

Monomoy Community Internships

REFLECTIONS

May 2023

The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.

– Steven Spielberg

SPECIAL THANKS TO
Chief Ross Comstock

Senior Chief Petty Officer
Devan Smith

USCG, Chatham

for creating a one-day
intensive internship
experience for individual
students to participate in
the daily operations of the
United States Coast Guard.



SHORE Long-Term Internship Employment



Thank you, Cat Martin and Chatham Perk!



Thank you, Chief Tavano, Deputy Clarke, and Chatham Fire & Rescue

Oak Street Academy Students



Veterinary Associates of CC

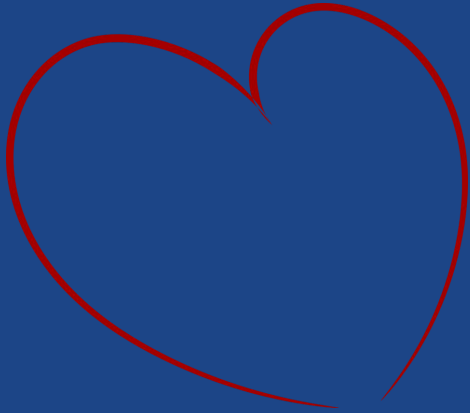


Harwich Police Dept.



Thonus North Plumbing & HVAC

Thank you to all of our Community Mentors!
Your participation makes our internship program possible!



Please enjoy the following presentations of our MRHS interns' capstone projects.



Chatham Fire/Rescue Department

Ryan Borthwick

135 Depot Rd, Chatham, MA, 02633

Why I Chose CFD

- I grew up admiring the department.
- I wanted to learn about how fire departments operate.
- I am interested in working in the field.
- To have a fulfilling internship
- To learn more about the world

The Department

- Everyone at the department was extremely welcoming and acted like I was a new hire instead of a high school intern.
- One interesting part of the department for me was that many of the firefighters I knew because I go to school with their children.



What I Learned - Fire

- Donning and doffing Turnout gear
 - Use of a SCBA (Self-contained breathing apparatus)
- Engine Operations
 - Dressing a hydrant
 - Pulling lines
 - Operating the pump
 - Flowing water
 - Manual and remote use of a tower truck
 - Responsibilities of firefighters
- Forcible entry
 - Conventional
 - Through the lock
 - Power tools
- Water rescue operations
 - Use of a mustang survival suit
- Familiarization with different fire fighting apparatus
- Response to emergencies
- Daily life of a firefighter
- Protocols



What I Learned - Fire





What I Learned - EMS



- Trauma
 - Treatment and transport of many different traumatic injuries
- Medical
 - Treatment and transport of many different illnesses and diseases
- Incident Management
 - Mass Casualty Incidents (MCI)
- Medical Organization
 - Bags
 - Ambulance
 - Stretchers
- Radio Communication
 - Mutual Aid
 - Cape Cod Hospital
 - CFD
- EMS Certifications
 - NREMT Certified
- Dispatch



Highlights

- Obtaining my NREMT Certification.
- Learning about the world of Emergency Services.
- Responding to a generator fire and getting to see firefighters in action.
- Seeing how a fire house operates on a daily basis.
- Realizing this is something I am very interested in doing in my future.



Reflections



Time

I would have taken more credits prior to senior year, so that I may have been able to have more internship blocks.



Future

I have started to consider Fire/EMS more seriously than anything else after college and time in the military.

NREMT

I am grateful that I pursued getting my NREMT because I will be able to work on an ambulance at Norwich University.

THANK YOU!

Special Thanks to:

Retired Chief: David DePasquale

Chief: Justin Tavano

Deputy Chief: Ryan Clarke

EMS Captain: Michael Lopriore

Lieutenant/Paramedic: Gerard Smith

Lieutenant/Paramedic: Timothy Hunter

Firefighter/Paramedic: Harrison Fietz

Firefighter/Paramedic: Dustan McGlinn

Firefighter/Paramedic: Louis Carlo

Firefighter/EMT: Stephen Ricotta

CREDITS: This presentation template was created by
Slidesgo, including icons by **Flaticon**, and
infographics & images by **Freepik**.

Do you have any questions?

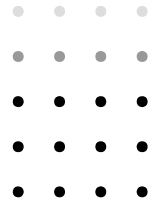
rborthwick23@monomoy.edu

Harwich



PROTECTING LIFE, PROPERTY AND THE ENVIRONMENT FROM HARM THROUGH SERVICE TO THE COMMUNITY.

Fire Department



Key Takeaways

The Fire Service

- Practical Skills

- ~ Mechanical Aptitude
 - General Maintenance
 - Driving skills
 - Running the pump
 - Pulling lines and flowing water
- ~ Donning and doffing turnout gear and SCBA
- ~ Properly using & starting saws, jaws, & cutter
- ~ Throwing ladders (Ground and Aerial)



The Fire Service

- Cognitive Skills

- ~ Pump Operations
 - Proper order of operations
 - Proper line deployment
 - Maintaining appropriate PSI
 - Hand signals
 - Friction loss
- ~ Understanding of the ladder truck
 - Positioning and engaging hydraulic jacks for stabilization of aerial ladder
 - Positioning and deployment of aerial ladder
- ~ Problem solving
- ~ Staying aplomb



Emergency Medical Service

- Practical Skills

- ~ Patient care
 - Maintaining levels of comfort
 - Assessment strategies
 - Treatments/interventions
 - Writing PCR's
 - Using monitor
- ~ Mechanical Aptitude
 - Daily & weekly checks
 - What supplies are where
 - Stocking
 - Driving and maneuvering



Emergency Medical Service

~ Cognitive Skills

- ~ Medical Knowledge
 - Proper treatment
 - Medications
 - Dosing
 - Routes of admin.
 - Contraindications
 - Indications
- ~ Time management
- ~ Confidence
- ~ Controlling stress under pressure



Growth

Confidence

- ~ Aiding EMS crews
 - Prepping interventions
 - Gathering supplies
 - Taking vitals
- ~ Stepping out of comfort zone
 - Fire service
- ~ Talking to patients
 - Not being shy
 - Explaining what was being done



Performance

- ~ Willing and ready to learn
 - Try new skills
 - Use new machines & apparatus
 - Engaged
- ~ Take & use constructive criticism
 - Improve technique
- ~ Communication
 - Asked questions
 - Spoke up if necessary

The Overall Experience & Its Value

Hands-on

- ~ Used tools/apparatus
- ~ Participated in drills
- ~ Responded to emergency calls

