Monomoy Community Internships

REFLECTIONS

May 2025

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

- Steven Spielberg

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.

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Capstone Project Natural Resources Department

Bridget Addison

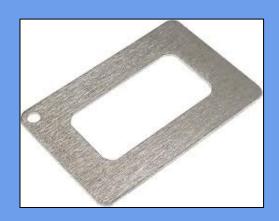
Overview

I interned at the Natural Resources Department in Harwich. I worked with the Natural Resources director. The main job of the Natural Resources Department is to protect and regulate the natural and environmental aspects of the town. This includes jobs like testing all bodies of water, regulating shellfishing, and regulating illegal fishing traps.



What I Learned

- -How a town job works and the differences between private and public environmental jobs
- -How to test bodies of water for harmful bacteria and how to find the salinity and turbidity of the water
- -How to tell when a shellfish is at its proper size to be harvested, and how to properly put to small of shellfish back into the sand
- -I learned how shellfishing permits work and how they are renewed and given.





Reflection, Performance, and Growth

I enjoyed my internship with the Natural Resources Department, and I learned very useful skills that will help me in my future career. I did well in my internship and was able to complete all the tasks given to me, which helped me grow and learn new skills.

Highlights

A highlight of my internship was setting up and putting temperature loggers in main bodies of water in Harwich like Saquatucket Harbor, Wychmere Harbor, ther Herring River, and many others.

Another highlight was being able to see the herring run during the herring migration season. It was very interesting to learn about how the herring are counted and how the herring impact the local ecosystems.





Impacts

Interning at the Natural Resources Department gave me insight on what kind of a job I want to have once I graduate college. It also gave me more ideas of jobs I can get out of college with the degree I want to pursue. This internship also taught me many useful field work skills, and how to measure and evaluate many aspects of an environment and body of water.





Veterinary Associates Of Cape Cod

Reflection by Ashley Anderson







Veterinary Associates of Cape Cod is a veterinary hospital located in Yarmouth Massachusetts that offers several types of services including Surgery, Imaging, Acupuncture, Senior pet care, Emergency appointments, and a pet resort!









WHY I CHOSE VACC

VACC was the best option I looked at to see if my interest in Anesthesia was true. Even though I plan to go into human medicine, VACC gave me the best opportunity to learn basics and also shadow and watch Surgery Techs.







WHAT DID I DO

At VACC I had the opportunity to shadow many different technicians as well as shadow many different areas of the hospital such as Treatment, Surgery, and Rooms. I spent on average 1-2 hours per day there, and during that time I would be assigned a speciality and a Technician to follow.







WHAT DID I LEARN

- How to cut nails
- How to dremel nails
- How to start a bag of fluids
- How to calculate the proper dose of fluids
 - How to draw vaccines
 - How to draw blood
 - How to properly hold a dog
 - How to read an Ultrasound
 - How to properly label and take notes
- How to properly note stats when under anesthesia
 - How to prep a patient for surgery
 - And so much more!









MY PERFORMANCE

I would say overall in my time at VACC I remained engaged, willing to learn, and alert. I was always willing to help in any way I could, whether it was labeling 4DX samples, or cleaning a room for the next patient. I remained active and volunteered in any way I could which included organizing, and taking dogs for walks after surgery. I continuously asked questions, took mental notes, and did my best to apply those notes the next time without the need to ask for help.









REFLECTING ON MY TIME AT VACC



I have deeply valued all the time I was able to spend at VACC. From professional to personal relationships with the staff, I have been able to grow not only as a person but as dog owner myself. I have been included in Christmas and Valentine's Day celebrations, and have been able to make close relationships with my mentors, which I will value for the rest of my career. I was able to have people take a chance on me to provide services to their animals, and I was able to succeed thanks to the constantly positive environment.





MY GROWTH AS A "PROFESSIONAL"

I grew as a professional in many ways. One of these was entering into surgeries. Since I want to follow a path with Anesthesia, the best place to see it in action is in the actual operating room. I went into several different surgeries like Neuters, Spays, and Knee Replacements. I also saw many different forms of surgery such as using a scope and going laparoscopically, or doing the normal methods, which include larger incisions. While all of this was happening, I was able to stand at the table, and while watching the surgeries, I was able to see how the Anesthesiologist takes notes on vitals such as blood pressure, heart rate, and more! It was an amazing experience to enter into surgeries even at the age of 17, which I feel helped me to gain more knowledge and confidence.











































HIGHLIGHTS (with cuties)









WHAT MADE IT REAL

Everything about this internship made it real, but I would say what made it the most real was to go from only watching and observing to actually getting to work on animals. Doing my first blood draw and doing my first sedated exams are what made it real, especially when I was the one doing all the work/being told what to do instead of being shown and just watching.







DID IT HAVE AN IMPACT ON ME?

Yes! This position definitely had an impact on me. I think sometimes people tend to forget that it is not all sunshine and rainbows when working with other people's animals. I had days where I set up rooms for Euthenaisa and had to help wrap and move dogs, who had passed away into a seperate area of the hospital. I think these days helped me to really understand that these animals are important, and helped me to understand the position of a vet tech to a better extent.





Thank you Chris Flaherty and the team at VACC for truly making my senior year unforgettable. I value every lesson you taught me, and every chance you took on me, and I will forever remember this internship!







Broad Reach Outpatient Rehabilitation



What I Learned

What I have learned at Broad Reach has been special. I have connected with people and learned about the different communities here. All of this peaked my interest about a career in the medical field, for example, tailoring and providing the best care for individual patients.



What I Learned

I learned how joint replacement work proceeds, and how long it takes to recover fully. The professionals at Broadreach are able to go into the process of teaching and making me understand that replacements are not a one day fix. There is a period of recovery time that comes into it and certain consequences that come with it as well. Usually after a replacement, the body needs to start adapting and adjusting to it. This can cause swelling. To improve the recovery, the patient must do stretching and physical therapy exercises. The patients must work slowly, but not allow themselves to get lazy.

Reflection

I really learned from the environment that I was in. I have a better understanding of how Physical Therapy works. It is not only about fixing people's physical problems. It is about communication and the love you have for those people and understanding their lives and how much your helping them means to them. You connect with their emotions for better communication. I spent a great deal of my time communicating with people.



Analyzing

Analyzing my time at Broadreach, what I continuously saw is how people really care about the patient they take care of. They really love their jobs, spending their energy and time to improve their patients' lives.



Growth

My internship opportunity sparked my interest because I wanted to learn more about the human body and certain joints, body parts, and stretches that would help with my athletic career. Playing football you get injuries. Understanding the benefits of PT and learning some techniques for treatment will help me should I get injured. My growth was really looking in at the emotions of people. Some were sad and some just had to go with the process. It really takes time to build yourself and let people take care of you. Some things you cannot do alone.

Thank you, Ms. Armstrong for this opportunity.

Thank you, Broadreach!

especially Ms. Donna And Mr. Micheal, John, Wendy, Lidia, and everyone else who mentored me.

CAPSTONE PROJECT



Abby Archer

What I did

During my internship at the bank, I gained hands-on experience with daily banking operations. I assisted with customer service by greeting clients, directing them to the appropriate departments, and helping answer basic questions. I also helped organize and file important financial documents, shadowed bank tellers to observe how deposits and withdrawals are handled, and learned how accounts are opened and maintained. In addition, I was introduced to the basics of financial products like savings accounts, checking accounts, loans, and credit. This experience helped me understand how banks function and how they support individuals and businesses in managing money.

What I learned

Through my internship at the bank, I learned how important organization, professionalism, and communication are in a financial setting. I gained a better understanding of how banks operate, including how accounts are managed, how transactions are processed, and how customers are supported. I also learned key financial terms and concepts like interest, credit, and loans, which helped improve my financial literacy. One of the most valuable lessons I learned was the importance of teamwork. The teamwork at the bank was excellent—it was great to see how everyone worked together to make sure customers were helped quickly and treated respectfully. This experience showed me how strong collaboration leads to better service and a more positive work environment.

