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What is a typical week like in your internship position?

A typical week in my internship includes two full days a week. I go into the office usually Mondays and Wednesdays but am fortunate to be able to switch my schedule around if there are school conflicts. My week starts out with a meeting from the interim Ambassador who gives a recap of essentially everything that is going on in the UK and in the U.S. that would impact the work done within the Embassy. The team I am a part of then has our weekly meeting in which the different sectors of the Department of International Trade (DIT) go over everything they completed the past week, and any updates for the following week. My work then entails working with my team members in order to complete all the tasks I was assigned at the beginning of the internship. Also, every week there is some sort of event that my team encourages me to participate in whether it is within the Embassy or outside of the Embassy. For example, my first week I was fortunate enough to attend the Marshall Scholar's Sendoff at the Ambassador's residence. Last week, I attended a conference at the Center for Strategic and International Studies with incredible speakers focusing on the implementation of innovation in regards to national security.

What do you enjoy most about the position?

I love how within this position the team in my department is always looking to show me new things and encouraging me to expand my network. I am constantly being invited to conferences and important meetings and know that every week there will be something exciting to attend. Everyone is also incredibly welcoming and willing to assist with any questions or concerns I may have.

How has your coursework helped you in your current internship?

My schoolwork has helped tremendously with this position. A lot of the work I do is the analysis of potential trade opportunities which I would not be able to fully understand without the knowledge I obtained from Macroeconomics or one of my current courses, Global Economics. My minor courses that are more business oriented help me achieve a better understanding of which businesses will further fuel the economy and create a great investment opportunity.

How did you locate your internship position?

My previous internship advisor actually sent me the opening, which was great, as the company she works for has previously worked with the Embassy. This just goes to show that growing your network has loads of benefits!

Any internship advice for students (e.g. aspects to consider before accepting an internship, search tips, how to make the most of your internship, etc.)?

I personally believe the biggest aspect about applying for internships is to remain positive during the application process. Students are bound to get discouraged but at the end of the day everything will work out if you're working hard to find opportunities. Another piece of advice would be to capitalize on any opportunities that are presented during an internship, as it could be an incredible learning experience! Lastly, create lasting professional relationships within an internship environment. Odds are if you make the effort and do a great job the people you met will go out of their way to help your career in the future.

Anything else you want to share with students about your experience?

Internships are an incredible way to learn about yourself and your goals for the future. Take any opportunity you can because it will allow you to figure out what you really want to do post-grad. Your idea for an ideal post-grad job could be completely different based on a positive or negative internship experience so it's always great to explore all of your options!

"Create lasting professional relationships within an internship environment."