Enjoyable

- ~ Welcoming & amicable department
- ~ Happy to teach
- ~ Set me up for success



Impactful

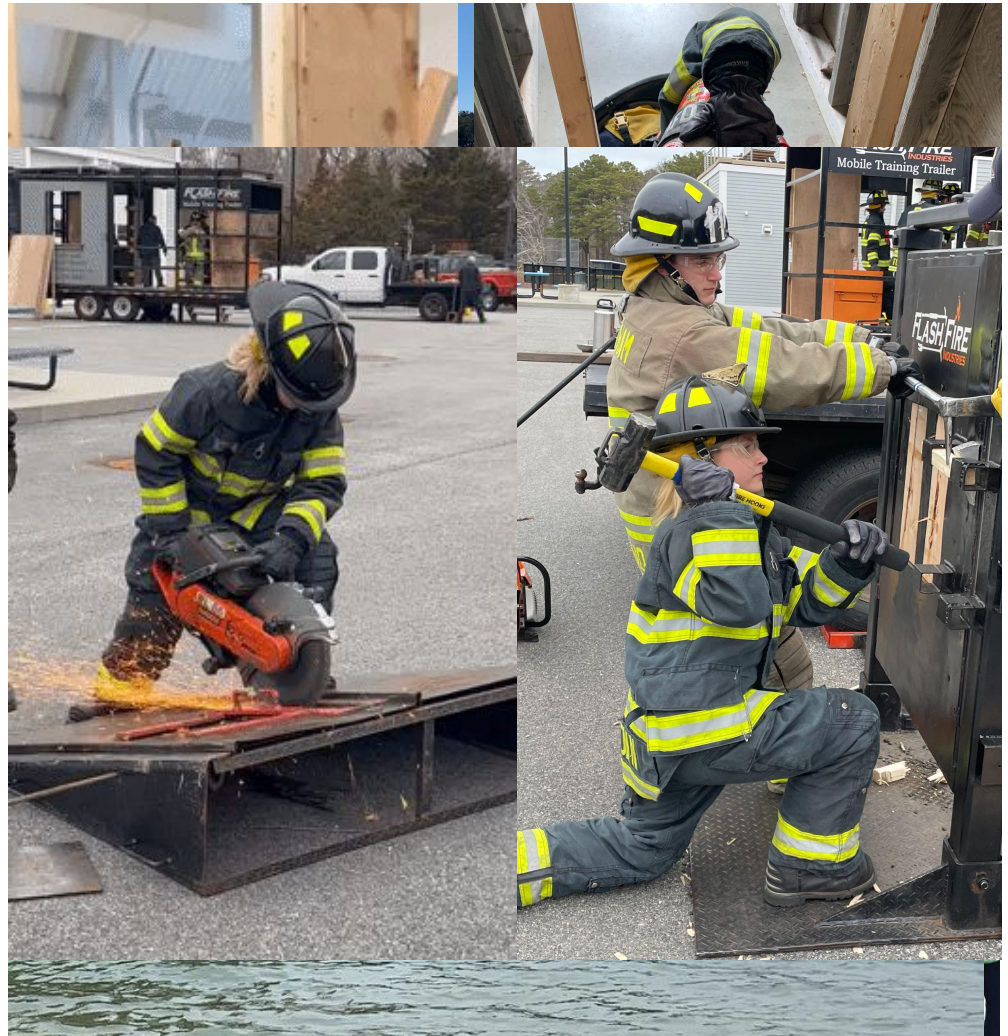
- ~ PT → SMCC
- ~ Greater appreciation for first responders
 - What the job takes physically & mentally

Realistic

- ~ Everything involved in EMS & FF
 - Good & bad
- ~ 24 hr

Highlights

- ~ Assist with major medical calls
 - Med flight
 - Heart attack
 - Cardiac arrest
- ~ Drills
 - Water rescue
 - Bail out
 - Confined space
- ~ Forcible Entry



Reflection

- ~ Gained valuable experience in EMS/FF field
 - Participating in anything and everything I could
- ~ Learned what it takes to excel in the field
 - Adaptability
 - Professionalism
 - Critical thinking
- ~ A worthwhile & engaging placement
 - Skill development
 - Having fun during down time and bonding with members of the department
 - Work closely with & learning from others





Thank you Chief LeBlanc and Deputy Thornton for allowing me the opportunity to participate in this internship & thank you as well to all four groups at the department for everything they have taught & exposed me to over the time of my placement.

Senior Capstone Project

Jordan Charlot

What did I do?



- I spent some of my time writing articles and documenting stuff on the database.
- When I wasn't typing articles, I was helping move around items or sometimes documenting some of the stuff.



What I learned?

- I mainly learned that museum work is different everyday. There is always something new that has to be dealt with.
- I also learned the history of Cape Cod, such as how integrated fishing is in the community.
- I don't think it's possible for me to explain all the history I have learned.



Overall Reflections

- I never thought I would attempt to work in a museum; however, I recommend it if you haven't. It made me have more appreciation for museum work than I would have had.
- I got to meet many interesting people that welcomed me into their workplace and made the transition extremely easy.
- Thankfully, I got a summer internship so I can do more!



Performance



- Overall I was engaged with the activities that were given. I liked to ask questions on some of the history that I didn't know.
- Sometimes I struggled with communication and would forget to email in the beginning of the internship. (Thankfully got over it ;))

Highlights

- I wrote an article about the history of shipwrecks on Cape Cod, and it was actually published! People who read it said they enjoyed it, and I had so much fun writing about it.
- I later wrote another article about the history of the telegram. Hopefully people will enjoy that one as much as my first article. (Maybe even more!?)
- Overall, I enjoyed my time at the Atwood House Museum!

Thank you Caroline and Kevin and all those who taught and supported me!



Senior Capstone Project

Jordan Charlot



What did I do?

- I spent my time coding on the Zudy software called Vinyl
- I learned through videos of Zudy courses in order to obtain the skills needed.
- I would then make a website that would be used by other businesses.



What I Learned?

- I learned how to use code for a business.
- Specifically learned about what a business needs to handle their orders, spent money, shipping and overall finances



Reflections

- I am happy that I caught a glimpse of what the business side of coding would look like.
- I think this experience helped me decide where I would like to take my skills in the future.
- The job is very interesting and different from what I would normally do, and I am glad I got to experience it.



Performance

- I struggled quite a bit with the learning aspect of this internship. I kept arriving at crossroads whenever I was working on my final project.
- There were times where I would mentally drift off and that would hinder how I used my time.
- Overall, the experience was hard, but rewarding in the end.

What I took away from this

I think this experience helped me choose what I wanted to do after high school. I had a sense of what work I wanted to do; although, I didn't know the specific type of area or workplace that would be a good fit for me. Interning at Zudy helped narrow down what I wanted to do, and I thank the people at Zudy for giving me the opportunity to intern.

Cape Cod Field Hockey Club Internship

Carly Dimock



CCFHC

I have been a member of Cape Cod Field Hockey Club since 2017 and have been an intern since the summer of 2021. Through the past couple of years, I have learned so many valuable skills; communication skills both in person and through email, coaching experience, merchandise organization, how to manage money and put it back into the business, marketing, schedule organization, and many more skills on how to run a small business.

I organized lots of Cape Cod Field Hockey Clubs merchandise such as pinnies, uniforms, socks, skirts, sweatshirts, and more.





I helped organize summer schedules, events, and coaches through email, google documents, excel sheets, and on calenders. I learned how to map out all Cape Cod Field Hockey events and how running the business works for the winter, spring, and summer season.

Social Media content posted to @capecodfieldhockeyclub's instagram of 44,000+ followers



Coach - Kyle Cappallo

#52 Penny Baroni - Class of 2024
#11 Siena Brackett - Class of 2025
#13 Emery Cappallo - Class of 2027
#4 Carly Dimock - Class of 2023
#42 Alexa Garthee - Class of 2024
#32 Julia Giampietro - Class of 2024
#17 Emily Layton - Class of 2025
#80 Jordyn Pineau - Class of 2023
#99 Meili Raspante - Class of 2024

U19 National Indoor Tournament
Richmond, VA



Cape Cod Field Hockey Club

Capecodfhc.com

Instructional Clinics

📍 Willys Gym, Eastham, MA

April - June 2023



Session 1: 5:30-6:30pm

**Ages: 1st-5th
grade**

Session 2: 6:30-7:30pm

**Ages: 9th-12th
grade**

REGISTRATION OPEN NOW!