My experience



My internship at the bank was a great experience. I really enjoyed my time there and learned a lot. One of the best parts was the people I met—everyone was very kind, supportive, and welcoming. They made me feel comfortable and helped me understand the work environment. I would definitely recommend this internship to anyone interested in banking or business. It was a valuable opportunity that gave me a better idea of what it's like to work in a professional setting.

Reflection

Looking back on my internship at the bank, I'm proud of how much I learned and grew in a short amount of time. This experience gave me a real-world view of how the financial industry works and helped me build confidence in a professional setting. I learned how to communicate clearly, stay organized, and work as part of a team—all important skills I'll carry with me. Seeing how the staff worked together to support customers made me appreciate the importance of good service and strong teamwork. This internship also made me more interested in possibly pursuing a career in finance or business in the future. Overall, it was a valuable and eye-opening experience that taught me a lot about both the banking world and myself.



I want to express my gratitude to my mentor, Chris, for providing guidance, answering my questions, and making me feel welcomed throughout my internship. Your support had a meaningful impact on my experience, and I truly appreciate the time and knowledge you shared!!!

KINLINGROVER

COMPASS

Company and Mentor Information

Kinlin Grover Compass is the number one real estate company on Cape Cod. Sandra Tanco is their number one real estate agent on Cape Cod and has also been the number one agent in Harwich Port for many years. She has been a full time Realtor for over 30 years.



What I Learned

During my internship with Sandra Tanco, I learned what it is like to be in the real estate business. You need to work with both seller and buyer clients. When working with sellers to list their homes, there is work that happens behind the scenes. Realtors work to market the properties by advertising in newspapers, magazines, postcard mailings, online advertising, and by doing open houses.



Reflection

I spent my time both in and out of the office. I made logos for different high end properties and subdivisions. I also went to appointments with my mentor. It was a good learning experience seeing what it takes to list houses on Cape Cod and also work with buyers who are looking to purchase a home. Working in real estate is a job that often requires working seven days a week to make sure your clients are taken care of.

Performance

I believe that my performance was good. I was able to do custom logo design for them that would have cost \$4,000 if it was created by the Compass marketing team. I was able to meet the deadlines for the logo designs. They were approved by the owners of the properties, and they were also very happy with the designs. The logos will be used to market the properties in advertisements and brochures. One logo will be used for a new subdivision in East Harwich and will be placed on the sign at the entrance of the street.

Sample Work

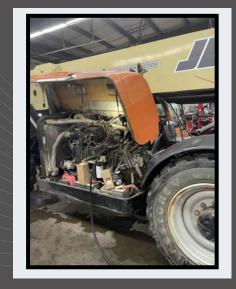






Thank you to Sandra Tanco for giving me this opportunity.





MIELCARICS



LINCOLN BARRY

Internship Overview

During my senior year at Monomoy Regional High School, I was given the opportunity to work with Cape Cod Truck to learn more about working on vehicles. It also allowed me to leave school and get hands-on work experience.



Importance of Safety

Throughout the time spent at my internship, I learned so much about working on trucks and vehicles in general; however, the most important thing I learned was how to work safely, and that it requires time and patience. When working on vehicles, it can often be unpredictable and sometimes dangerous, and it is important to always be careful.



What I Learned

 I learned general information about trucks and what certain parts do by working with the mechanics.





• I got to work on fixing/replacing parts.

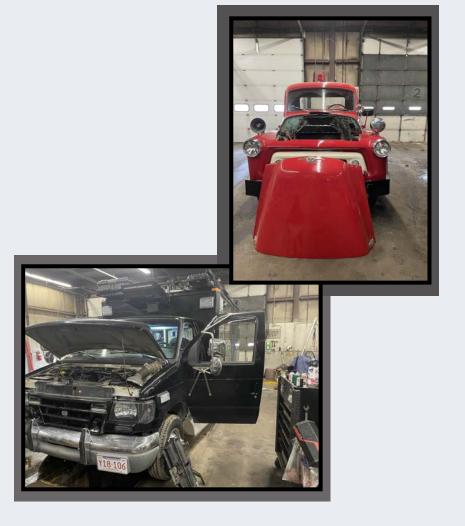
- I developed skills to identify different issues with vehicles.
- I experienced working with all kinds of different tools and equipment.

I learned how to properly and safely work on vehicles and the importance of it.



Reflection

Overall, I really enjoyed my internship, and think that it was an amazing opportunity. I had a great time. It taught me many useful skills, and I am grateful to everyone who helped me along the way.



THANK YOU



About Cape Cod Chokers



Location: Orleans, Massachusetts (next to Viv's Kitchen)
What It Sells: Cape Cod Chokers offers a range of handmade
products, including clothing, bikinis, jewelry, and beach lifestyle
items. Each piece is silkscreen printed and carefully crafted in
Cape Cod, with every design created by Katie, the owner. The
shop opened in April and continues to bring the beachy vibes to
locals and visitors alike. In addition to the physical storefront,
Cape Cod Chokers was also featured at the Orleans Artists
Cottages during the summer.

Mission: Our mission is to bring the essence of Cape Cod to life through unique, handcrafted products that celebrate the beach lifestyle. We aim to provide our customers with stylish, sustainable, and locally made pieces that embody the spirit of Cape Cod.



During my internship at Cape Cod Chokers, I gained a wide range of hands-on skills that helped me grow both creatively and professionally. I learned how to make jewelry with attention to detail, efficiently fulfill and package both retail and wholesale orders, and manage the backend of an e-commerce website. I also gained experience modeling products and creating content for social media, which boosted my presence online. Most importantly, I developed strong business communication skills by working closely with my mentor and learning how to represent both myself and the brand professionally.















During my internship, I also gained valuable experience in professional content creation. I helped film behindthe-scenes footage for Cape Cod Life magazine, modeled jewelry, bikinis, and clothing for various shoots, and acted in an ad for the Cape Cod Guidebook. Along the way, I learned practical skills in posing, on-camera presence, and the modeling and acting industries.













These hands-on
experiences
taught me how to
present myself
confidently and
work
collaboratively on
professional
creative projects.

growth as a professional

During my internship, I experienced tremendous growth as a professional by learning how to create high-quality content, manage business communications, and represent a brand with professionalism and creativity. I took on responsibilities like packaging orders, working with wholesale clients, modeling, and filming for advertisements, which gave me real-world experience and confidence in a professional setting. What made it all feel real was the trust and responsibility I was given, I was not just an intern, I was treated like part of the team. During the course of my internship, I started my TikTok account to help promote Cape Cod Chokers, and through consistent, authentic content, I quickly gained a following, growing to over 100,000 followers and officially becoming an influencer.

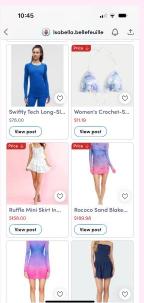
My tiktok @isabella.bellefeuille 96.7K 6.9M Following Followers hi friends isabellabellefeuille@gmail.com insta: @isabella.bellefeuille 同 Ditl 🤎

page

What Makes It "Real"

Growing my following on TikTok has opened up a steady stream of income through commissions with companies like LTK and Evry Jewels. As my content gained traction, I began earning money whenever people purchased items through my links, creating a reliable commission-based income. In addition to that, I have started receiving collaboration offers where brands send me free products in exchange for exposure, while it is not direct payment, it is still profit since I get valuable items at no cost. This growth has allowed me to turn my social media presence into a real source of income and opportunity.





