Having an internship is a great opportunity to get a feel for the work environment. At Dunkin' Brands, I've learned about how great company culture can have a significant impact on overall employee happiness and satisfaction.
As an REU for the Marine Biological Laboratory, I get to experience an ecosystem approach to research. From measuring plants to sorting worms under the microscope and trudging through knee deep mud looking for crabs, I have gained invaluable knowledge about ecology and the scientific process. Not only that, but I spent my summer doing something I absolutely love. So if you are wondering whether or not you should do an internship, just remember to not be afraid to get your feet wet, or even stuck in the mud.
Our summer at Genzyme was nothing less than amazing. We learned so many new techniques and used some of the world’s newest and cutting-edge scientific technology. This internship gave us a wonderful opportunity to learn about science in the real world, and will make us very competitive candidates for jobs and internships in the future. Overall, it was an enjoyable experience that we would recommend to all students.
I have experienced and learned a great deal about food safety and microbiology during my time at WEAC. The analytical lab analyzes imported food samples for pathogenic bacteria by using selective and differential media and biochemical and serological tests. Furthermore, this opportunity has taught me a lot about working for a regulatory agency and the government; for example the importance of traceability and transparency. An internship is important because you will never be able to image or understand what it is like to work for the government or know what you can do until you try it. Don’t be afraid to get out there and try it, talk to people, ask questions and make connections.
Ashley Hoffman, Natural Resource Conservation 2016
The Nature Conservancy; Forest Management Assistant Brown County Hills Project

I have learned so much at my internship, such as how to mix and apply herbicides, take timber inventories, and discover and apply the best methods for understory oak regeneration and invasive species eradication. This internship has given me the hands on experience I will need to obtain a Forestry related job that you just don't get in a classroom. The Student Conservation Association Is a wonderful program and I would highly recommend any Natural Resource Conservation Major to look into it.
For the past few weeks I have been busy building and optimizing a fiber optic laser system that can be used in fields such as telecommunications, biomedical imaging, etc. It's a lot of challenging work, but extremely rewarding; I've learned so much in such a short time and have been getting great work experience in science and research that will help me with my future career pursuits. I'm very happy I had this opportunity to explore a new area in my field of study, especially while experiencing the culture of a new part of the country. To other students, I highly suggest participating in internships because you really get a good taste of the working world and will learn how to succeed while overcoming many challenges!
Through my experience at MathWorks, I gained a lot of practical skills required for a career in my major. I learned to present my ideas, collaborate with others, and find answers whenever I needed help. Additionally, I made connections that will help me find even better opportunities down the road. For students who want to land a great job after college, I highly recommend finding an internship in their major field to impress companies and build the skills necessary to succeed in today's world.
I am so grateful for my experiences at Bellevue. This internship provided me with valuable learning opportunities that confirmed my interest in medicine, and I felt that my role in the hospital was greatly beneficial to staff and patients alike. Experiencing the day-to-day tasks of different hospital faculty has reminded me of my long term goals and will continue to motivate me as I focus on my course work throughout the school year.
This summer I did research on extending the quality and shelf life of the Newly Weds English Muffins. My research included organizing test runs of 640 pound batches of English Muffins using a selection of newly developed ingredients. My advice to other students is to be bold and not to be afraid of taking chances when it comes to internships - don’t let locations far from your home intimidate you; you are stronger than you think.
I'm an intern with Gilbane Building Company, one of the largest private construction companies in the US. The project I'm working on is a $55 million Connecticut technical highschool renovation. As you can see on the photo, we have worked for over 700 days without a single incident. I would tell other students that I have gained a magnitude of knowledge and experience that is invaluable to success after college and that my internship is definitely more influential to getting a career after graduation than any class I've taken so far.
Jun He
Statistics (Graduate School) 2015
New York New York Casino & Resort: Casino Marketing

From this internship, I have grown my professionally through building a strong, professional network with our company leaders and other interns from work and also our weekly resort knowledge days. Next year, when I want to apply the full time job after I graduate, it is very easy for me to get recognized since I already know the people there.