All extra details,
sign ups, and club
information are on
the website!!



[@capecodfieldhockeyclub](https://www.instagram.com/capecodfieldhockeyclub)



[@capecodyfh](https://twitter.com/capecodyfh)



[@capecodfhc](https://www.tiktok.com/@capecodfhc)



Courtney,

Thank you so much for having me as a Cape Cod Field Hockey Club intern! I look forward to working with you in the summer and rest of the spring!! Nothing is better than real work and world experience and for that, I thank you!!

Lastly, Thank you Ms. Armstrong for making the MRHS internships possible in the first place!! You are always so helpful with any questions that all of us students have! You are the best!! - Carly Dimock

Chatham Recreation Department

Evan Hurley and Devin Mannhaupt

What We Learned

Evan

What I learned from doing my internship is how to plan and organize events. During my internship, we planned a dodgeball tournament for the kids to go and play after school. From this event, I learned that it takes quite a bit more to plan an event than just throwing together a time and place. To plan an event you need to create an outline with all the details: time and place, location, volunteers, and many more things.

Devin

What I learned at my internship with the Chatham Community Center was how to plan and organize an event for kids to play in. Both Evan and I put together a dodgeball tournament, and it was more difficult than we thought it would be because it takes so much thinking and planning. We eventually came up with the idea of a dodgeball tournament for middle schoolers who come to the rec center after school.

Reflections

Evan

- We helped move furniture and organize different closets in the Rec.
- We helped plan events for the Rec. Department to do.
- We helped plan summer events for the Rec. Department.

Devin

- It was exciting to put together a dodgeball game for kids who would appreciate the game itself.
- It was also nice to practice real life skills rather than just being at school.

Our Internship Reality

Evan

What made the placement “real” for me was the sense of working somewhere outside of school during our school hours. This made the placement real for me because for my whole highschool experience I have been stuck inside classrooms, but being able to go out and help somewhere felt good.

Devin

What made my placement real was the sense of working for a program and coming up with ideas for events that kids will play in and hopefully enjoy.

Impact

Evan

Although, my internship was not really a life changing experience, I would say it helped me become better at planning events and also gave me a better sense of how people act in the real world.

Devin

Nothing happened that would impact my life in a huge way, but I got a sense of how people in the real world out of high school are.

Thank you,
Chatham Rec!

CAPSTONE PROJECT



**INTERNSHIP AT CAPE COD
GATEWAY AIRPORT**



WHAT I LEARNED

AIRPORT MANAGEMENT



AIRPORT OPERATIONS



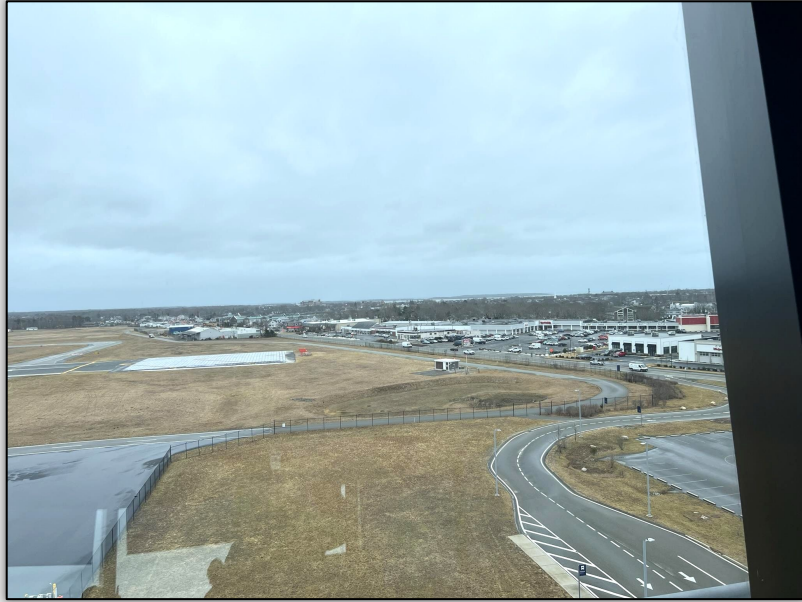
AIRPORT MAINTENANCE



PROJECT MANAGEMENT



AIR TRAFFIC CONTROL TOWER



CAPE AIR



Caribbean

British Virgin Islands - Tortola - Virgin Gorda
Puerto Rico - Culebra - Mayaguez - San Juan -
Vieques

Saint Kitts and Nevis - Nevis

U.S. Virgin Islands - Saint Croix - St. Thomas

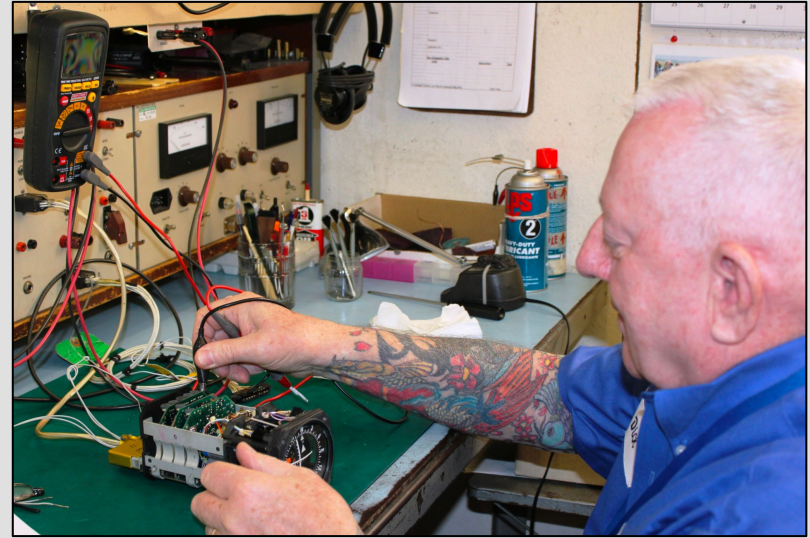
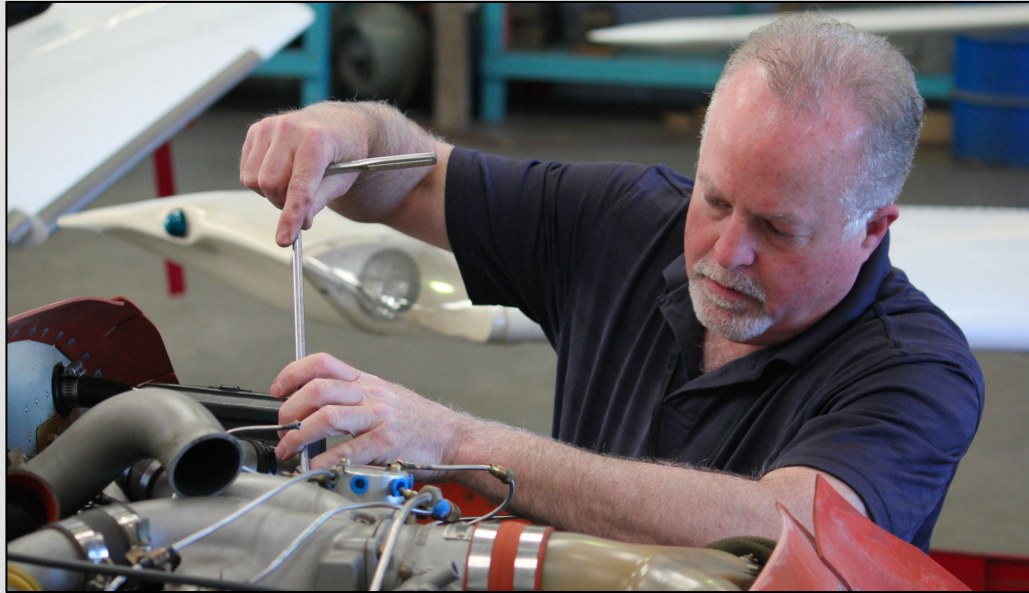
United States