My LTK account which features my content and shoppable links that I earn direct commission from





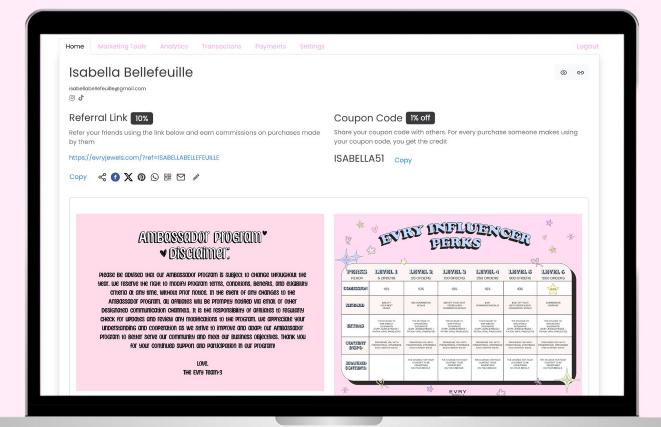


Pr packages I have recived for free



This is an example of one of my ambassador dashboardsspecifically from Evry Jewels. Within this dashboard, I can view all of my analytics, including earnings, referral clicks, and completed orders. Each brand I work with, like Cape Cod Chokers or LTK, has a similar system that helps ambassadors track performance and engagement. These tools allow me to monitor how well my content is performing and adjust my strategies to better connect with my audience and drive results.

Influencer Analytics





During my internship, I not only learned what it is like to work in retail sales, but I also gained valuable experience working behind the scenes to help Katie grow her

business. This was an especially influential year for her, as she officially opened her first store after doing popups for the past eight years. Being part of this major milestone allowed me to see the hard work and planning that goes into running a business. I have also used the skills I have learned to grow my own platform as an influencer, and Katie has taken on the role of my social media manager to help with my professional partnerships and communication. Together, we have formed a strong team, and we plan to continue working together even after the school internship ends.







Methodip Tellection and my Perkonnance

My internship at Cape Cod Chokers has been one of the most impactful experiences of my life. I not only learned hands-on skills like making jewelry, packaging orders, and managing the website, but I also stepped into the world of social media marketing and content creation. I took on real responsibilities—from modeling and filming for ads to helping promote the business online, which led to a huge personal milestone: growing my own platform to over 100,000 followers and creating my own business. Reflecting on my performance, I believe I showed growth, creativity, and commitment. I took initiative, stayed open to feedback, and consistently pushed myself to do more. I am proud of how far I have come and incredibly grateful for the guidance and encouragement from my mentor, Katie. This internship has not only shaped my professional path but also helped me grow personally.



Thank you, Katie!

Thank you so much, Katie, for being such an incredible mentor throughout this internship experience. Your kindness, support, and willingness to teach me every step of the way has meant the world to me. You believed in me, encouraged my ideas, and helped me grow both professionally and personally. From teaching me how to make jewelry to guiding me in content creation, business communication, and managing my own brand, you have gone above and beyond. I am especially grateful for how invested you have been, not just as a mentor, but as someone who truly cares. I have learned so much from you, and I will carry these lessons with me forever.

Capstone Project

Ashleigh Bourgea

<u>Overview</u>

During my school year I actually did two different internships. From the second week of school to mid-December I was at Harwich Elementary with Ms. McMahon's third grade class. Once I came back from Christmas break, I worked with my mom who is the executive director at HECH, a local non-profit that helps provide affordable housing and resources for local, struggling families. I have decided to include both of my internships in this project because I believe I learned a from both.



What I Learned

Elementary School

I learned how to communicate efficiently with younger children, as well as to adjust lessons quickly and creatively to help solve minor issues. I learned to work as a team with the teachers and helper teachers in the room. I learned flexibility and patience, as students tend to have unexpected emotions/reactions to things.

HECH

I learned about the housing crisis especially on Cape Cod as well as how nonprofits work. I learned about the application process and requirements for these houses and the basic resources some families need. I also gained empathy and compassion for these families struggling for basic needs.

Reflection and Analysis

Harwich Elementary

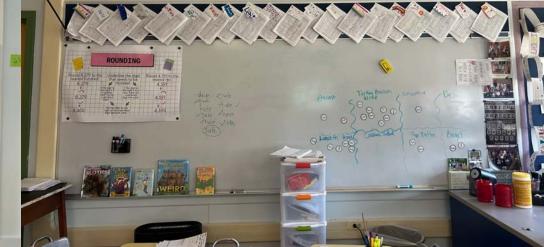
During my internship at HES I helped around the classroom whenever I could. I would grade work, pass out papers, copy/print classwork, walk students to and from specials, help other 3rd grade teachers if needed, help students with work, set up stations and help teach a station, and most importantly to be a kind, patient, supportive, and helpful intern.

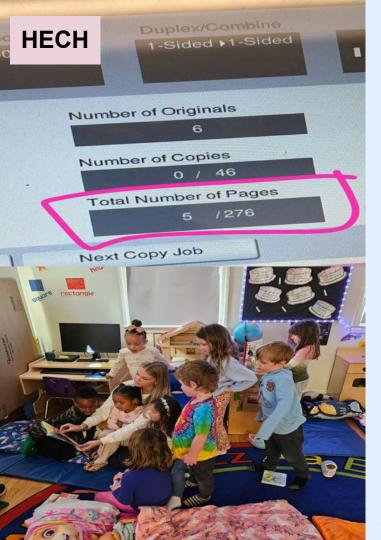
HECH

At my internship with HECH, I mainly helped with the marketing, but I would also help around the office when needed. I would help create flyers, organize paperwork as well as print/copy papers, and even help out at The Children's Center, a preschool HECH owns when needed.









Housing Emergency Loan Program

"From a house to home"



How to qualify:

- Must own a home in one of the listed towns (must be primary residence)
- Have an active homeowners insurance policy
- Be up to date on both, real estate taxes and water bills or be on a town payment plan
- Meet income guidelines →

Contact Martha @



martha@hech.org

"Allowable" HELP repairs:

- Roof, siding, and windows to ensure water tightness
- Upgrade failed electrical and plumbing
- Replacement of failed heating and hot water systems

Emergency help offered

- in:
- Eastham
- · Orleans
- · Yarmouth

Household income requirements per person:

- 1- \$68,500 4- \$97,800
- 2- \$78,250 5- \$105,650
- 3- \$88,050 6- \$113,450

Housing Emergency Loan Program

"From a house to home"

Before:



Emergency help offered in:

- Eastham
- Orleans
- Yarmouth





Find more information and ways to qualify here on our website:













What Made My Internship "Real"

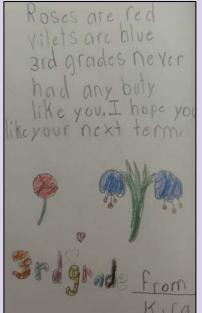
At my internship at HES it felt very real because every time I got there I felt like I was taken back to elementary school myself. From everything being small like the desks and chairs to the colorful classrooms covered in student work and rainbows. It was cool seeing it from the "other side" though, being a part of teacher conversations and grading work feeling like a real teacher.

During my time at HECH, learning about all the families struggling in our community on Cape Cod really opened my eyes. Seeing and hearing about the things they need and their struggle to afford them was a new, but very real thing to learn about. Also, learning about how nonprofits work and all the time, effort, and fundraising they plan to be able to continue helping our community was amazing to see.

Impact on My Life

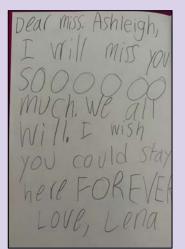
My whole life, I have loved younger children and the bond I was able to create with my 3rd graders in only a couple months definitely made an impact on me. From just hearing their little voices sing happy birthday to me and calling me Ms. Ashleigh, to all the drawings and crafts I received are all things that made it worth it, even though I may not be going to school to become a teacher. On my last day there I received cards from each student and have found myself going back to read them months later because of the genuine kindness and innocence these students have. Even on the days when I was silently trying to re-learn fractions, struggling right there with them, it truly was such an amazing experience that I will never forget.

Some of my favorite cards!!





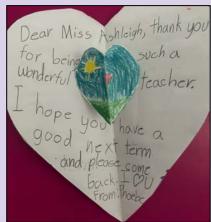














THANK YOU



Ms. McMahon and HES

Kim Bourgea and HECH

and most of all

Ms. Armstrong and MRHS for giving me these opportunities.



