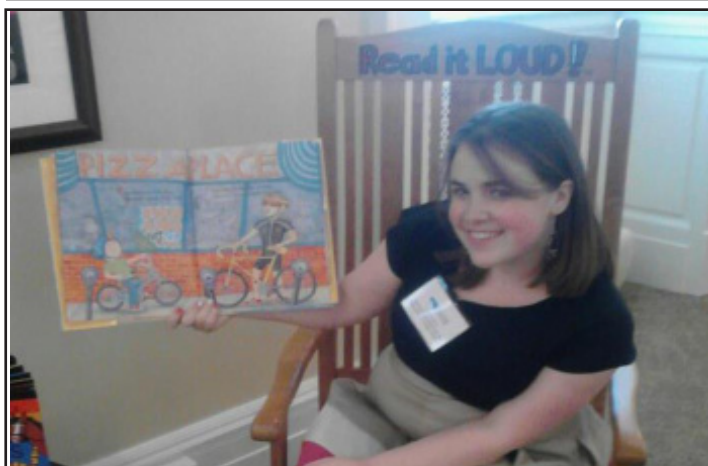


# Internships and Co-Ops in the School of Liberal Arts and Sciences

Megan K. Pendagast  
May, 2012



*Lauren Baker puts both of her majors to use post-grad.*

## Rider Grad Got Started at Wild River Review

It is encouraging to see a college graduate get hired directly out of college. Lauren Baker's internship at *Wild River Review* distinguished her in a competitive market. The English department offers an expansive selection of internships intended to bolster students' skill sets and prepare them for life after college.

While pursuing a double degree in elementary education and English, Lauren earned the chance to explore career opportunities in both fields. Her time at *Wild River Review* as a Managing Editor intern during the Fall 2010 semester prepared her for many of the challenges in the world of editing. The position offered flexibility, allowing working both from home and the office located in Pennington.

Responsibilities included task management, developing and continuing communication between departments. The most important task of all was uploading details to the website and editing individual articles. The positive atmosphere not only made the experience worthwhile, but also prepared her for her current job.

She currently works as an Editorial Assistant for the magazine, *Teaching Young Children*, sponsored by the National Association for the Education of

Young Children. Her passion for watching an article come to fruition, from start to finish, overlaps into her work at *Teaching Young Children*.

Her *Wild River Review* internship has succeeded in accomplishing what their motto claims, "Connecting people, places, and ideas: story by story."

*Wild River Review* internships are very competitive. Dr. Mary Morse screens potential candidates and jointly supervises ENG 491 internships with the *Wild River Review* Editors. If you are interested in applying set up an appointment with Dr. Morse at [mmorse@rider.edu](mailto:mmorse@rider.edu).



*Dr. Spiegelberg encourages students to explore all career facets.*

## The Aspiring Doctors are in!

For students interested in pursuing careers in the science community, the Hospital Intern Program is an excellent opportunity. It offers a different kind of internship for credit and presents Rider students with this unique experience. Participating students shadow experts in their field of study to discover whether or not they are interested in the practical aspects of their

### Included in This Issue

Wild River Review

Hospital Intern Program

Staying on Campus

Tips for Internships

New Shadow Program

potential career.

Students observe rather than actively participate in the work their mentors perform. BIO 210-01 is a two-week, two credit course. Participants go to either Capital Health, Regional Medical Center in Trenton and Hopewell Campus and are able to sample from a wide array of occupations.

While most participants major in biology, behavioral neuroscience, biochemistry or chemistry, a student's major does not matter. Those interested in pursuing careers in health care in practice or administration are more than welcome.

## Staying on Campus

Did you know that internships are not only available off campus, but at Rider as well? Rider offers on-campus internships perfect for students with tight schedules and no means of transportation.



*Career Advisor Lauren Nicolosi offers helpful tips for students.*

## Tips for Internships

The Dean's Office is happy to introduce Lauren Nicolosi, Career Advisor for the College of Liberal Arts and Sciences. She offers the following suggestions to students considering an internship:

**1.** Plan ahead! Start a résumé and meet with a Career Advisor — although students must be juniors or seniors to receive credit for an internship they should start considering opportunities during their freshman and sophomore years.

**2.** Look for opportunities that provide useful skill sets for fields of interest.

**3.** Be involved on campus

**4.** Some of the most valuable skills you can take away from the experience are:

- a.** Time management.
- b.** Communication skills.

**c.** Interpersonal skills, learning to navigate among varying personalities in the workplace.

**d.** Networking skills, which are helpful in building real-world connections.

**5.** Soft skills, personal qualities, habits and attitudes that make someone a desirable employee.

Regardless of major, students should try to do one or more internships to broaden their horizons. Each student brings their own interests and goals to the table to guide their career search

Even if an internship appears unrelated to a student's career path, it is still an invaluable experience. Keeping organized and staying ahead of the game will be advantageous.

Another option Ms. Nicolosi recommends is scheduling a mock interview, either in person or through the new program called Optimal Résumé in Career Services. This innovative program allows for participants to do an interview on a webcam and submit it for feedback.

In addition to internships, Ms. Nicolosi encourages students to gain experience through volunteering, studying abroad, leadership programs, clubs and organizations, or playing sports.

All of these experiences build a résumé, making participants competitive when searching for jobs or applying for grad schools.

Exciting internship opportunities are available through many departments on campus. For more information contact Ms. Nicolosi at [lnicolosi@rider.edu](mailto:lnicolosi@rider.edu).

## Shadow For Success

Rider is now offering a new program, The Shadow Experience, for credit! Participating students are partnered with successful Rider alumni or community business leaders during JTerm or summer terms, for a total of 20 to 25 hours of work.

Out-of-state students are eligible for this opportunity if hosts are available in their states. Students can locate available hosts by field or state.

For more information contact Dr. Jonathan Millen at [millen@rider.edu](mailto:millen@rider.edu) or Terri Marriott at [marriott@rider.edu](mailto:marriott@rider.edu).



Contact: Terri Marriott  
Director of Student Academic Services  
School of Liberal Arts and Sciences  
Rider University  
2083 Lawrenceville Road  
Lawrenceville, NJ 08648  
Phone Number: 609-895-5454