My major is statistics and the internship I am doing for this summer is all about marketing. I believe there are more students from our Isenberg school should be more qualified than me for this position, but I still applied it and I got this internship opportunity. My advice for students is, when you apply your internship or full time job position, apply as many position as you can. You may think some positions are not directly related to the major you are studying, but the company may hire you because of the problem solving or the leadership skill you have rather than your major.
Approaching my internship, I knew that it would look great on my resume and that there was a chance to absorb clinical knowledge. At the Cutchins Program I observed clinicians, residential counselors and families collaborate to resolve and alleviate children’s past traumas. Through this internship, and ultimately a full time job, I have gained insight to the clinical process: the importance of a therapeutic relationship, its necessary length, setbacks, and successes. At the risk of sounding cliche, this internship strengthened my abilities to join the mental health field, as well as, my own mental health.
Interactive Digital Marketing Firm in the Search Engine Optimization and Pay Per Click departments

Working at Charles River Interactive has been an incredible learning experience. I used tools I had never been exposed to before and worked with people who have given me so much advice and are great connections for the future. My advice for other students is to take an internship in something you have never considered. Digital Marketing was not something I had thought of doing, but it has made for a great summer and has opened my eyes to so many other possible opportunities for after graduation.
When I went to the Alana career fair and met the internal recruiter, I did not think I would be interning with them and especially not accepting a full time offer. My experience this summer was truly amazing and I am so grateful for it. I was so nervous day one walking in and not having any idea of what I would be doing, but everyone greeted me with open arms and was ALWAYS willing to help. The environment is so supportive and they want to see you succeed, which was really nice to have. In the 10 weeks that I have been here I was challenged every day and I am not only walking out with an experience to talk about, but some really great friends and a full time job (which is always nice going into senior year)
I spent three months of my summer with the Silicon Valley Leadership Group during which time I had the opportunity to engage with top executives from companies such as Google and Lockheed Martin, community leaders, and public officials in conversations about important and progressive policy that is shaping the future of the Silicon Valley in California. SVLG is a non-profit policy trade organization that advocates for policy in all fields based on the needs and preferences of its almost 400 member companies. I learned an invaluable amount of professional and business etiquette during my time at SVLG, and am more passionate than ever before about becoming involved in education policy work post-graduation because of this internship.
This photo is of me picking some tasty peaches during my summer internship at Small Ones Farm, which is a small family-owned farm located here in Amherst, Ma. The farm specializes in growing fruit, and operates a fruit CSA. In addition to peaches the farm has apples, plums, blueberries, grapes, and raspberries. This internship has exposed me to the realities that come with growing fruits in a sustainable manner (the farm is Certified Naturally Grown), such as combating brown rot on stone fruits and trying to keep spotted wing drosophila from destroying the raspberry crop.
I worked in their trafficking department where I contributed to the planning and executing of hundreds of thousands of salads, dressings, and barbeque sauces shipped all around the country! It was a one of a kind internship that I wouldn't have traded for any other. I was given responsibilities and tasks that I feel have better prepared me for my senior year as well as entering the work force. My internship also gave me a much better idea of the career path I would like to pursue. On top of that, I got loads of Sweet Baby Rays for free every Friday!
Evan Stark  
Building and Construction Technology (2016)  
Industrial Plant Services Team  
Co-op with The Weitz Company / Weitz Industrial

This has been an amazing experience. I have gained so much knowledge that cannot be learned in the classroom, yet fully compliments everything I have learned in class. As an Intern working out in the field and in the office I get to use everything I have learned and apply it in a manner which really helps me understand the application of the knowledge I've been given at UMASS.
I cared for the Zoo's animal ambassadors and provided them with daily enrichment. I took the animals on programs to daycares, senior centers, birthday parties and more to teach the public about animal behavior and ecology. This is a photo of me and Fred, an American Alligator who was recently rescued.
I got to help with their Habitat Focus Area project by seining and counting fish for fish community composition (which is what I am doing in the picture) and other things such as water quality testing and RNA:DNA ratio work in the lab. This internship will help my future by giving me connections to the marine science world and letting me experience different types of research I might enjoy. I think it is very important to have an internship to get a real feel for some work you might be participating in in your future whether it be as a full time job or as graduate research.
This internship is a motivation for me to be more active in life. It is a good opportunity for me to move to experience a new place for a couple months, learn different culture and meet different people.
I get to help with the daily care and training of Asian elephants and Masai giraffe. Pictured is me with Mai-Thai, one of our four elephants. Every day I get to take care of some of my favorite animals, learn about their husbandry and behavior, think of new enrichment items, share what I know with visitors, and even give the elephants baths. As an intern, I also attend weekly lectures about training, enrichment, research, record keeping, nutrition, and other important aspects of zoo life so that I will have a better understanding of how zoos succeed in caring for and conserving exotic wildlife while inspiring this passion in visitors.