Social Media Marketing Internship

2 Jomamas Orleans





Jomamas New York Bagels







Background and Facts

cano



Jomamas is a locally owned breakfast and lunch place located in Orleans. Opened in 2000, Jomamas has been a go to destination to grab bagels and coffee, as well as their large variety of lunch sandwiches. This coffee shop is known for great coffee and a friendly vibe, making it a local favorite.

My role - media and marketing





Social Media



- Ran Instagram account
- Made designs like these to attract customers to deals and showcase new items
- Helped at strolls and social events to get publicity



Advertising

I used multiple steps to complete each advertisement. Canva was the main app that helped me achieve these. I used pictures taken at Jomamas to showcase the food and merchandise available, as well as worked with my mentor on deals to keep customers intrigued.





What I Learned

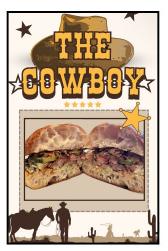
In marketing, it is very important to:

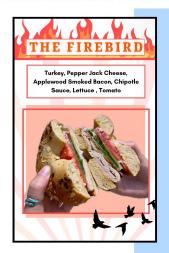
Know your audience - to reach attention of viewers you must know what they like and are interested in to keep them intrigued

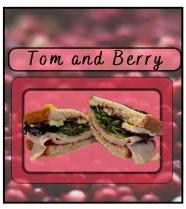
Keep your audience engaged - making deals and interactive ads grab viewers' attention

Be creative - making ads visually pleasing is one of the most important steps into grabbing someone's attention. Ads pop up very frequently so making one that is unique and engaging is key.

Sandwich advertisements I made:









Reflection

After spending this year interning at Jomamas, I have learned so much. Not only did this internship make me decide to major in marketing for college, but it also gave me a chance to explore my ability in digital design. I learned which designs interested people the most, as well as how to use different design apps.













During my digital marketing internship at Jomamas, I experienced substantial growth in connecting with the local audience of Cape Cod. I sharpened my skills in crafting engaging social media content that highlighted the food and merchandise Jomamas offers, which significantly boosted our online presence. This role not only improved my digital marketing skills, but also taught me the importance of personalized, community-focused marketing.



Thank you mentor!

Thank you, Dad, for being an awesome internship mentor! Your guidance and support helped me navigate everything I did. I appreciate you sharing your time and giving me feedback. It made a big difference in my growth and understanding of the digital marketing field and what it feels like to work with a real business. Thanks for believing in me!

CAPSTONE PROJECT 2024-2025 CHATHAM COUNCIL ON AGING



Emily Brophy

OVERVIEW

MISSION STATEMENT

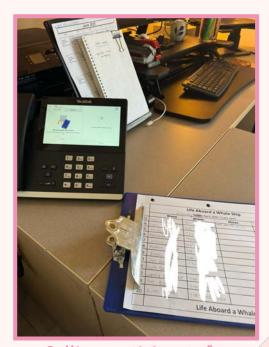
WE SUPPORT CHATHAM RESIDENTS AGE 60 AND OVER WITH A RANGE OF HEALTH AND WELLNESS, SOCIAL, EDUCATIONAL, AND OUTREACH PROGRAMS AND SERVICES TO ENHANCE THE QUALITY OF THEIR LIVES. WE WELCOME THE SUPPORT OF CHATHAM RESIDENTS OF ALL AGES TO PROMOTE OUR MISSION THROUGH COMMUNITY SERVICE AND RESOURCE DEVELOPMENT.

Since 1974, the CFAL has had an overarching goal of uniting the community and enriching the lives of individuals who are over 60/those who are caregivers. Something that the COA does to promote this is to offer programs that are health and wellness oriented, promoting congenial, social, and educational opportunities.



WHAT I LEARNED

Throughout my time at the Council on Aging, I learned an abundance of skills that have helped me tremendously in just a short time and will continue to help me for the rest of my life, such as organizational and communication skills. I also learned about what goes into the daily planning at the COA and all of the behind-the-scenes work, along with how we work with the town to make Chatham a better, more inclusive space for everyone. I learned how to answer the phones, operate different software, schedule programs, and



Calling participants for one of our programs to confirm attendance!

REFLECTIONS

When I had to switch my internship in the middle of the school year, I was extremely nervous and hesitant to make the change, despite knowing that my previous placement was not the right fit for me. Looking back now, I wish I could tell January me that it is going to be the best decision that I could have made.

From my first day at the COA, I knew that it was going to be a blast, and I was not wrong. Every staff member welcomed me with open arms and made me feel as though I had been there for years. My absolute favorite part of my internship is seeing our participants every day and being able to make them smile or laugh because making a difference for them, even if small, was enough for me. I truly would not change anything about my experience, and I wish that I had even more time with them!

PERFORMANCE

- I believe that throughout my time at my internship, I displayed good teamwork and communication skills, while also learning how to improve.
- In the beginning, it took me a while to get the hang of things around the COA, but once I did, I was able to contribute more to the everyday planning and organizing.
- As my internship continued, I was eventually able to be a part of our program called Ryders
 Cove Respite, an adult supportive day program that we hold twice a week. This is something
 that I look forward to every week, and it brings me so much joy to spend time with our
 participants and help them.
- I know that I performed to my best ability, even on hard days, and I could not be more grateful for this opportunity.

MY GROWTH

I grew and improved in many areas throughout my time at the COA, but I believe the most prominent ones are my time management and communication skills. Communication skills are not easy, but I have improved so much over the last few months due to my consistent communication with the managers, staff, and participants at the COA. Because of my incredible internship experience, I know that I am ready to take on the next chapter of my life more confidently and seamlessly. Also, working with our participants every day has helped me gain extensive knowledge on how to help people from different backgrounds or who have different struggles, something that is very important for my future career in psychology. I am committed to Fairfield University to study psychology this fall, and I feel more confident heading into college knowing that I have a good experience to rely on.

WHAT MADE MY INTERNSHIP "REAL?"



A poster that Luli & I made for a participant in RCR who was moving on!

What made my internship real for me was being able to see my work on display and seeing my personal growth. Whenever I wou finish a task, especially if it was challenging, it made me feel accomplished, and the staff were always so supportive of me.

Something else that made my internship feel "real" was my entire time in Ryders Cove Respite. This program was such an honor to be a part of and I am so happy that I could bring some joy to our participants, even on their hard days. Talking to them and watchis them flourish was always so rewarding and they truly helped me gain a new perspective on life. I am so appreciative of everyone in the program and our staff for opening these new doors for me.

IMPACTS



My internship has had an incredibly positive impact on my life and will continue to impact me as I move onto the next chapter of my life. Every day that I spent at my internship was a learning experience for me, and I was always learning something new or given the opportunity to practice what I had learned. Every individual staff member at the COA taught me something new, gave me advice, or made me laugh when I was having a bad day, and I will forever be thankful to each and every one of the staff.

Senior Capstone Varney Group LLC

Braden Burke

What is the Varney Group LLC?

The Varney Group is a small local accounting firm in Chatham Massachusetts. They provide accounting and tax advisory business services for Cape Cod businesses and personal taxes.





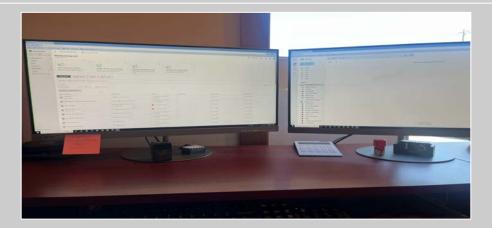
What I Learned

During my time with the Varney Group, I have learned about managing finances for businesses and personal finances. I learned and used Quickbooks to track the transactions, see all the financial reports, and use it for everything I do online. I now have a better understanding of accounting rules, which has sharpened my skills in thinking critically and fixing problems in the real world.



