Internships: Look Early, Look Often

By Josh Johnson ’10

Finding an internship for the summer can seem like a daunting task. Your son or daughter may be asking, Where do I start? Whom do I talk to? What do I want to do? And perhaps most important, When do I begin looking for an internship?

The SLU Career Services Office is an immense help in sorting out the answers to these questions and more. Emily McDonnell is the internship coordinator, and the best resource for help finding an internship that is a good fit. She gives several seminars a semester about finding an internship; her presentation is also available to students in the Career Services Media Room or at www.stlawu.edu/career/mediaroom/index.php.

It’s never too early to start thinking about an internship.

Sarah Coburn, assistant director of career services, says the advice she hears all the time is, “As a first-year student you only have three summers left.” She says, “If you will be applying for a summer internship in February, it is important that you come in to our office in October in order to be prepared to apply.” She says the earlier students can start working on resumes, feeling comfortable with cover letters and even running through mock interviews, the better.

Parents should encourage their sons and daughters not to be afraid to use connections. Checking out alumni-sponsored internships on SAINTSlink can give students a leg up in the application process. These are internships specifically posted by St. Lawrence and offered by alumni. They are seeking SLU students in particular and therefore students have a great shot at obtaining one of these positions.

It is important to take initiative as well. If there is something your son or daughter is specifically interested in doing but can’t find a job posted anywhere, tell him or her to create it. “Students can make their own opportunities,” says Coburn. Often, asking family friends, alumni or business owners if there is an opportunity to work for them can create an opening.

St. Lawrence students generally opt for internships for the summer or during winter break. There are some opportunities for internships during the semester as well, but these must be worked out specifically so that the student can still complete on-campus work. Internship opportunities are also offered through some of the SLU off-campus study programs; both the London and Washington, D.C., programs contain an internship component, as examples.

Additionally, it is important to look at the nature of a given internship. Is it paid, unpaid, or for academic credit? Paid internships are obviously ideal, but they are not the only option. Coburn comments, “Don’t let an unpaid internship scare you away.” SLU offers internship fellowships to supplement the costs of an unpaid internship. Working for academic credit is also an option, but must be worked out on a case-by-case basis with an academic advisor and the registrar.

The Career Services Web site (http://www.stlawu.edu/career/) has myriad information to help guide you and your student through this process and other career-related tasks. For more information on obtaining an internship, contact the office at 315-229-5906, or students can drop by the Career Services suite in Sullivan Student Center through-out the week and set up an appointment.

Career Services Fall Events

- Professional Etiquette Dinner
- Graduate/Professional School Fair
- Graduate School Series
- On-campus Recruiting
- Off-campus Recruiting
- Careers In… Series
- Internship Boot Camp
- Laurentians in Residence
- Laurentians Live series
- Monthly Internship Workshop
- Global Graduate Series
- Senior Appointments
- Sophomore Career Class
- Shadow-a-Saint

For details: http://www.stlawu.edu/career/calendar10.php

Internships can happen on campus, anywhere in the U.S., or in a foreign country. At last year’s Family Weekend, during a series of internship poster presentations, conservation biology major Shelby Southworth ’12, Providence, R.I., discussed her internship working on environmental issues in Narragansett Bay.
Welcome, Parents and Families!

As you make dinner reservations, note the seminars you wish to attend or pack your St. Lawrence sweatshirt to wear on campus, I invite you to consider another way to prepare for Family Weekend. Consider that you have entrusted your student to the faculty and staff of a University whose nature is to be generous, humane and friendly. In short, we strive to inspire the values of personal happiness here.

To us, pursuing happiness means doing challenging work well in an environment of support and respect—even in the face of day-to-day frustrations and disappointments. The most visible sign of happiness here is our intellectual rigor, especially when students connect ideas as seemingly distant as physics and religion, economics and psychology, art history and geology. Thinking originally and creatively is what our graduates value most as they develop balanced and useful lives.

Another mark of a vital, grounded, contented university is the education in friendship added to the whole experience, a critical factor in the success of St. Lawrence students and alumni. Social education at St. Lawrence is a very large reality that we take seriously because it also changes lives for the better.

Come to Family Weekend; meet our faculty, staff and Alumni Council; sense the genuine qualities and virtues of the Laurentian community; and above all, encourage your student to contribute his or her own special talents to the common good.

William L. Fox '75
President

Thanks for Hosting!
A tip of the hat and a big thank-you to the following parents who hosted Summer Send-Offs for the Class of 2014:
Patti & Gordon Barrett P'10,'14 – Needham, MA
Mary Jo & Roger Brandt ’80, P’09 – Pittsford, NY
Patti & John Callahan ’78, P’13 – Syracuse, NY
Liz Thompson Collins ’87 & Joyce Sullivan
Thompson ’55, P’85, P’87 – Glens Falls, NY
Heather & John Dwight P’08, ’11 – Charlotte, VT
Judy Fairclough & David Sears P’11, ’13
– Concord, NH
Tricia Thorn Heaton ’87 & Donald Heaton P’14
– Dorset, VT
Judy Dean & Tony Colucci ’80 P’12 – Buffalo, NY
Lori & Rich Jacobsen P’12 – Montville, NJ
Lynne Nicolson ’79 & Doug Hamilton ’79, P’10
– Niskayuna, NY
Eileen & Tad Smith P’12, ’14 – Darien, CT

Still looking for a place to stay? Look here:
www.stlawbandb.com
www.stlawu.edu/accom.html

Family Weekend 2010: October 1-3
For more detailed information go to http://www.stlawu.edu/family/index.html

Family Weekend promises an array of activities for you, your SLU student and other family members who accompany you.