I hope to use this experience to help me begin a career working with exotic wildlife, especially giraffe and other African hoofstock. I believe that internships provide extremely valuable opportunities for students to try out different career options and discover what they like and don't like - I never would have imagined myself working in a zoo until I completed a hoofstock internship at the Como Park Zoo & Conservatory last summer and fell in love with both the animals and the work that goes into caring for them. My advice to other students is to apply for as many internships as you can - and in many different fields - because you might discover something new that you want to spend the rest of your life doing.
During my internship with GoNOMAD.com I traveled to Florida to write a piece for the Citrus County Visitor's Bureau. This photo was taken scalloping in the Gulf of Mexico, and the scallop pictured was cooked and served for dinner that night. Advice I would give intern-seeking students: be proactive and take risks because they can bring you cool places.
Alexion is a global pharmaceutical company that works on developing therapies for patients with life-threatening rare diseases. I worked in Product Characterization, where I learned about the analytical chemistry assays and instruments used to characterize the therapeutics of the company, and I worked independently on several of my own projects. During my eight months at Alexion, not only did I develop a clear understanding of what a career in the pharmaceutical industry entails, but I also gained a comprehensive understanding of the roles of the different groups in the company and how they support each other in the process of developing a potential therapeutic.
Amanda Carreau  
Biology  
Harvard Forest, Petersham, MA

This summer I have worked with Dr. Kristina Stinson and other researchers/ecologists at the Harvard forest experimenting with the invasive plant species 'Garlic Mustard.' Determining how the species works its way into the environment, I have worked outside alongside snakes, ticks, and poison ivy for the sake of science and have loved every minute of it.
As a senior Food Science major, this was great experience. It gave me the foundation and confidence I needed to graduate and start my career. I worked as an Associate Food Scientist in the Research and Development Department. Lightlife Foods is a vegan and vegetarian food manufacturing company that creates options for those still looking for the savory taste that meat gives. Attached is a photo of myself at the Natural Foods Expo West in California. I traveled with the executive team to represent our company.
I’m working at InVision App in Boston this summer as a sales intern. Here is a photo from my first day!
This summer I worked on identifying key aspects for constancy when transferring head space gas chromatography methods to different labs. In addition to my daily work, I was able to meet with senior managers and VPs during networking opportunities held specifically for interns including dinners, picnics, and social gatherings. The best advice I can give to future interns is to meet as many people as possible to learn about different careers within the company to better judge what positions you might be interested in pursuing.
This summer, I am shadowing a Youth and Family Services Social Worker named Kristie Demirev. She is my supervisor and is also a Licensed Independent Clinical Social Worker, which is what I plan to become after I complete graduate school. Kristie and I just finished updating the resource guide for Lexington residents, which will be published in August. Kristie teaches me about the resources available in Massachusetts and how residents apply for things like fuel assistance and free taxi vouchers. Sometimes I sit in on her meetings with clients.
This summer, I was able to build great laboratory experience in South Korea. I learned many different experiments such as drug treatment on cells, ROS assay, NO assay, etc and also had opportunities to try out various laboratory instrument which also included highly expensive ones that were worth up to $80,000. Although the age difference wasn't small since they were all Masters-and-PhD-combined students, the best gain for me was to meet new great friends who are also studying in my field. This one month training was the best experience I had in science field so far.
This past summer I had an internship at Schepens Eye Research Institute in the cornea transplant department. This summer has been so amazing as I now am one step closer to following my dreams. I want to be an ophthalmologist and this internship affirmed that for me. I learned so much from this internship and am so grateful for the experience!
I work with Lisa Gualtieri on a research project and campaign called RecycleHealth. I love my internship because I get to work on projects that look at how we use technology in public health, run recycling campaigns to donate old devices to those who cannot afford them and work with companies such as Withings and Fitbit.