Reflections and Performance

Throughout my internship I grew as a person greatly. I learned what it is like to be part of a business and do actual work for companies and clients. I am proud of how quickly I have picked up these skills and accounting tasks. This all would not have been possible without my two great mentors. My carefulness helped me make the financial records more accurate, and I always have something to do to help contribute to the business.



Projects

When I had internship on Tuesdays, we had another accountant in the office so the computers were all full. On these days I would go in the back and file and create new boxes for all of the 2024 and 2025 businesses and personal folders. This was a big project that I have done throughout the year. I created new boxes and new folders with labels and helped organize the whole back room.





Highlights

My highlight of the Varney group is going in every day and always contributing. It is always enjoyable because while we work we watch trials and sports updates so there is always something to talk about and listen to. Another exciting part of my internship was on Monday and Tuesday mornings when I got to go on the morning runs with one of my mentors. We would go to multiple local restaurants and exchange paperwork. This is so exciting because I get to see what goes on in the back of restaurants, and I also got to meet chefs, workers, and owners of the restaurants.

What Made It "Real"

What made my internship real was handling real financial data and contributing to real audits. It was not just practice; my work directly impacted the company's financial health. I had real responsibilities and expectations, just like a full-time employee, which made the experience both challenging and rewarding.

Conclusion

In conclusion, my internship was an invaluable experience that exceeded all of my expectations. I loved every moment, learned so much, and I am very grateful for the supportive and knowledgeable mentors that guided me. This internship has not only taught me practical skills and a solid understanding of the accounting world but has instilled in me the confidence and readiness to tackle real-world challenges in my future career of business.





PIERCE COTÉ ADVERTISING AND MARKETING INTERNSHIP

Anna Carey

BACKGROUND/PROFESSIONAL

My internship placement was at Pierce CotéAdvertising with Lisa Smith. I interned there for a full year and the summer! Throughout my time, I learned more and more about marketing. It helped me realise that I wanted to continue marketing as my future career.

MY ROLE / WHAT I LEARNED

As an intern at Pierce CotéMarketing and Advertising Agency I learned how to make social posts from a business perspective, look through creative slides, attend photo and video shoots, and learn more about all aspects of marketing.

I was able to work on a photo and video shoot for an advertisement on TV! I watched the set up, the actual recording, and the break down. I was able to learn about what when on behind the scenes of the ads you see on tv!

I was able to see the behind the scenes of Cape Cod Gateway Airport adding new flights with American Airlines! They now have flights going to Chicago and Philadelphia!

HIGHLIGHTS/REFLECTIONS









PERFORMANCE / WHAT MADE IT "REAL"

- · I engaged in any project given to me and asked questions to learn more!
- I participated in meetings to learn more about projects assigned.
- Overall, I learned the different branches of marketing and how each work.

THANK YOU, LISA AND THE STAFF OF PIERCE COTÉ ADVERTISING!

Harwich Recreation

Ryan Casey 2024-2025



What I Learned

How to keep many programs organized on a spreadsheet.

The many different activities and programs the Rec plans for the youth of Harwich.

Creating flyers for the different sports, i.e. baseball, softball, pickleball, volleyball, field hockey, and basketball. It was important to be clear about how to sign up, the cost, and when the activity was scheduled to meet.



Reflections on My Experience

It was a really fun experience. Every day was different so I never knew what to expect. I enjoyed exploring the ponds and beaches around Harwich so we could count parking spaces, or put up signs about getting beach stickers.

The best part was working with my mentor, John Losey, because he is really good at his job and taught me about how things run at the Rec.

My least favorite part was some of the data entry and computer work. I learned that I prefer being busy and interacting with people. I liked the "hands-on" activities much more.



Performance

I did not know much about using Excel or Canva at the beginning, but I got more comfortable with it as time went on, and I will use these skills going forward.

I think my mentor would say that I was always willing to help and asked questions if I was not sure about something.

RECREAT



INDOOR FIELD HOCKEY AT 204 SISSON RD. GYM. HARWICH

WEEKLY GAMES WITH SKILLS & DRILLS

WEDNESDAYS, JANUARY 8TH-FEBRUARY 12TH

Grades: 4:00-5:00

REGISTRATION NOW OPEN AT harwichma.myrec.com

\$40 RES \$45 NON-RES

Equipment Needed: Stick, Mouth guard, & Shin Guards. (Extra Equipment will be provided on a first come, first serve basis.)

Harwich Recreation | 100 Oak Street Harwich, MA | 508,430,7553 | rec@harwich-ma.gov



@harwich_rec

f Harwich Recreation

Impact

Doing an internship as part of my school day was a great experience. I learned about time management and the importance of being on time.

It was especially rewarding when a person stopped me at Brooks Park to say "thanks and good job" when I was picking up trash around the fields and park.

I liked the personal responsibility of showing up at the Harwich Rec and helping my mentor every day.





My mentor and me as Sandy the Seal when we made an Instagram video

THANK YOU HARWICH RECREATION and JOHN LOSEY!!

Cape Cod Hospital Internship

Sophia Cohrs

Radiation/Medical Oncology and Mugar 6



An Overview of My Internship Experience

I was only available for a semester (second semester), but in my experience I was able to gain so much knowledge on many different aspects and topics in the medical field. I began at the Davenport-Mugar Cancer center in the radiation oncology department where doctors and radiation therapists conducted radiation treatment. I was also given the opportunity to go to the medical oncology department. There I was able to shadow doctors and NPs while they consulted with patients, as well as see the work of dieticians, social workers, and therapists.

After almost two months bouncing between those two departments, I was moved to Mugar 6. Mugar 6 is a specific floor and section of the hospital where most patients are recovering from surgery, orthopedic issues, or neurology. On this floor, I worked more closely with patients, was taught less on the specifics and more of the bedside care. Some of the tasks I was given were to organize, clean, and provide patients with items they may need.



Many of the doctors and nurses at the Cancer Center were helpful in taking time to teach me how cancer grows, the basics of the different types and stages of cancer, and the details of treatment methods.

One of the most interesting things I had learned about was the process that cancer cells undergo when radiation and/or chemotherapy is provided to a patient.

A specific NP, Emily, helped to teach me more about breast cancer and some of the specifics that vary for each patient. One day that was extremely impactful was when she took time out of her day to

teach me about the (Her2) receptors.

research as my Global Studies capstone theme.

She was able to

answer questions

that ultimately lead

to me choosing

breast cancer

treatment and



I have learned more than I could imagine throughout my internship experience!

I have experienced different settings in the hospital along with different positions/jobs that are available. Among these things that I have learned, I was able to gather what positions I would be comfortable and excited to work in. It has helped to prepare me for my pre-medical experience in college and excited me to learn more about the medical field (what my career could look like).

Highlights from My Internship!

- ~ Learning the details and intricate parts about cancer research and radiation
- ~Watching the transfusions and how nurses deal with the patients that go through chemotherapy
- ~Hearing patients stories and how many have beat cancer
- ~Being mentored by so many different healthcare workers that show how much passion they have for their job



Analyzing My Performance

Although I was only strictly able to do non-clinical work, I was taught about how patient care is one of the most important aspects, especially when working with in-patient areas. Some of the things that I felt were simple tasks like getting medication from the pharmacy, grabbing hygienic items, or even just snacks and drinks were things that are important for patients to feel as comfortable and restful as possible when spending days/weeks in the hospital.

A picture of the paper that I followed when interning at Mugar 6 EDIT-(Ms.Armstrong, I will put it in once I get a copy of it today)



Did anything from your internship impact your life?

An experience that had an impact on my life and the choices that I will make in the future came from the cancer patients themselves and the advice that the medical professionals had to give.

One patient mentioned the difficulties that she was struggling with and although I cannot say specifics, the patient's life story altered much of my perspective on life and how it should be lived to the fullest.

Another moment came from a nurse giving advice for my future to "focus on what you love" and how a career in this field should never be done for money. I believe that it will stick with me and help me as I choose every next step in my career, and to evaluate if it is something I truly love and aspire to do.