* Parents are invited to visit classes to meet faculty or to visit administrators in their offices. (Appointments are encouraged, via your son or daughter or by calling the department.)
* A Brush Art Gallery exhibition features work by internationally known photographers.
* A Field Day at Wachtmeister Field Station includes a bird walk, animal tracking, water sampling and more.
* Stop by the summer 2010 interns’ poster presentations in Sullivan Student Center.
* Enjoy billiards, darts and foosball at Pub 56.
* Watch field hockey vs. Hamilton; women’s ice hockey vs. McGill and men’s vs. Carleton; and football vs. Hobart.
* Listen to the Laurentian Singers, Saints and Sinners concerts; swing by the new Peterson-Kermani Performance Hall in Griffiths Arts Center and have a look.
* Take in the Hall-Leet Stadium and North Country Field dedication; catch scrimmages by both the men’s and women’s lacrosse teams.
* Take part in a Q&A with President Fox and senior administrators.
* Tour the “green” award-winning Johnson Hall of Science.
* Join discussions on how to prepare for international study.
* Meet the FYP faculty.
* Take part in a 5K Walk/Run to Benefit The Susan G. Komen Breast Cancer Fund.
* Attend the multi-faith worship service in Gunnison Memorial Chapel.

There’s lots more! Go to the Web site noted above for details.

Parents Fund – It Was a Very Good Year
In the 2009-2010 academic year:
* Parents contributed $650,373 to the Parents Fund
* Undergraduate parent participation was 30.3%
* Some 1,352 parents and grandparents of students and alumni made gifts
* The average gift was $481

Thanks to all who gave!

President Bill Fox ’75, yellow tie, and his wife, Lynn, right, facing camera, enjoy meeting Laurentians whenever they can.
What’s New on Campus, Fall 2010

Laurentians are invited to public dedications of four renovated facilities on campus this fall; two occur on Family Weekend.

North Country Field / Hall-Leet Stadium

Family Weekend, Friday, October 1, 2010, upon completion of the SLU-Hamilton field hockey game at approximately 7:30 p.m.

The artificial-turf field used primarily for field hockey and lacrosse has been replaced; the dedication ceremony will also honor two retired long-time coaches with the naming of Hall-Leet Stadium.

Java and KSLU

Thursday, October 21, approximately 5:30 p.m. Opening musical performances planned for Saturday, October 23; go to www.slacu.edu for details closer to the date.

Stratford Football Locker Room

Family Weekend, Saturday, October 2, 2010, at 9:30 a.m.

The upgraded and modernized facility memorializes the late Ted "Bear" Stratford '57, who teams won 64 victories over 10 years in the 1960s and ’70s.

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Peterson-Kermani Performance Hall

Friday, October 22, 2010, TBA

This 19,000-square-foot performance space is the heart of the ongoing arts facilities renovations. The dedication will be followed later that evening by an inaugural concert.

What’s New?

Our goal is to be responsive when someone comes in with a problem, directive when we think a student needs a heavier hand, welcoming and thorough,” says Bob Thacker, associate dean of academic advising programs. “We want to make our response to students in difficulty a coherent one,” says Thacker. “I give advice to tackle every difficulty a student encounters. I talk to students, parents, coaches and advisors, and afterwards we are able to make informed decisions about how to address fraught situations.”

The staff coordinates all student declarations of desired major(s) and minor(s) and helps in choosing an academic advisor. Academic Advising also offers these services for students:

Peer Tutoring Program: This successful program is part of the integrated web of resources designed to support academic success. “Parents have given only good feedback about this program,” says Thacker. Organized by Janet Torres, peer tutor coordinator, and Matt McCluskey ’97, coordinator of academic support, peer tutoring pairs a student with a fellow SLU student who is

Academic Advising Services:

What, How, and Even Where

By Nora Wolinsky ’10

Academic Advising Programs provides cohesive and dynamic solutions to help students with academic planning so they can achieve their academic, intellectual and co-curricular goals. If help is needed, students are strongly encouraged to take the initiative and find the resources available through Academic Advising Programs.

Located in Whitman Hall, Academic Advising staff can help students with immediate academic goals, such as doing well on a test or acing a paper, but can also help them achieve broader academic goals for college success.

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Academic Advising also works in conjunction with LEAP to provide comprehensive support to students participating in the program. LEAP includes the Higher Education Opportunity Program (HEOP), which is a partnership between St. Lawrence and the New York State Education Department; the C-STEP Program, which encourages students from underrepresented backgrounds to go into the licensed professions such as medicine and law; and the McNair Scholars Program, which gives support to first-generation college students going on to pursue a Ph.D.

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Academic Skills Development: “2300 students are hard to chase around campus, but help is available for all SLU students,” says McCluskey. He meets one on one with students and offers workshops on skill-building tools. These range from time management and syllabus mapping to note-taking and how to get ready for a big test.

“The popularity of the workshops has grown tremendously,” says McCluskey, “and all students are welcome to set up a one-on-one appointment with me.” The “Got to Have a Plan” workshop helps students with academic planning for their four years at SLU. It also encourages students to look into opportunities such as internships and the Shadow a Saint program.

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