

# Beyond the Bubble

a look at life outside Clark Wesleyan University

## Intern Profile:

**Ryan Quinn**

**Psychology Major/Health Minor, Class of 2010**

**Diabetes Services Intern**

**OSF St. Joseph Medical Center**

### **Ryan, what's your role with OSF St. Joseph's?**

I'm an intern that's working with the lead nurse that takes care of diabetes control for the whole hospital. She's an advanced practitioner nurse named Marvis Custer.

### **This is a pretty specific internship position. Did you have to seek it out?**

Yeah, another psychology major that I know did it a few years ago. I actually read about it in "Beyond the Bubble" when I was a Freshman. It was just hanging up in the Psych department and I thought, "Oh, that would be cool!" Then I kind of explored it a little bit further and when I was looking for an academic internship class, I looked it up and it was still available. So, I contacted St. Joe's and am trying it out.

### **On a day-to-day basis, what's your activity like?**

My boss always likes to tell me that every day is different, yet kind of the same, which pretty much holds true. I'm basically doing patient education, so every day we get a report of the glucose control in the hospital and I compare it to the day before and see who our new patients are and go give them an education packet. I talk to them about some of the key concepts in diabetes, ask them if they have any questions, things like that. Also, I help Marvis with outpatient consults where I'll teach patients how to use their blood glucose meter if we're giving them one, or maybe how to give an injection if they're going to be

on insulin. A lot of times I can connect with the patients, because I have Type 1 diabetes. So depending on the situation, I'll kind of use my experience as a foot in the door type of method. And then often times they'll open up more once I've said I have diabetes.



### **How's balancing the internship with all your classes?**

It's pretty intense. I do twelve hours with the internship, I do ten hours at a work-study job, and then I have three other classes. And it all kind of has to fit between 9 and 5, because that's when everything's open. So that's... fun.

### **All in all, would you say you're enjoying the experience?**

Definitely. It's been great. It's given me a look into what I want to do. I wanted to go into diabetic psychology. What I am able to offer at the job level is some-

is not in charge of all these patients. I can give more time to each patient if they actually want to talk about things or have problems that a doctor may not be able to answer since they have such a tight schedule.

### **What's the coolest thing that's happened on the job?**

The coolest thing for me is when I get to talk to people that have been newly diagnosed. Because basically it's like a fresh slate; you get to tell them as much and everything you can and they're really open to hearing things. I like to deal with Type 1 diabetics, especially children, teenagers, or young adults. I think that whole range of ages, particularly twelve to twenty, you're going through a lot of things in your life and I know it can be hard to fit diabetes into that.

### **What's the most important thing you've picked up from this internship so far?**

It's given me a look at how to approach talking with and consulting people about their diabetes in an organized way. Because a lot of times, there's just so much you can say to someone about your life experiences with the disorder and how to deal with it. But when you deal with someone who has it, and you need to deal with multiple patients every day, you kind of need a flow of what to say, or how to approach it. So I guess in terms of organization and patient interaction, this internship has been a really good thing.

[www2.iwu.edu/](http://www2.iwu.edu/)

## IWU Alums and Students Take Control of Capitol Hill Through Internships

As this year's monumental presidential election draws near, it seems like just about everyone on campus has a strong opinion on how our government should be run for the next four years. Whether this means casting a ballot in November for Barack Obama, John McCain, or some dark horse candidate (come on Hulk Hogan writes-ins! There's still time, brother!), our generation has never appeared quite so passionate about politics.

Perhaps this passion is urging you to make an impact on the political landscape through something more than voting, though. Perhaps you'd actually like to get your hands dirty in the hub of all governmental activity: Washington, D.C.

Well, you're certainly not alone. In fact, several IWU alums are currently doing their part to shape Washington and there are a number of IWU students that have been given the opportunity to make an impact in D.C. through recent internships.

One such student is Senior Danielle Rossi who interned with the U.S.

Equal Employment Opportunity Commission this past summer. Rossi found out first hand that the diverse variety of internships available in D.C. allows you



**Junior Casey Jedrzejczak during his political internship in D.C.**

to tailor a political internship to your own specific interests. As she said, "I chose this internship because I wanted to be actively working to fight discrimination. It was incredibly valuable to gain insight into the legal aspects of employment discrimination."

Likewise, Junior Erin Strauts found a political internship with the Human Rights Campaign advocacy group that could not have fit her own passions better. Said Strauts, "This internship was honestly the best experience I have had in college. I found a place that was an absolutely perfect match for me." Strauts was equally passionate about the city of D.C., professing a love for everything from the diverse neighborhoods to the speedy public transportation.