My Favorite Experience

On Friday mornings, both the medical and radiation oncology doctors, nurse practitioners, and registered nurses of those units meet to discuss patient care and agree on what plan that patient should undergo.

Being able to attend one of these was one of the most informative days in my whole semester of interning.

I saw CT screens where I was shown tumors and large cancer cells as well as how the doctors communicated their ideas for what combined treatments (medical, radiation, or both) that the patient should receive.



Depending on the form of cancer, this is what the CT scan could look like. (Cancer under the tongue was very common and typically received radiation).

My Placement

I was able to feel that my placement at the hospital was real through so many chances.

→ Working closely by nurses and NP's

This allowed me to understand how close they work with their patients and how important their role is for everyone.

Seeing doctors carefully curate a treatment plan

Doctors plan out if a cancer patient needs chemotherapy, radiation, or both, which helped show me the decisions they make daily.

Thank you!

Nurse Manager, Meredith

Clinical Leader, Wayne

Managing Nurse, Barb

Nurse Practitioner, Emily Gomes

Dr. Ethan Glazener



Thank you so much to my mentors (and many others) for making this an unforgettable experience.

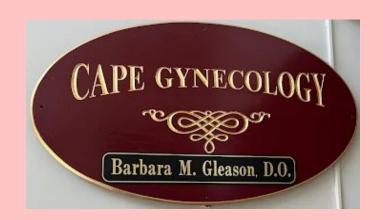
Internship Capstone













Located: 19 Bay State Ct, Brewster, MA 02631

Specializes in women's health and gynecological services including:

- Annual exams
- Treatment of abnormal periods and fibroids
- Management of abnormal pap smears
- Birth control counseling
- Pelvic pain
- Vaginal infections
- Ovarian masses
- Treatment of endometriosis
- Infertility evaluation
- Menopausal issues

Cape Gynecology



What I Learned:

- I learned what real world work office flow is like
- The importance of maintaining a professionalism and patient confidentiality
- Improved communication skills in uncomfortable or sensitive situations
- Gained insight on common needs in women's healthcare
- Learned how medical charts work
- How different procedures are setup and executed

Performance:

Although at times during my internship I was nervous to be shadowing procedures, I feel like I have learned so much and it has made me more comfortable doing things that I do not want to. I am so glad I pushed myself out of my comfort zone to ask questions, and to not be afraid of being wrong. This was a great opportunity for me to learn more about this field.

Reflections

Interning at Cape Gynecology was a great experience for me to learn more about the medical field and grow into what I am passionate about in nursing. This experience really taught me so much about working in a doctor's office, as it can be different than expected. I am so glad I got the opportunity understand and help comfort patients with their struggles.

Professionalism

I think this experience helped me gain a more professional point of view in the medical field. During my placement I completed HIPAA security and privacy training, as well as OSHA training. These taught me the importance of keeping patients' information safe, as well as the consequences if not followed.







Highlights

- Shadowed Endosee procedures with an endometrial (uterus) biopsy
- Learned how IUD insertion works, and got to use demonstration units.











Impact on Life

What Made My Placement "Real"

My internship at Cape Gynecology impacted my life in many ways. I learned that most medical practices are not how most people expect. Interning at Cape Gynecology showed me that I definitely want to pursue a career in nursing, as well as discovering new interests in my nursing career.

What made my placement "real" was the patients and the facility at Cape Gynecology. My placement made my interest in the medical field real and not just what I want to study when I go to college. This internship made me want to learn more, and to be excited about my future as a nurse!

Thank You, Cape Gynecology!



Caleb Escher 5/12/2025



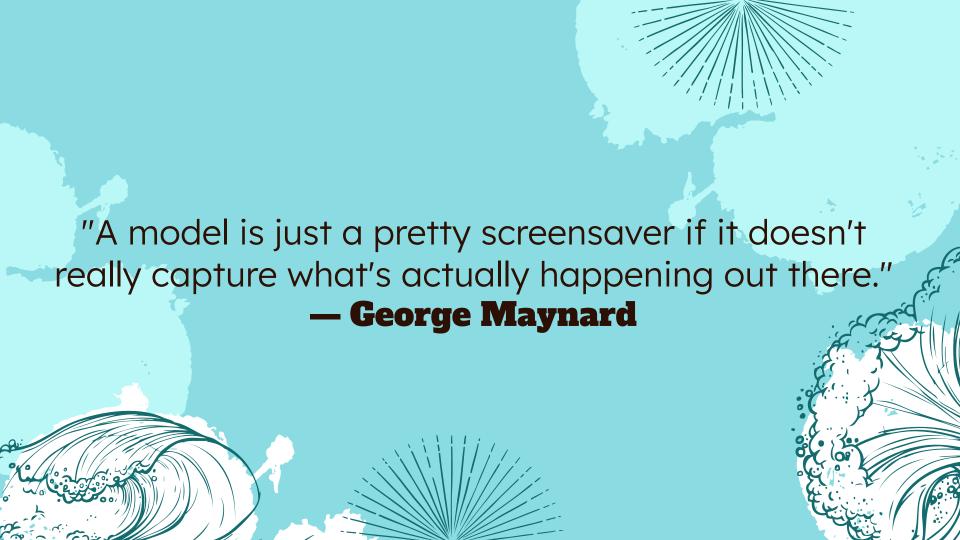
Why eMOLT?

I have always been interested in engineering and the ocean. eMOLT gave me the chance to be involved with both. This internship allowed me to get out of the classroom and see first-hand how technology can help improve commercial fishing and scientific research.

What is eMOLT?

- eMOLT stands for Environmental Monitors on Lobster Traps and Large Trawlers.
- It is a collaboration between scientists and commercial fishermen to collect ocean data and better understand changes in the marine environment.
- The sensors that are installed collect subsurface data like bottom temperature, currents, and dissolved oxygen.







- I helped install sensors on commercial fishing and research vessels around Cape Cod.
- I analyzed data from temperature and oxygen sensors.
- I attended a presentation where fishermen and scientists shared the research that had been collected through the eMOLT program.
- Weekly emails about individual data points helped me understand how complex the ocean can be.

What I Learned

- How important data below the surface is when trying to understand marine ecosystems.
- How close the connection is between ocean conditions and the behavior of marine species.
- Many useful skills like installing sensors, understanding oceanic graphs, and safety aboard vessels.
- A real-world application of engineering and its importance in monitoring the environment.



Research Vessel Gemma

The R/V Gemma is a big part of the Marine Biological Lab's work. It is used to collect marine life, like squid, and supports hands-on learning for students. It is important for both research and education at MBL. It was the first boat I helped install eMOLT technology on in Woods Hole.

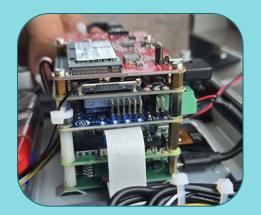




Data Hub



This is the data hub. It wirelessly connects to the sensors, receives real-time data, and clearly displays it on the screen for easy viewing.



The data hub runs on a Raspberry Pi, which is like a mini computer, along with a few additional components that help its operation.



On the Gemma, the data hub was hardwired into the boat for power, but it also has an AC adapter that allows it to be plugged into an outlet.

Temperature Logger



This is a temperature logger, it measures water temperature as it goes down and sends it back to the boat.



This is a newer version of the temperature logger; it uses this metal pin to measure the temperature of the water.



The logger can record data continuously as it descends through the water, measuring the temperature of the entire water column.

Mounting



The logger is placed in a protective PVC case to prevent it from being damaged.

This plate is welded to the boat.

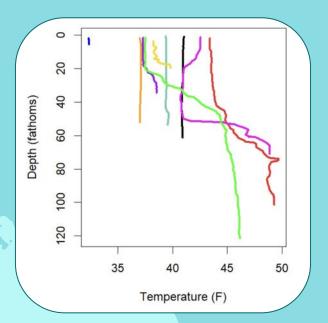


This can be mounted to the boat either by welding (left) or using U-bolts (right).