Augusta - Bar Harbor - Billings - Boston - Burlington -
Chicago - Glasgow, MT - Glendive
- Havre - Hyannis - Kirksville - Lebanon - Manistee -
Marion - Martha's Vineyard - Nantucket - Nashville
- New Bedford - New York - Owensboro - Provincetown -
Quincy - Rockland - Rutland -
Saint Louis - Saranac Lake - Sidney - White Plains - Wolf
Point

ATLANTIC AVIATION



GRIFFIN AVIONICS





REFLECTIONS



- Learned about myself and what aspects of aviation I enjoy
- Gained a love for aviation
- Knowledge, experiences, and connections
- Met a lot of wonderful people and got to know the aviation industry



PERFORMANCE



- Learned the art of time management
- Practiced networking
- Engaging in my community
- Balancing school and internship
- Independence and goal setting

Internship Capstone Project



Human Resources Department at Chatham Town Hall

Callie Nickerson

What I Learned



During my internship at the Chatham Town Hall I learned what the daily life is like working in an office in a town hall. I learned more about professional communication and the tasks of the positions that I was exposed to. I learned about the issues that the town focuses on and faces. Another thing I learned about during my internship were the government forms that I didn't know like a W4 form or an I-9 form. My mentor would often share tips that she had learned from her experience from working over the years that has made her work easier or more efficient.

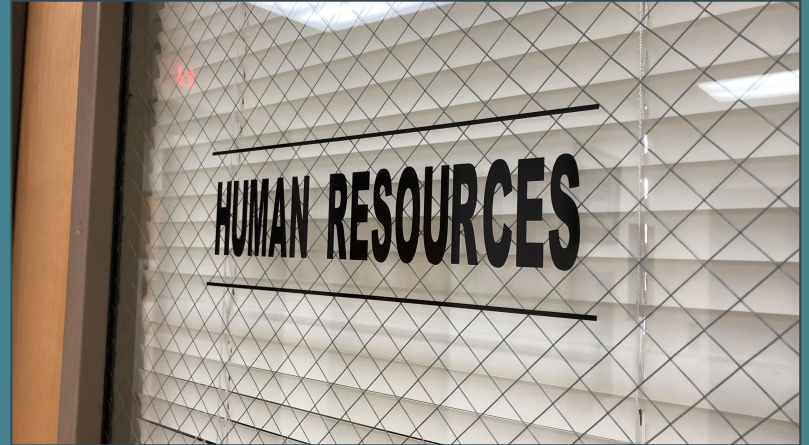
Reflections

During my internship I would spend my time in the office of Megan Downey, Human Resources and Benefits Director. I would often be sorting through documents and files of employees that were full time, seasonal, or terminated. I got to experience the hiring process for the town and all the paperwork that is involved. I also got to intern for the Finance Director for a day and looked over her manual entries for the payroll of those who took sick days, vacation days, etc.



Performance

As a student intern, I believe my overall performance at my internship was very good. I always made sure to communicate with my mentor about our overlapping schedule. I made sure I was polite and a good listener. I dressed appropriately for a town office and completed the tasks assigned to me.



Growth as a “Professional”

My professionalism definitely grew from this experience. Even from just listening to my mentor answer phone calls and her communication styles with her colleagues and anyone she helped. My mentor was always busy with something to do, never slacking off. I learned from a wonderful example how to work professionally, successfully, and efficiently in a more formal setting.



What Made My Internship “Real”

What made my internship real was working daily with files of full time employees of Chatham and handling the government documents that their files contained, being able to watch the hiring process and being hands on with the process itself, and meeting new people often and helping my mentor out in any way that I could.



What Made My Internship “Real”

What made my internship real was working daily with files of full time employees of Chatham and handling the government documents that their files contained, being able to watch the hiring process and being hands on with the process itself, and meeting new people often and helping my mentor out in any way that I could.



**THANK YOU,
MEGAN DOWNEY**

Working with

PAYNE
ELECTRIC INC

Charles McGrath

A man with a beard, wearing a light blue button-down shirt over a white t-shirt, khaki shorts, and a black baseball cap, is reaching out with his right hand towards a large, glowing purple and white electrical discharge. The discharge is a massive, branching arc of high-voltage electricity originating from a Tesla coil on the left. The man is wearing a grey protective glove on his right hand. The background is a dark, industrial-looking space with metal mesh fencing and other equipment. The floor is made of grey tiles.

1,000,000
VOLTS





These are photos of the office building



What is going on over here?

For several months, I have been working with some of the best electricians on the Cape. Every day they are all hard at work from dawn to dusk working with electrical systems, wiring, and equipment.

Electricians work in a variety of settings, including residential, commercial, and industrial environments. Since we live on Cape Cod, most work here is residential.

Some electricians specialize in specific types of work, such as installing generators, pools, or working on large-scale construction projects.





These are photos of sites at which I've worked. ↗

What I have learned...

- Proper handling of equipment
- Appropriate attire
- How to assist an Electrician
- Basic understanding of job operations
- How to prepare for the work day ahead of me
- What it takes to build a house




Reflections & Performance

I believe my overall performance was acceptable. I was always on time or early, never showed up unprepared, tried my hardest at all times, and tried my best to learn all about the job.

Interning at this company has given me hours and hours of practical hands on experience in the electrical field. This internship was an extremely helpful opportunity. It was a valuable learning experience towards my future career as an Electrician.

My growth as a professional...

1. **Beginning of high school:** I took general science courses, and I developed an interest in how electricity works. I began researching trades to learn about the career path of becoming an electrician.
 2. **Senior year:** I applied to our apprenticeship programs and secured an apprenticeship with a local electrician.
 3. **Post high school:** I will complete my general education requirements and take courses in electrical theory and wiring at the Cape Cod Tech. I will continue to work part-time as an apprentice and gain hands-on experience in the field.
 4. **After apprenticeship:** I will then take my journeyman electrician exam and pass to become a licensed electrician. I will begin working as a full-time electrician and gain experience in various areas of the field.
 5. **Continuing education:** I will continue to take courses and attend workshops to stay up-to-date on the latest electrical codes and technology. I may also choose to pursue additional certifications or licenses, such as becoming a master electrician.
- 



THANK
YOU,
TYLER!

Senior Internship

TowboatUS and Outermost Harbor Marine



Connor Nicholson

TowBoatUS

TowBoatUS is an emergency boat towing company that has locations all around the country. I had the opportunity to work with the captains who work out of Chatham and Bass River during the first term of the school year. I was able to go out on their boats each day and learn many things throughout my time with them.



What did I do?

- I spent most of my time out on the water learning how to tow and rescue boats of all different sizes.
- Every couple of days, I had the opportunity to go out and go on calls, whether it was rescuing a broken down boat to towing a boat off of a beach that ran aground during a storm.
- I helped the captains in whatever they needed to do each day whether it was to help maintain their engines, test their equipment to ensure everything was functioning properly, help handling lines, and even being able to drive the boats once in a while.