Alumnus Scott Huch, class of '86, and Amy Tenhouse, class of '97, certainly share Strauts' love of working in D.C. As Tenhouse puts it, "there is nothing like working in D.C. – the center of power! D.C. is fast-paced and constantly moving. You have to be flexible and willing to put in long hours for little pay. But, it is an experience like none other and I highly recommend it."

Few would better know the D.C. culture than Huch, President and founder of The Delta Group, a firm specializing in direct mail advertising and fundraising for non-profit lobbyist groups since 1993. A self-labeled "serial entrepreneur" who has started three other companies in the last fifteen years, Huch also did three political internships himself, including one in the speechwriting office of the Secretary of Agriculture.

This extensive Washington experience has helped Huch form the conclusion that "internships are the best way for a student to decide what things they do—and maybe more important, don't—want to do after college."

As an employer in D.C. who does a lot of hiring, Huch also stresses the importance of internship experience in landing a job. Says Huch, "If you haven't done an internship yet, put it at the top of your list and go get one now. If you've already done one, do another."

For Huch, internship experience is the deciding factor every time with entry-level candidates. "Internships are the only way a prospective candidate can show me that he or she is committed to the public policy field, and has already had the basic experience of working in [Washington Cont. on Page 2]."

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# Washington Cont.

[Cont. from Page 1] an office environment,” he explained.

Recent graduate Chris Burrichter actually interned for Huch last summer and says, “It was the busiest I have ever been in a job, but it was exciting to work in a fast-paced environment where my work mattered.” During his internship, Burrichter worked a wide variety of tasks, from writing and editing articles in widely distributed non-profit newsletters to meeting with U.S. Congressmen to discuss the missions and viewpoints of Delta Group’s clients.

Said Burrichter of his time in D.C.,

“I wanted a summer internship that would provide a meaningful experience, and this was it. Interning in D.C. is every Political Science major’s dream. It was a blast!”

Despite the terrific benefits a political internship in D.C. can have, there are some drawbacks. Says Huch, “Working in the field of public policy is a sacrifice in a lot of ways.” The most notable sacrifice – at least for money hungry college students – is the fact that most political interns are expected to take unpaid internships.

Finances may indeed be tight. As Huch elaborates, “I think everyone who’s ever come here to work in politics has learned to make a meal from whatever’s sticking to the sides of the peanut butter jar!”

Buy hey, peanut butter’s not so bad,

and according to Tenhouse the hard work will be worth it: “I believe it is crucial to have an internship in order to get started in D.C. Often, these internships are unpaid but the experience and contacts you receive are invaluable.”

So instead of watching the inner workings of Capitol Hill on C-SPAN from your couch, why not throw yourself into the mix and become an integral part of public policy? Those interested will want to look into IWU’s affiliated internship program (Page 3) or turn to the list of recommended ways to get involved below.

Either way, don’t consider an internship in D.C. out of the realm of possibilities. As Huch says, “the best place to start a career in the field of government, politics, and public policy is an internship.”

## Tips From Washington D.C.

Alumni Scott Huch and Amy Tenhouse both have vast political and Washington D.C. experience. They know what essential skills and actions are necessary to rise to the top of political employment. For those interested, here are some of the ways they recommend you get started:

- Contact a political organization you support and start volunteering at their headquarters on a regular basis. Or, contact your local Congressional member or Senator. According to Tenhouse, “during the summer, they often offer internships in their district offices or in D.C.”
- Contact alumni who are in government. “We were all in your shoes at one time so we’re happy to share our thoughts and advice with students,” says Tenhouse.
- Write a letter or guest column that advocates a particular position and urges others to take action. “This is a thousand times more valuable than a term paper as a sample of your writing ability to show to a prospective employer,” says Huch.
- Read up on public policy issues. Whether this means books, opinion journals, or the newspaper, it’s important to keep up to date on current political discussions. In fact, it’s likely that current topics will be discussed in a job interview.
- Stop by the Hart Career Center. While here you can see which internships are available, discuss additional options, and have your resume looked at. Writing a good resume is particularly important and the Career Center would love to help. Huch says, “I have a special file for resumes with typos and formatting errors: the trash can.” Don’t let that be your resume.
- Take advantage of Career Center resources such as the online “Opportunities in Public Affairs” ([brubach.com/opawebversion4/opa.htm](http://brubach.com/opawebversion4/opa.htm)), “Internship USA” ([internships-usa.com](http://internships-usa.com)), and eRecruiting. Contact us for user names and passwords.