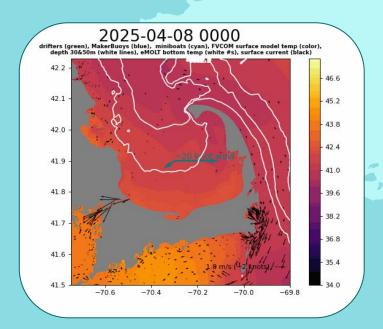


This one was mounted using U Bolts

Collected Data



The logger records temperature as it descends, showing how it changes with depth—usually warmer at the surface and cooler below. Currents can warm deeper water, which is valuable information to know.



gif showing movements of of drifters (green), MakerBuoys (blue), and mini- boats (cyan) along with FVCOM modeled surface temps and currents, and eMOLT bottom temps (white numbers).

Reflection

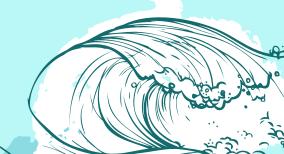
This internship was a valuable experience that taught me hands-on skills and allowed me to gain practical experience. At first, I was a little unfamiliar with what I was doing, but as time went on I learned so much and improved greatly. This experience not only improved my understanding of the ocean, but also helped me develop professionally. I can see now how technology can help small businesses on the Cape.



Real Impact

For more than 30 years, eMOLT has gathered millions of temperature readings and thousands of salinity and current measurements to help us better understand the ocean. One of the boats I visited recorded one of the lowest subsurface temperatures this year, giving scientists new insight into changing ocean conditions.





Personal Impact

- This experience helped solidify my interest in engineering and made me realize the possibility of different applications.
- It helped reinforce my interest in a career that involves meaningful, hands-on technical work.



Thank You

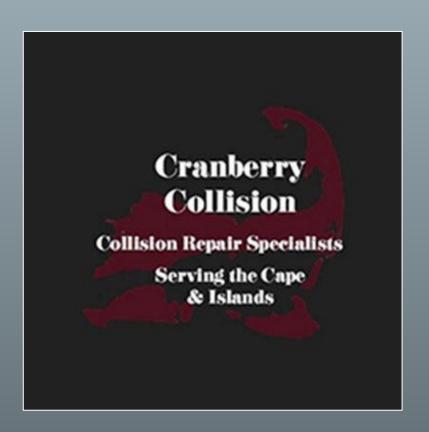
I wanted to thank Owen Nichols, from Provincetown Center for Coastal Studies, and George Maynard, from the Northeast Fisheries Science Center, for their mentorship and guidance. I greatly appreciate this amazing opportunity and their support made this experience motivating and memorable. I also want to thank my mother for helping set all of this up.

Cranberry Collision

Vincent Ferrer

What is Cranberry Collision?

Cranberry Collision is an auto body shop offering collision repair, insurance claims, and painting.



Reflections

My internship at Cranberry Collision was an incredibly valuable learning experience that gave me insight into the auto body industry, particularly in collision repair, insurance claims, and vehicle painting. I was able to observe and assist with various stages of the repair process, from damage assessment to the final paint finish. One of the most eye-opening aspects was seeing how the team communicated with insurance companies and customers, ensuring smooth claims and high customer satisfaction. I also developed hands-on skills by working alongside experienced technicians, who were always willing to explain procedures and share their knowledge. This experience not only strengthened my technical understanding but also taught me the importance of precision, patience, and teamwork in a fast-paced, detail-oriented environment. I now feel more confident about pursuing a career in the auto repair field.



Performance

During my internship at Cranberry Collision, I believe my performance was strong and consistently improving. I approached each task with a willingness to learn and a positive attitude.

Highlights

One of the highlights of my internship at Cranberry Collision was getting to assist with a full-body paint job on a classic car. It was exciting to be part of such a detailed and artistic process, and I learned about color matching, surface preparation, and the importance of a clean, controlled environment. Another memorable moment was watching the team handle a complex insurance claim from start to finish—seeing how they navigated the paperwork, explained the process to the customer, and coordinated repairs was impressive and eye-opening.

Thank you, Derlis and everyone at Cranberry Collision



Harwich Police Department

Jake Giorgio

2024-2025

About the Harwich Police Department

The Harwich Police Department comprises a total of 50 staff members, categorized as follows:

Sworn Officers

- 1 Chief
- 1 Deputy Chief
- 2 Lieutenants
- 4 Patrol Sergeants
- 1 Detective Sergeant
- 26 Patrol Officers
- 2 Detectives

Civilian Staff

- 5 Police Dispatchers
- 2 Non-sworn Administrative Staff
- 1 Animal Control Officer
- 6 Special Officers

Why I Chose Harwich PD

I chose HPD for more reasons than one. First, it being the PD for the town I have grown up in. I wanted to see what my police department did on a day to day basis. Second, I had heard good things about the officers over time, and how it was a great department to work at if I had wanted to pursue a career in police work.



What I Did

On a normal day, I would arrive to the station during my internship time and one of the on duty officers would get me from the lobby of the station and bring me to their cruiser to go out on patrol and experience many different calls. This was not the only thing I would do however. Other things I would do at my internship included:

- Going to court
- Going to training at the station or range
- Going out with the detectives
- Cape SWAT training
- School Safety drills
- Watching what Police Dispatch is like



What I Learned

At the Police Department I learned many different duties as a police officer including:

- Report Writing
- Investigations
- Ticket Writing
- What different types of calls look like
- Effective community policing
- How police training works
- How to handle complex situations



My Growth as a Professional

Over the last few months, I feel as though I have grown a great amount as a professional. This being due to the high standard that the Harwich Police Department holds and my expectation of living up to it. During my internship, I would interact with many members of the town and would consistently strive to represent the department with respect, integrity, and professionalism. These interactions helped me build strong communication skills, develop confidence in public engagement, and understand the importance of community trust in law enforcement. Through observation and hands-on experience, I also gained insight into police procedures, ethical decision-making, and teamwork — all of which have significantly contributed to my development and readiness for a future career in public safety.



What Made It 'Real'

There is not an internship opportunity out there that can get more real than this. At the HPD you can be sitting on the side of the road running traffic, then the next be speeding across town to a motor vehicle accident. This, among many different other instances, made this internship feel like the real thing at all times.

How It Had an Impact on Me

This internship had a big impact on me. At the beginning of the school year, my plan for college was to major in business at the Isenberg School of Management at UMass Amherst. Although, it was my biggest hope at the time, I wanted to see what police work was like. Once I started my internship, it did not take long for me to end up wanting to switch my major to Criminal Justice and make the decision to go to Westfield State University for the next four years. This is all thanks to the officers at the Harwich Police Department.



Thank You!

I want to extend my heartfelt thanks to all the staff and officers at the Harwich Police

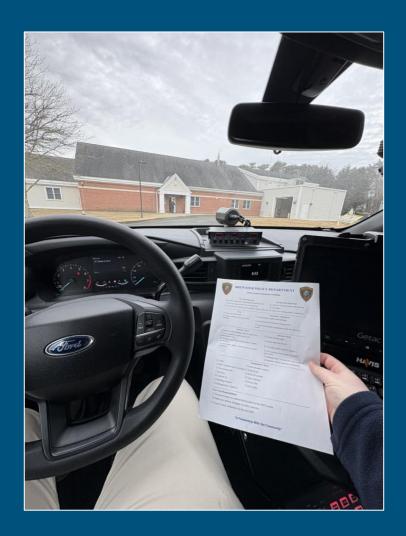
Department for giving me a truly life-changing experience during my internship. Your
guidance, support, and willingness to share your knowledge gave me a deeper
understanding of the work you do and the impact it has on the community. I am incredibly
grateful for the opportunity to learn from such dedicated professionals, and I will carry
these lessons with me as I move forward in my career.