What I learned

- I learned about many things about towing including hip towing, girding (line stacking), boat speed and line distance due to conditions and vessel length that you are towing, and how to dock and handle a boat in small spaces when it is tied to the side of your vessel.
- I learned how to salvage a sunken vessel whether it was completely submerged or only partly submerged in the water. Some methods include using floating bags, water pumps, and pulling the vessel from the bow to drain the water out of it.
- I also learned how to pull vessels off of a beach and what to do if a boat is either stuck on a sandbar or on a pile of rocks.

Reflections

- I am very happy that I had the opportunity to spend some time working with and learning from the very experienced captains that work for TowBoatUS.
- I have learned many things that I will use for the rest of my life whether it is in my personal boating life or in my professional life, as I am pursuing a career in the maritime industry.



Pictures



Pictures



Pictures



Outermost Harbor Marine

Outermost Harbor Marine is a company that owns and runs a harbor and provides services for their customers' boats. I had the opportunity to work at their offsite location learning how to run a marina during the off season and service boats and store them for the winter. I also took part in rebuilding a Boston Whaler for one of their customers, which was an amazing experience.



What did I do?

- Each day I was assigned a different job depending on what they needed to do for the day.
- Sometimes I helped the marine mechanics with whatever they were working on which really taught me so much, as I was learning from people who work on boats every day at their job.
- I had the amazing opportunity to help rebuild a boat which was such a cool process to learn. It was very rewarding to finally see the finished product at the end.

What I Learned

- I learned how to winterize boats, this includes disconnecting the batteries and pumping antifreeze into all of the freshwater ports to ensure no freezing or cracking occurs over the winter.
- I then cleaned each boat to be wrapped for the winter. I learned how to shrink wrap boats to protect them from the harsh elements during the winter.
- I also learned how to rebuild a boat, learning each intricate step of the rebuilding process to come out with a beautiful finished product.
- Lastly, I learned how to get a boat ready for the summer by hooking up the batteries, pumping fresh water into the freshwater ports and draining all of the antifreeze, cleaning each boat and then waxing the hull, polishing the metal, and lastly, giving a fresh coat of bottom paint to send them to the marina to be put into the water for the summer.

Reflections

- I am very happy that I had the opportunity to intern with Outermost Harbor Marine. I learned more each day about boats and how to successfully run a marina during the off season.
- I learned many things about maintaining and taking care of boats that I will be able to use for the rest of my life for all of the boats I have in the future.
- I am also very fortunate to have met the amazing people who work at OHM and learn not only from them but about them and have a great time every day I went to work there.

Pictures



Pictures: Boat Rebuild



Pictures: Boat Rebuild



Pictures: Boat Rebuild



Pictures: Boat Rebuild



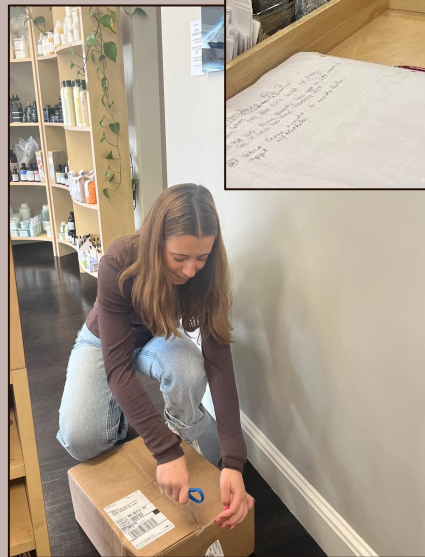
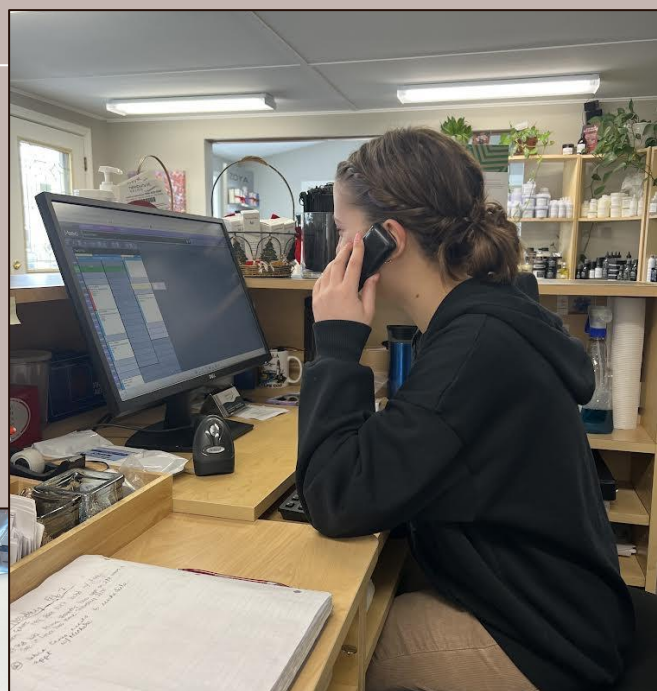
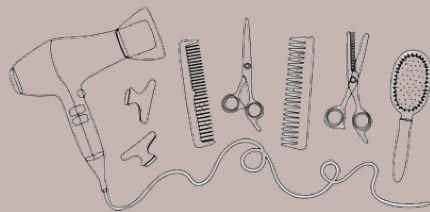
Pictures: Boat Rebuild





Capstone Project

Cassidy Parker

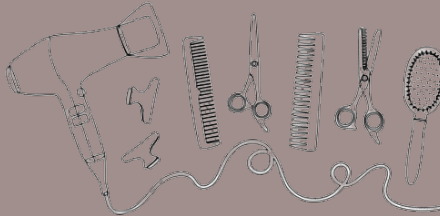




What I Learned

I learned how to...

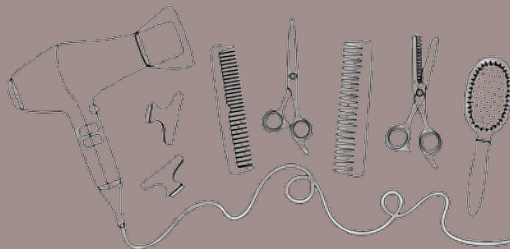
- answer the phones
- book appointments
- take in inventory along with putting the products away
- place purchase orders for products
- create a color formula as well as putting color on a client
- what products are best for certain types of hair
- talk to clients
- open and close the salon
 - set up the drawer





Reflections

I learned valuable skills on how to not only work in a salon and run it but also life skills. Being an intern at the salon made me see the business aspect of the salon. I learned that it's much more than just making it presentable and welcoming for the clients. The skills I learned will help me be successful when I own my own salon one day.



purchaseorder

purchaseorder

Unit Price

Unit Prod ID	SKU	Display Name	Barcode	Qty Ordered	Received	Receiving	Remaining	Units	Unit Price
DH0KFC0M	402082900096	Scotties Creams Milk	402082900096	1	0	0	1	EA	\$15.60
DH0KFC0C	402082900514	Generations Creams	402082900514	1	0	0	1	EA	\$11.60
DH0KFC0R	402082900264	Soft Serum	402082900264	1	0	0	1	EA	\$19.20
DH0KFC0N	402082900037	Regenerating Day Cream	402082900037	1	0	0	1	EA	\$26.00
DH0KFC0D	402082900736	Regenerating Day Cream	402082900736	1	0	0	1	EA	\$34.80
DH0KFC0B	402082900617	Soft Night Cream	402082900617	1	0	0	1	EA	\$14.40
DH0KFC0S	402082901420	Regenerating Night Cream	402082901420	1	0	0	1	EA	\$26.00
DH0KFC0T	402082904378	Regenerating Night Cream	402082904378	1	0	0	1	EA	\$19.20
				\$0.00	\$0.00	\$0.00	\$0.00		

