. ²¹



Cody Scott pg ③
Project Engineer 2
at Lydig Construction

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- The firsthand experience you get during an internship is irreplaceable in my opinion. In terms of work itself, you learn so much faster in a work environment around professionals who have done the exact same tasks you are doing at one point in their career, than reading a textbook. You also can't truly replicate the work place environment and atmosphere in a classroom setting. As a student, you get really comfortable working with teachers and other students, but you need to learn how to work for people and also with people in a professional manner and in my opinion, the best way to do this is through an internship.



Cody Scott pg④

Project Engineer 2
at Lydig Construction

- Fortunately for me, doing an internship was my direct path to securing a full time position. While this might not be the case for everyone, I think people should look at internships as an extended interview. You are given a great opportunity to show how much value and potential you have to a company, and if you are able to do this, it puts the pressure on them to retain you. Even if an internship doesn't lead directly to a job offer, there are so many skills and lessons that you can take that will make you much more marketable, but also confident and able.



Brittney Senn

NAC at Swedish

pg ①

- So as far as internships go I have always tried to be as involved as possible. When I was attending the University of Washington I got involved in some clubs (GlobeMed and Relay for Life) and took on leadership roles within these clubs. Due to my involvement in GlobeMed I had an amazing opportunity to go to India with a group of 3 other students to do some work with the MINDS Foundation. It was an amazing experience that really broadened my horizons and cultural knowledge. Outside of that I have continually tried to stay involved in the medical field to prepare me for nursing. I have volunteered as a student nurse at Bryant Elementary, volunteered at Seattle Children's Hospital for 3 years, and have worked as a Certified Nursing Assistant in numerous places for about 3 and a half years now while I am finishing up my Bachelors in Nursing.

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Brittney Senn

NAC at Swedish

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- My most current and best experience thus far was working as Certified Nursing Assistant at Swedish Hospital in the Neuro/Tele Unit at Cherry Hill this summer, where I plan to go back and work when I return from school over summer. My advice for high school students would be to be persistent, and always use your networks and try to maintain networks throughout everything you do. I think that is what has continued to benefit me over the years in order to build my resume, and prepare me for the workforce here when I graduate with my second Bachelors degree in a year.



Yitaek Hwang

pg ①

Director of R&D at Leverage

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- I think it's really important to have some sort of work experience even in high school (whether it is working at a fast food restaurant, delivering papers, working as a ref for youth leagues). This not only builds your credibility as a worker, but also you get to see how hard those jobs really are.
- Right before college, I worked at Terry's Machine Shop in Mukilteo to learn about manufacturing. I knew I was going to study engineering, so this was my way of learning how the people who actually make the stuff I tell them to build work. This really helped me see what they can and can't do, which in turn helped me become a better engineer.



Yitaek Hwang

Director of R&D at Leverage

pg ②

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- After freshmen year in college, unless you are doing computer science, it will probably be very hard to find an internship in the area (this of course does not apply if you have parents in the said industry or live in SF or NY). My solution to that was to work at a non-profit (I worked at Seattle Against Slavery) and volunteer at a lab in UW, for the first half of summer, and took classes and did research the second half of that summer. While the non-profit work has no relevance to what I do currently (software and AI-research), it helped me understand the bureaucracy and the fate of an organization dependent on donations. As for research, it helped open up positions for my later internships and also made me realize PhD is probably not for me.



Yitaek Hwang

Director of R&D at Leverage

pg ③

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- After sophomore year, instead of getting a job, I actually volunteer in Tanzania for a health organization, fixing medical equipment at local hospitals. At this point, I was very focused on biomedical engineering and wanting to work at the big healthcare companies (GE, Stryker, Medtronic, etc). This was an invaluable experience as I got an internship at GE Healthcare next summer, but also because I got an idea for my personal business, ViFlex, while I was in Tanzania. There I saw that people didn't even have money for glasses and that 1-2 companies in the world have a duopoly on glasses prices so we are forced to buy \$100+ pair of glasses when it only cost less than \$5 to manufacture.



Yitaek Hwang

Director of R&D at Leverage

pg ④

- I worked on this business while I was in school for two years, getting to meet President Clinton, going to Nepal, Nicaragua, and India to field-test the ideas, all the while realizing that I like computer engineering and programming more than healthcare. When you work at big healthcare companies, you realize how slow things are due to regulation and safety measures. It is a fulfilling industry as you have a tangible impact on the people you design products for, but you won't see them in the market for 2-3 years.

