



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

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Global Studies Major Completes Two Internships

Joe Forte, a senior Global Studies major with a minor in Political Science, managed to complete not one but two internships during his undergraduate career. In the spring of 2012, he received an e-mail from Professor Ben Dworkin, director of the Rebovich Institute for New Jersey Politics, about available internship opportunities. "He really wants the students to get good opportunities to achieve their goals," Joe said. Receiving this information, Joe sought internships near his home and found a summer internship working in the office of Assemblyman Upendra Chivukula.



Joe Forte, Summer 2012 Political Science Intern

At first, Joe wasn't completely sure what the responsibilities of an assemblyman were. "Once I started the job I realized there's so much that they do," Joe said. Some of Joe's responsibilities included running a book bag drive, scheduling Assemblyman Chivukula's

meetings, attending bill hearings, participating in fundraisers, and reading the assemblyman's letters. Joe's internship also provided him with excellent opportunities outside the office, including a visit to the State House for a budget hearing and allowing him to attend a weekend political conference in Atlantic City. For three-and-a-half months, Joe worked fifteen hour weeks at his internship. His time working under Assemblyman Chivukula gave Joe valuable leadership experience. "Most of the interns were younger than me," he said, "so I really got to take charge and mentor them." Joe also developed effective communication skills, including teamwork.

This internship led to another amazing opportunity. At a budget hearing, Joe found out about another internship being offered in the fall for the Democratic Assembly Majority office. This sparked Joe's interest because now he would have the chance to work for not just one assemblyman, but eighty assemblymen. He was accepted and now assists with writing press releases, video editing, and any other duties that come his way.

Without the internship over the summer, Joe says he never would have found out about his current internship. But his initial inspiration from Professor Dworkin's e-mail provided Joe with many good opportunities afterwards. "You really have to take charge and find the work yourself," Joe said. "It goes a long way."

Professor Helps Students Attain Desired Internships

Many students are confident that they are in the right major but may be less sure of what career they wish to pursue after college. According to Dr. Allison Thomas-Cottingham, a Psychology professor who is in charge of helping her students find internships, an internship is the ideal way to figure this out. "Psychology is a major where there are lots of career paths a student may choose," Dr. Thomas-Cottingham said. Students at Rider

have had varied internships, including counseling, working with animals, and manging crisis hotlines.

When gathering information about the companies offering positions, Dr. Thomas-Cottingham uses a hands-on approach. “One of the things I try to do is visit the internship sites,” she said. She is always learning about more opportunities for her students. Faculty members inform Dr. Thomas-Cottingham about potential internships and provide her with names of people



Jennifer Lopez, Intern at the Princeton Child Development Institute

to contact, brochures, and websites. If students are interested in a particular field but cannot find an internship that lines up with their interest, Dr. Thomas-Cottingham will try to find one for them. Every new internship helps Dr. Thomas-Cottingham make a connection with this company for future interns.

According to Dr. Thomas-Cottingham, a Psychology 491 internship is a great way for students to take a chance and try something completely new. “You’ll find a student who is a little hesitant but will go in with an open mind,” she said. “They know they’re not committed to it for a long time.”

For more information about internships in the Psychology department, contact Dr. Thomas-Cottingham at athomasc@rider.edu.

Shadowing Offers Learning through Observation

In addition to internships and co-ops, another

way students are obtaining work experience is through the Rider Shadow Experience. This one-credit program provides students with the opportunity to pair with Rider alumni and community members already working in the field of their choice. Students receive at least twenty-five hours of on-site observation during either of the summer sessions or during the J-term. Brian Stahn, a senior with a double major in Marketing and Management & Leadership, participated in the program during the summer of 2012.

Brian shadowed Craig Romanok, a managing director at CDM, an advertising agency in Princeton. He was attracted to this particular program because he would like to be a sales or marketing director one day. “I observed Craig and talked to him a lot about business, advertising and building myself to get ready to enter the business world,” he said.



Brian Stahn and his mentor, Craig Romanok, managing director of CDM

Despite shadowing someone in such a high position, Brian said his mentor always had time to answer any of his questions. “I can’t tell you how brilliant Craig is as a business person and a leader,” he said.

According to Brian, The Shadow Program “exceeded my expectations.” Going into the Shadow Program, he thought he would only learn how to one day run a business. But the experience wound up being personal and allowing for self-discovery. “Craig taught me so much about myself and how to think about myself and how to market or brand myself to enter the business world.”

Brian’s biggest piece of advice to students seeking a place in the shadowing program would be to “ask your mentor as many questions as possible and always be thinking of new questions to ask. They are there to build you as an individual.”

For more information about the Shadow Program, contact Terri Marriott at marriott@rider.edu or visit <http://www.rider.edu/academics/colleges-schools/claes/shadow-for-success>.