Notes Print Barcode Labels Edit

Dr. Hauschka

Invoice

Ship To

Order Number: 057020200564

Order Number: 057020200564

Batch ID: 99299564

Customer ID: 42702021

Date: 4/27/2013

Page: 1

Ship To: Michelle Newbury Street South Salon 95A ROUTE 28 HARVICH MA 02645

Ship Date: 4/27/2013

Payment Terms: Credit Card

PO Number: 0204214900173

Salesperson: GONZALEZ

Shipping Method: FEDEX GROUND C

Received Via: enrolling

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Performance

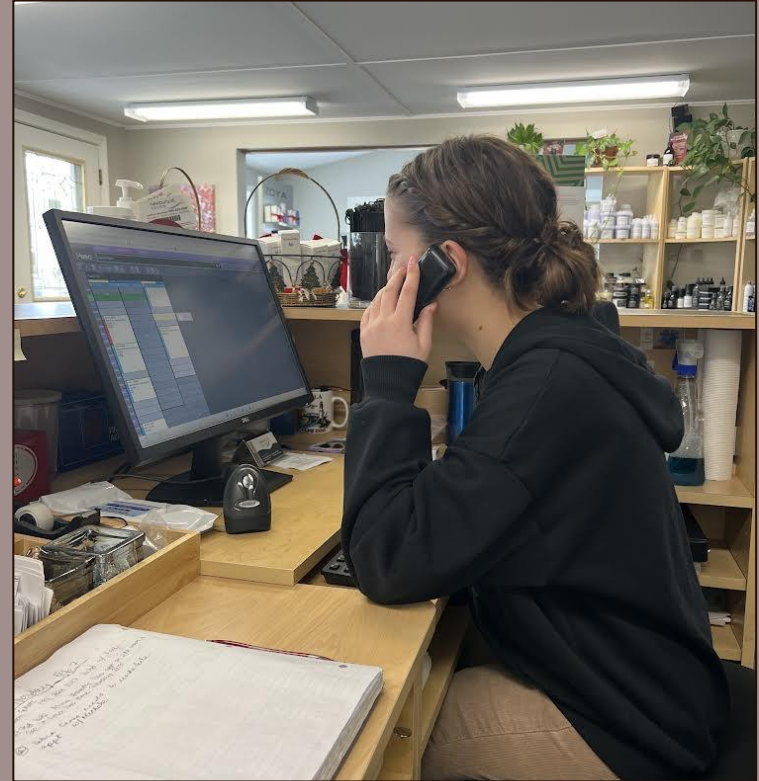
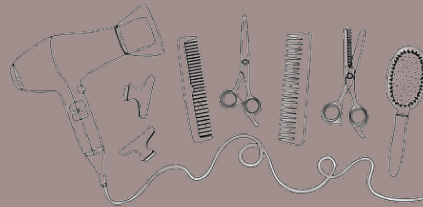
Overall, I was attentive and engaged the entire time. I was always up to helping with anything that I could, especially the little unseen things that no one typically considers. I asked questions about things I didn't know and what I wanted to know more about.





Growth as a "Professional"

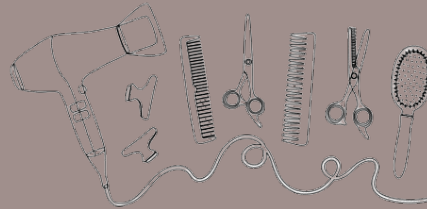
As a "professional" I grew in many ways. I learned how to talk to clients especially on the phone. When I first started working there, I was very hesitant about talking on the phone. Being an intern there really made it easy for me to talk on the phone and to clients in person without needing the help of my coworkers.





Highlights

Most of the highlights of being an intern at the salon is from all of the workers there. They make the salon happy and welcoming. We are always joking and laughing about nonsense.



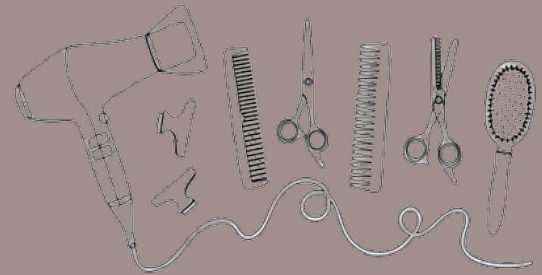


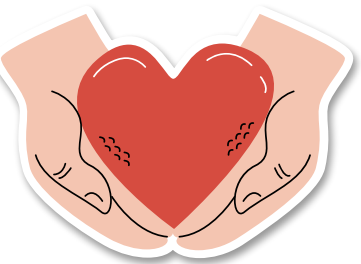
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thank you,
Michele





My Internship Experience at COA Harwich

Brianna Ramos



What I Learned



- I learned about the different types of services available to seniors, including healthcare, housing, transportation, and community-based services.
- I learned much about how social isolation is a common problem among older adults. And interning at COA showed me the different social activities and programs that are available to seniors in our community.
- I learned how much of a role that social workers play at COA, such as dealing with elders with financial issues or dealing with people who have lost a loved one.



What did I do?

- My job at the COA was to give back to the community and participate in clubs and programs that were run by the COA's amazing volunteers and staff. I did programs such as sit and fit and even sign language. In addition to doing volunteer work, I would participate in doing brown bags where we would fill them up with groceries and deliver them to elders!
- I would also participate in lunches hosted by the COA, where I could connect with our members and where we could all socialize.
- I also had the opportunity to run my own program where I did tech help. People in community would come in with their devices and a list of questions, and I would assist them.



Reflection

A good internship is one where the intern gains valuable knowledge and skills and receives guidance and mentorship. The positive and supportive work environment at COA was also important, as it made my experience more enjoyable and conducive to learning.

I am so grateful for my mentor, Andrea, for the experiences she provided for me and the life tips that I will use for the rest of my life in addition to my future career.



My Performance

- Overall, I am happy about my personal performance at COA.
- I think I was very attentive and engaged with the members.
- I felt my relationship was very good with the COA staff and volunteers. They were very encouraging and loving, which I feel made it easier for me to perform so well as a intern.



What Made It “Real”



I believe that this experience became more real when I began to develop relationships with visitors to COA. During that time, people would approach me seeking my advice. In addition, simply giving back to the community helped me feel like I was making a difference and learning more about the profession I plan to enter.