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Yitaek Hwang

Director of R&D at Leverage

pg ⑤

- With ViFlex getting off the ground, I got hooked into entrepreneurship and startups, which led me to my fellowship with Venture for America and my current position at Leverage. One common trap in college is to focus on academics. But if you aren't looking for a career in academia, building an experience/side projects are more important.



Shruti Parikh

pg ①

Undergraduate Researcher at the UW Plant
Microbiology Lab

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- I've mainly just done research so far. I have been working at the Plant Microbiology Lab on campus for almost 2 years. It was actually really overwhelming when I first started because everyone knew so much more than me, but after a few quarters of bonding over successes and frustrations, I finally felt comfortable with my abilities. The graduate student I work with is a really great mentor, and we have a really hardworking group of undergraduate students that are constantly motivating each other.



Shruti Parikh

pg ②

Undergraduate Researcher at the UW Plant
Microbiology Lab

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- One of my lab mates and I both recently received a Mary Gates Research Scholarship for our work, and also presented at the Northwest Microbiology Conference. The lab environment is really great in that way, because even though we're technically competing to get the same things, we just see it as an opportunity to push each other to grow. Also, the conferences/Mary Gates events are ways for us to network, and I've grown a lot by attending them. Here's the lab website if you're interested:
<http://depts.washington.edu/envaplab/>



Shruti Parikh

pg ③

Undergraduate Researcher at the UW Plant
Microbiology Lab

- Also, the best part about doing research, other than actually conducting it, is having the opportunity to be an author of the publication. We aren't at that stage in my research yet, but I'm planning on helping with the statistical analysis for some of the other projects that are closer to publication.



Matthew Reinikka Pg ①
Sports Marketing Intern
at Davidson College

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- After working four summers at Sounders FC Camps as a camp assistant, I was fortunate enough to work an internship at FUEL Sports Management Group in Charlotte, NC during the summer of 2016. I was able to assist the company with its day-to-day operations such as updating the website, maintaining a mutually beneficial relationship with corporate partners, and networking with potential sponsors for driver clients. In addition, I was able to lend my knowledge of soccer markets to FUEL's sister company, COR Sports Management Group, to help target agency prospects while researching markets in Portland, San Jose, Kansas City, and Columbus.



Matthew Reinikka
Sports Marketing Intern
at Davidson College

pg ②

- This internship was my first experience working in an office environment, and I was lucky enough to gain valuable skills that I will be able to apply to any future job. Additionally, I was able to network with coworkers and people I came in contact with throughout the summer. The internship allowed me to get a taste of what it is like to work in the field of sports, specifically as an agent, something I am sure I will want to be involved in during my work career. It will ultimately provide me with valuable experience for as long as I work, which I am extremely thankful for.



Kaitlyn McArthur

Attorney,
Smith Oblander & Meade, PC

pg ①

- I have had three internships in the legal field. My first internship was with Smith Oblander in Great Falls Montana. This is a small law firm mostly specializing in insurance defense. I worked there for two years as a file clerk (filing every document that came in, and went out the door). As time went on I was able to do more paralegal-like work. I mostly organized and summarized medical records of claimants.



Kaitlyn McArthur

Attorney,
Smith Oblander & Meade, PC

pg ②

- After I started law school I realized that most of my classmates were the children of lawyers and have lived in Montana their whole life. Interestingly, I didn't know a single attorney until I started studying law in undergrad. I decided it was necessary to get a legal internship after my first year of law school.
- I called my old boss at Smith Oblander and he recommended a few firms. He also wrote very nice recommendation letters. I hate to say it, but getting an internship is often about who you know. The internships in Missoula are very competitive because it is a desirable place to live and you don't have to move just for the summer. For my interview I prepared by researching the attorney who was going to interview me. I found out he has two babies who are twins and he played football in college. We ended up discussing twins and sports for most of my interview.



Kaitlyn McArthur

Attorney,
Smith Oblander & Meade, PC

pg ③

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- I am not sure I would recommend this tactic, but in the legal field many employers just want to know that you are "normal" and easy to talk to. I miraculously got the job at Milodragovich, Dale, & Steinbrenner over many people who were probably more qualified. This internship has been great! I have been working full-time in the summers and part time during school. I do almost anything a lawyer would do, but I don't sign the documents I draft or appear in court. I mostly do legal research on specific issues sent down by the associates or shareholders. I also take the first crack at many briefs, settlement brochures, and correspondence.