## Upcoming Career Center Events

Date: 10/28  
Event: **Intro to eRecruiting**  
Time: 4 p.m.  
Location: Buck 202

Date: 10/29  
Event: **Resumes that Get Noticed**  
Time: 4 p.m.  
Location: Buck 202

Date: 11/5  
Event: **ISU Fall Educators’ Job Fair**  
Time: 11 a.m. - 3 p.m.  
Location: ISU, Bone Center

Date: 11/6  
Event: **Internship Fair Orientation**  
Time: 4 p.m.  
Location: Welcome Center Auditorium

Date: 11/11  
Event: **IWU Fall Internship Fair**  
Time: 4:30 p.m. - 7 p.m.  
Location: Main and Eckley Lounges, Memorial Center

# Affiliated Internships

Since we're already on the subject of interning in a large metropolitan area, now's the perfect time to tell you about IWU's affiliated internship programs. While not quite as daring or terrifying as spending a semester abroad, these affiliated programs offer an exciting, incredibly valuable way to experience a variety of internships in either Washington D.C., Chicago, or, now through a new program, New York.

Aside from simply being in different cities, each program offers something unique. The Washington Semester through American University is the perfect avenue for students focusing on politics of any kind, while internships in New York through Marist College focus on a wide range of media (magazines, TV, Film, and PR). A semester in Chicago, on the other hand, is sponsored by the Associated Colleges of the Midwest and offers three specific programs: Urban Studies, Chicago Arts, and Business, Entrepreneurship and Society.

Senior Dana Cyze took part in the Washington Semester through American

University last spring. As a Political Science major, Cyze found her internship with the Department of Justice, COPS Division, to be an amazing opportu-



nity. Said Cyze, "It was great. I'd say if anything, it's definitely encouraged me to convince other students to do it."

Through her internship, Cyze was responsible for attending Congressional or Senate hearings relevant to her organization and also had a semester long project to implement a marketing strategy for her department.

The marketing task was particularly beneficial for Cyze who said, "I'm not really business oriented at all. So it was a completely new thing for me, which was kind of scary but kind of cool."

Cyze also said that she developed many important business contacts while in Washington and that "through the program I have enough contacts there where, if I wanted to go back, I could probably just contact some of the people I worked with and find an internship." It's opportunities like these that are impossible to experience spending a semester in the classroom at IWU. As Cyze puts it, "I feel like a lot of people are afraid to get out of the Wesleyan Bubble and it's definitely worth it. It opened my mind to a lot of different experiences I didn't think I would have."

To learn more about pursuing an affiliated internship, you can check out each program's website (American.edu/washingtonsemester, acm.edu, and marist.edu/nymep). Move fast, though, because opportunities like these are sure to be in high demand.

## IWU Internship Fair

If you missed the two Fall Internship/Career Fairs earlier this year, you probably had a very valid excuse. After all, both Fall Fairs were hosted at ISU and that's a mean ten minute walk if there ever was one. Walking all the way there just for a silly thing like a job, when you could (and almost certainly would!) pull a hamstring just isn't worth it.

Unfortunately, you'll need a much better excuse to avoid the preposterously convenient IWU Internship Fair, taking place November 11 from 4:30 p.m. to 7:00 p.m. right here on campus in the Main and Eckley Lounges. The Fair, which offers an unrivaled chance to connect with over 50 potential employers, is open to IWU students of all years.

In fact, every single student is encouraged to attend. "Whether you are considering interning next semester, over the summer, or next year, the Fair is a perfect time to begin looking at options

and practicing your professional networking skills," says Hart Career Center Internship Coordinator Laurie Diekhoff.



This year's Fair features a wide variety of employers, from the Children's Discovery Museum of Central Illinois to Country Financial. Likewise, the Fair offers a significant number of local internship providers ready and willing

to talk with you and take a look at your resume.

Another advantage of the Fair is that although it is to be taken seriously, the format at IWU is slightly more relaxed. You still want to dress professionally and practice your delivery and introductions well in advance, but the IWU Internship Fair is more informational by design.

If you'd like to get a sneak preview of the Fair, be sure to attend the "Internship Fair Orientation" in the Welcome Center Auditorium on Nov. 6 at 4 p.m.

Whether your interests lie in art, history, business or any other field, there will be organizations, from small non-profits to large national companies, there to talk with you about your interests. As Diekhoff says, "Don't miss a great opportunity to invest in your future!" After all: There's no good excuse this time around!