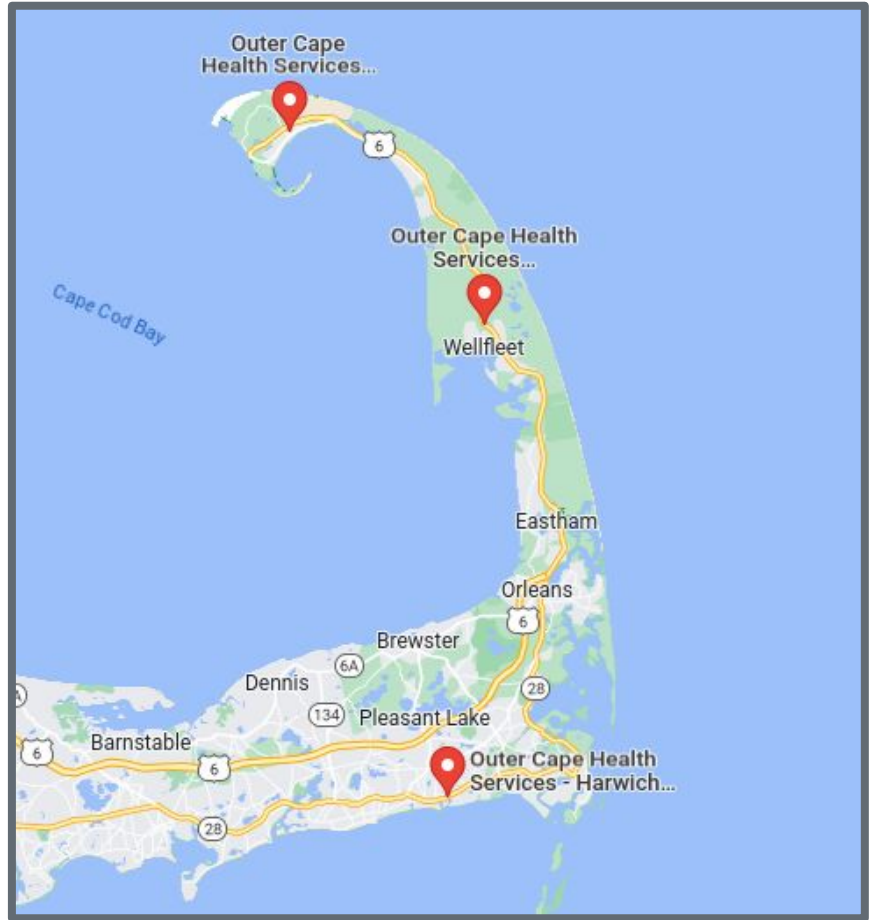
**THANK YOU,
ANDREA!**

Senior Year Capstone

Elizabeth Ryan

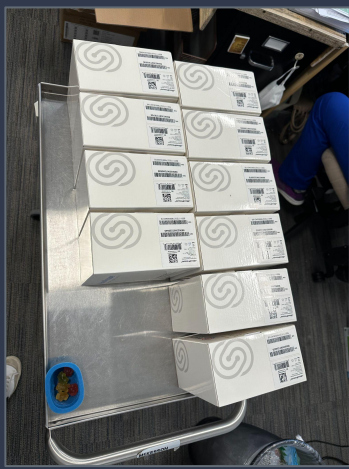


My internship was at Outer Cape Health Services in Harwich Port. I was there a few days a week from February until the beginning of May. Renee Bryden, the Nurse Manager at Outer Cape was my mentor. OCHS has a few locations throughout the Cape, in Harwich, Wellfleet, and Provincetown.



What I Learned

During my internship, I got a behind the scenes look at how a medical clinic in a small town runs and just how important the jobs are of everyone who works there. On the days I was at my internship, I would help Renee with the organization of her office and different medical storage rooms in the clinic. Some days I would work on organizing the different medical equipment such masks, bandages, syringes, gloves, etc. By doing this I not only helped, but I also learned about the different types of equipment used by nurses and other medical staff, for example I learned that there were different size syringes used for different medicines and different brands of syringes. Another important thing I learned from Renne was about her job and what the job of a nursing manager looks like and the hard work that she does everyday. She showed me how important it is to take care of not only patients but her staff as well.



One of the projects that I helped work on with Renee was setting up blood pressure cuffs and sending them out to Provincetown and Wellfleet. We used scanner machines to upload the barcodes onto the computer using a system to keep track of the cuffs. Once they were all in the computer system and scanned, we put them in boxes for the other clinics. These blood pressure cuffs are a great example on how important using advances in technology is in the health field. These cuffs make it possible for nurses to see the readings from the blood pressure cuffs without having to physically see the patient, and enabled them to make decisions based on the results.



Another important thing that I learned and helped work on was the inventory of the different medications in the med room. We would count what there was in stock for each medication and see what needed to be ordered and what had expired and needed to be replaced. Some of the medications were stored on the shelves and others needed to be put in the freezer to keep from perishing. The medications in the freezer needed to be frozen, and it was very important for the staff to check the freezer temperature and keep it logged on a piece of paper each day. I found it so interesting how precise you would need to be with the freezer to make sure the meds were properly stored and kept up to date.

Reflection

At Outer Cape Health, I learned many valuable skills about the field of work that I am thinking of continuing and learning more about in college. I enjoyed learning about the many different fields of work there are through what was offered in medical clinics like Outer Cape. Some of the jobs that I have seen in the clinic have been so interesting, and I would have never thought of some of the needs the clinic addresses. Some of the fields of work that I didn't know much about were the fields of mental health and addiction. I was also very interested in obstetrics, and I enjoyed working with the expecting mothers. Overall, I really enjoyed my time at my internship and value what I have learned from this experience.

My Performance

What Made It “Real”

Thank you Outer Cape Health Services!

Cape Cod Hockey Business Internship

Mitch Silva



So what exactly was this internship?

Previous to this internship, I had already been working with Cape Cod Hockey, a program that coaches brand new hockey players, and players who are at the Highschool, Junior, Collegiate, and even Professional level. I have been a player on multiple teams run by the organization and once I heard that there would be an opportunity for me to have an internship, I ran straight to my mentor, Barry O'Neil who said he would be glad to have me as his intern.

The internship was directed towards business and promotions towards the Cape Cod Hockey program. I have been doing videography and photography for Monomoy sports for about two years now, and my mentor came up to me one day and said, "Congratulations, you are the new film guy!" I was extremely excited as this would be a great opportunity for me to be able to improve my skills within the videography industry as well as become more recognized. When I am not filming, I am coaching or organizing/promoting merchandise, and editing videos for each week. During my internship, I also spent most of my weekends travelling to Falmouth Ice Arena where I would assist in programs for young children learning how to skate and children just starting to play hockey.

My current filming process



Weekly Games

Currently, Mondays, I film Boys Spring League Hockey and Wednesdays, Girls Spring League Hockey



Post-Filming

Once I have gathered all the footage, I immediately begin editing it.



Revisions

Once the video is finished, I send it to my mentor for suggestions and final checks.



Upload!!

The videos then finally can be published on Instagram to be shared!

How has this internship helped me?

When I first started filming for Cape Cod Hockey, I would spend many hours putting together “hype,” upbeat videos for players and parents to share and recap what happened during the week. As I began to film more and more, players would ask for clips of themselves to share with others, and the views on these videos went from a few hundred to a few thousand. In order to promote this amazing program as best as I could, I did countless hours of research on how to make my videos better and more entertaining. This just continued to boost the amount of people watching the videos each week and made it even more enjoyable.

On the business side, when I am at my internship, sometimes I would organize jerseys for incoming players, stock the merchandise store with new apparel, and coach as well. A new addition to Tony Kent Arena in Dennis, MA is the Cape Cod Hockey training room. Inside of this room it includes synthetic ice, which you can skate on, shooting aids, and many other pieces of training equipment. If I am not helping a player inside of the training room, or on the ice, I have the opportunity to train by myself to further develop my own skills.