Kaitlyn McArthur

Attorney,
Smith Oblander & Meade, PC

pg ④

- I send my drafts to the attorney and they make necessary changes. Internships in the legal field are unique because supervising attorneys are often VERY busy. I often learn the most by looking back on a file and noting what attorneys have changed about my drafts because the feedback is minimal.
- As I approach the end of my last year in law school I began to look for work as an attorney. My first step was to talk to my boss. He let me know that he would be happy to contact anyone on my behalf. I next contacted my old boss at Smith Oblander. I let him know that I was looking for a place to work and asked him to let me know if he knows of anyone hiring. I received a prompt response in which he said "what about here?"



pg 5

Kaitlyn McArthur

Attorney,
Smith Oblander & Meade, PC

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- I interviewed at a few places but I eventually withdrew my applications after I met with Smith Oblander. I walked in to meet with the attorneys and they immediately offered me a job based on my internship at their firm nearly 3 years prior. One of the major benefits of interning is that you get an idea about how you fit in somewhere. I knew I would be happy at this firm. Another benefit of interning is figuring out what you don't like. I always thought criminal law would be so interesting and maybe something I wanted to do in the future. Once I finally got my first trial, got a young girl convicted of possession of drugs, then subsequently came home and cried for 3 hours because the young girl had no family at the courthouse with her. I may have never discovered my inability to handle criminal cases had I not had this internship.



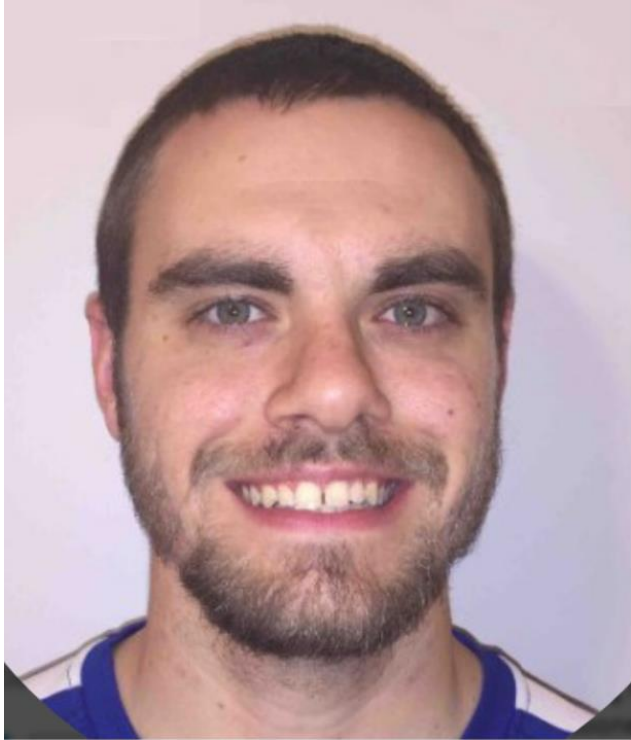
Chris McGee pg ①

Technical Analyst at Boeing

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During my senior year of college I started applying to jobs and internships early in addition to researching graduate schools. I had a plan that if I got a solid job offer, I would take it, otherwise I would take a summer internship and continue to grad school. I wanted to apply early because I would be able to figure out what was working well in my **job applications and what wasn't. The other benefit I** learned in this is that some companies, especially large ones, can take an extremely long time in the hiring process.

While I was applying to jobs, I frequently was going to my **school's career counseling office where I had a lot of** practice writing resumes and practicing job interviews. The first few rounds felt discouraging because I had to do some major overhauling of my resume and I was not at all confident answering many typical interview questions, but **I'm glad I stuck it out because it started feeling more** natural with every attempt.



Chris McGee pg ②

Technical Analyst at Boeing

I eventually was asked to do an interview for a summer internship that was unrelated to my degree (politics internship and physics degree) and was offered a summer internship. I took it because I figured the cross experience could be useful in other situations.

During the summer I was asked to do a job interview with Boeing and was offered the position shortly after the interview. I was surprised because I had applied for the job in February and forgotten about it. It was also unique in the fact that it was a group interview with multiple managers looking for candidates for separate positions. My biggest takeaways from the process were to be persistent, there will be a lot of misses in the process; practice, every experience helps improve your chance on the next one; and patience, you might not hear back as soon as you would expect when you apply for a position.



Chris McGee pg ③

Technical Analyst at Boeing

Had I had to do it over again: I definitely would have started applying for internships sooner. I believe I would have had better chances at some of the more high end internships if I had started earlier and gotten the experience both applying and for my resume.

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