My Personal Performance

I feel that my personal performance has been excellent throughout my internship as I am always on time, if not early, staying late to help out, and dedicating some of my nights and even weekends to continue helping out. My mentor and all of the other coaches within this organization always love to have me around and say that I am a huge asset to the program. I do not see this internship as a job, I see it as an opportunity to build my own skills as well as the skills of others. I enjoy helping others as much as possible, so when it comes time to helping a new player learn the game of hockey, or even helping an older player tweak their skills to become better, I am always ready to get right to work and begin improving.

When I first began the internship, some of the players knew me; however, some of them only knew me as “the camera guy” and did not pay much attention to me. Now each week, I have players coming up to me and saying that their families enjoyed the videos and that they were super grateful to have me around.

Professional Growth

As I said before, this internship has allowed me the opportunity to grow my own videography portfolio and improve within my videos and pictures. Lately, I have been working on a few private projects such as college recruitment videos for players looking to submit film in hopes of a scholarship. I began branching out of just Monomoy sports as other schools were fans of my work and began asking if I could take a trip to their school in order to film for them. I took advantage of this opportunity, and more and more teams began messaging me asking to come film for them.



What made this placement “real?”

I would love to continue my hobby for videography and photography into college; however, on the business side of this internship, I learned how to manage a company and the media as well. I spoke with many families, players, coaches, other programs, and professionals and had many meetings with my mentor on what projects/hockey clinics and other events were coming up. This placement kept me very busy as I was filming, editing, coaching, and training, all while balancing my schoolwork on top of this. In this internship, it really impacted my life because it continuously grew my love for videography, and I would just want to film more and more each week. I enjoyed promoting the merchandise and seeing smiles on everyone's face as they entered the rink. Overall, it was a perfect fit for me and each week I would come ready to improve myself or others, and I would feel extremely accomplished at the end. I plan to continue with this internship as much as possible as I have met so many friends through it.

Final Reflection

My internship experience was absolutely amazing as my mentor was very involved, open to hearing my ideas, and the people around me were very excited to see what new things I would have for them. While it did keep me busy most of the time, I would not trade that time and experience for anything else. Cape Cod Hockey is an amazing program that continues to expand and do fundraising events as well as coach quite a few different hockey teams on Cape Cod.

Linked on the next slide are some of my projects that I have worked on over the past few weeks during my internship.

THE COOPERATIVE BANK OF CAPE COD

INTERNSHIP

Sam Thomas

THE CAPE COD COOPERATIVE BANK



WHAT I LEARNED

- I learned how to process loans, deposits, and withdrawals.
- How to work the drive thru
- What to say when answering the phone
- Once in awhile, I would take online courses, which would teach me about what to do in case of a robbery, different types of fraud, and how banking works in general.
- How to add more cash to the ATM
- How a debit card is made
- What a CD or Certificate of Deposit is

PICTURES

Drive Thru Tubes

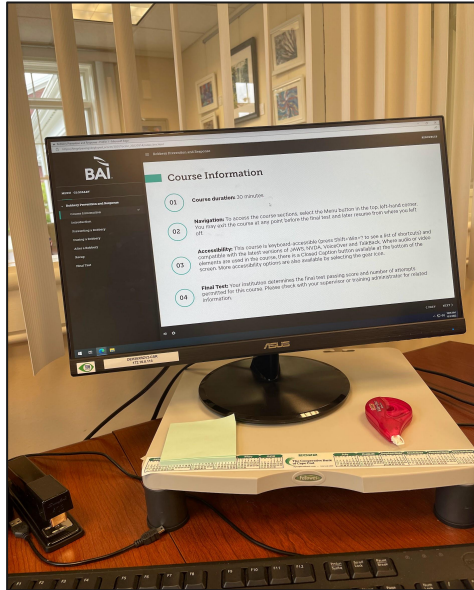


The Vault



MORE PICTURES

BAI Banking Compliance Courses



Break Room



REFLECTION

Overall, I really enjoyed this internship. I got to see what working as a teller at a bank would be like. When I walked in on the first day, I was a little bit nervous and not exactly sure what to expect. That nervousness quickly went away once I realized how nice everyone was. They made me feel welcome and not afraid to ask them any questions I had. The information that I have gained from this internship has helped me further understand one of the very many types of business in which I can major.

MY PERFORMANCE

- Most of the time, I was very attentive and ready to complete any tasks that assigned to me.
- I asked as many questions as I could.
- I reported to my internship on time.
- I would email my boss ahead of time if I was going to be late or if I couldn't make it that day.
- I engaged in many informative conversations with other employees and occasionally with customers.

HIGHLIGHTS

- Some days I was given a station and got to process people's loans by myself.
- Every Monday, I would create a new trivia question on a white board for customers to answer.
- This was my first experience working in a office environment as my other jobs were all in the hospitality industry.
- One day we got a bunch of hotdogs, chips, and cupcakes for the customers.

WHAT MADE IT REAL?

What made my internship real was seeing all of the customers coming in everyday with different types of financial questions and transactions that they needed to be completed. It was really cool to see the relationship all the tellers had with the customers, considering that most of them come in once every few weeks. There was a sense of community that I never noticed at other banks.

**THANK YOU MR. CATALDO FOR GIVING
ME THIS AMAZING EXPERIENCE !**

Brewster Whitecaps Internship

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Max Wall



What did I do?

- As an intern with the Whitecaps, I was archiving photos from the 2022 season and putting them all together on the website Flickr.
- The archiving comprised of uploading photos on Flickr and adding detailed tags that included information about the players in the photos.



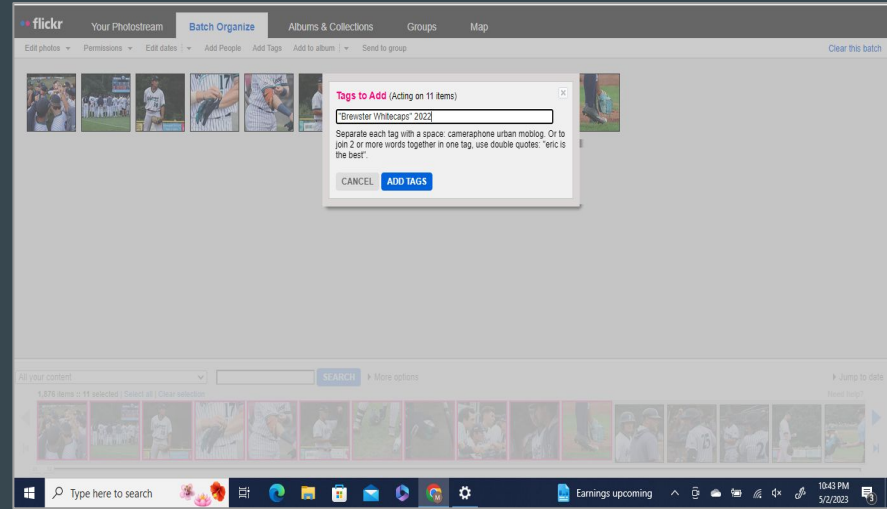
Things I Learned

- Archiving photos or just getting large photo folders onto a platform to organize them can be a time consuming process.
- When doing something like this or something similar on social media, it's helpful to get as much information as possible in order to correctly identify the photos/videos.



Reflections

- I am happy that I was able to learn more about how some processes worked and how many people need to work together to make everything work nicely.
- Sometimes tagging photos with information got difficult because I was unable to clearly identify a player which got annoying very quickly.



What made it real?

- Reaching my goals on a certain number of games completed or getting a bunch of photos tagged in one sitting was incredibly rewarding.
- Having all of the information and resources I needed easily accessible to me and being able to get them when I needed them.