Brewster Police Department

Ryan Haley

What I Learned

- How to setup and use an alcohol breath test
- How to run radar
- How to run plates and use that information to see if they have an active license/ active registration, up to date inspection sticker and no warrants
- Inspecting cruisers to make sure they are up to date with all equipment and nothing is wrong



-

What I Did

Over the last couple of months I got to see a lot of different crimes and what they do to solve them. One that stands out the most was when they got a call that somebody was trying to break into houses. They successfully located and confronted the suspect and they requested a forensic specialist to do a sweep for fingerprints.



Aftermath of trying to discover fingerprints

The house that he tried to break into



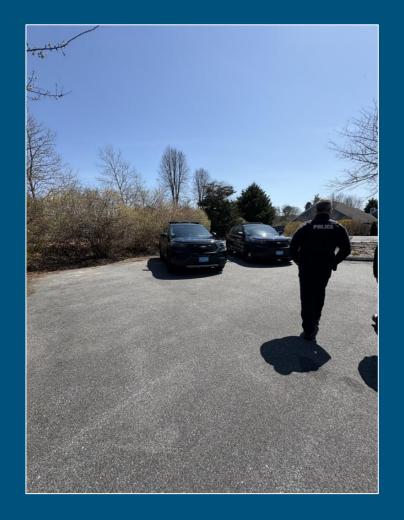
What Made My Placement Real

My placement felt real because officers would take time out of their day to let me do ride alongs with them and tell me cop stories about the job, which was awesome that they would do that for me! Taking rides around town and making a presence in the community and allowing me to experience that made me feel like I was part of the team.



Impact on My Life

This internship had a huge impact on my life because if I never got the courage to leave Chatham Fire Department and try law enforcement, I would not have ever went this route and found the job that I want to do for my career. It is the amazing people at Brewster Police Department that have made me have such an interest in law enforcement and the paths I can take with my degree.



Highlights

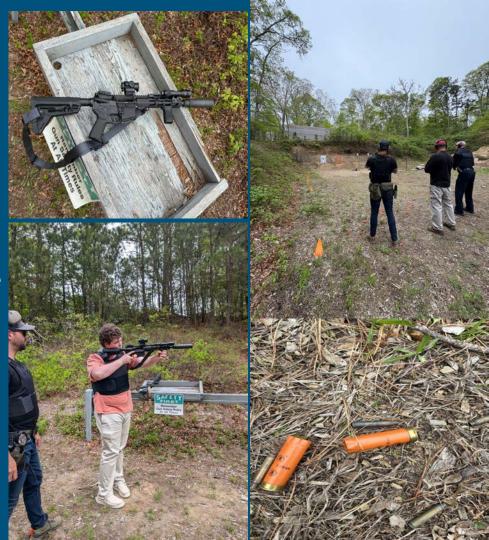
Some highlights during my internship were with Sergeant Varley because I was with him for my first ever pull over. Right then and there I realized that this is what I wanted to do. Another highlight was when I was with Sergeant O'Neal going to a call and seeing how the officers react and respond to the situation they are given on a daily basis. Also, thank you Sergeant O'Neal for letting me shoot a taser! (P.S. Didn't go well)





Highlights P2

On Thursday I had the opportunity to go down to the range and see officer Dan Lanctot and officer Alden Childs do their yearly shooting range hours that they need to complete every year. It was an awesome experience to hold the rifle and feel how heavy it is and learning about the basics of the rifle. Seeing how Dan and Alden firing, switching magazines, and fast reflexes on shooting the right target. Thank you to Chief Eldredge and Lieutenant O'leary for allowing me to observe the training.



Reflection

Thank you Chief Eldredge, Lieutenant O'Leary, and Lieutenant Mawn for allowing me to intern for your department and showing me everything. I also want to thank all of the sergeants, Officers, and Dispatch for showing and taking me for ride alongs and bringing me to calls to see how they interact with the public. I also want to thank my mom setting it up and allowing me to find the job I want to do for the rest of my life!

THANK YOU BREWSTER PD

THANK YOU!



Senior Capstone Project



Claire Hemeon

Daryl Routhier, Personal Trainer

Daryl Routhier is the Director of Routhier Personal Training located at 524 Depot St., Harwich, Ma. Daryl's outstanding accomplishments in the fitness industry have been recognized nationally when he was chosen as the winner of the Men Health Magazine cover model search. The editors of Men's Health highlight Daryl's exemplary commitment to a healthy

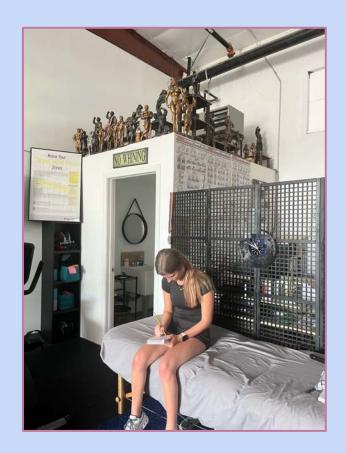
lifestyle as well his obvious achievements in the gym.

What I Learned

As a personal training intern, I learned how to work with different clients, create workout plans, and help people reach their fitness goals. I got hands-on experience with gym equipment, learned how to teach proper form, and understood the importance of safety during exercise. I also learned how to communicate clearly, motivate others, and adapt workouts based on each person's needs. This experience helped me grow more confident and prepared me for a career in fitness.

Reflection

During my time as a personal training intern, I learned that helping others with fitness is about more than just knowing exercises. It is also about listening, supporting, and motivating people. I got better at adjusting plans when things did not go as expected and staying positive. This experience helped me grow and made me feel more confident. It also showed me that I really enjoy working in fitness and want to keep learning more.



Performance

As a personal training intern, my performance involved helping clients during workouts, showing them how to do exercises safely, and keeping them motivated. I made sure to be on time, stay professional, and follow the trainer's instructions. I also asked questions when I was not sure about something and always tried my best to learn and improve. Overall, I worked hard to be helpful and support the clients and trainers in any way I could.



Growth as a "Professional"

As a personal training intern, I grew as a professional by learning how to communicate better, stay organized, and be more confident when working with clients. I learned the importance of being reliable, showing respect, and staying positive in a work setting. Over time, I got better at understanding client needs and adjusting workouts to help them reach their goals. This experience helped me become more responsible and prepared me for a future career in personal training.



Highlights

Another highlight of my personal training internship was forming strong relationships with both clients and trainers. I enjoyed getting to know the clients, learning about their goals, and being part of their progress. Building trust and seeing them feel more confident made the experience very rewarding. I also learned so much from the trainers I worked with, who supported me and gave helpful feedback. These connections made the internship more enjoyable and taught me the value of teamwork and communication in a fitness setting.

What Made It "Real"

What made the internship feel real was the daily responsibility I had, from helping clients with their workouts to making adjustments when needed. I had to think on my feet, solve problems, and really pay attention to each person's needs. Being involved in their fitness journey and seeing their progress made me realize what it is truly like to be a personal trainer.



THANK YOU RPT

Senior Capstone Project

Luli Hollenbaugh

Where I Interned?

I interned at the Chatham Council on Aging in Chatham, MA. I was mentored by Anna Milian, the Program, Communications, & Volunteer Coordinator, Lalso worked alongside the rest of the CFAL team as well. They support Chatham residents age 60 and over with many things including health and wellness, social, educational, and outreach services and programs to enhance their quality of life.





What I Learned!

At the Chatham Council on Aging I learned:

- Strong communication skills
- Performing general office duties
- Problem-solving skills in real world situations
- Team collaboration
- Taking initiative and being resourceful



Reflections

- I led a senior dance class called "Groove and Move". Where I would teach a group a of seniors in hip-hop, lyrical, and jazz for an hour. (We had so much fun!!)
- I helped with social media including Instagram posts for Artist of the Month, welcome posts, and information posts.
- I created fun and informational bulletin boards. Some examples include: Breast Cancer Awareness, Heart Health, and New Year's Resolutions.
- I worked behind the front desk taking calls, scheduling meetings (Shine appointments and AARP appointments), and signed people up for programs. (Bingo, Lunch and Learns, and Cupcake Decorating)

Reflections

- I helped in the Ryder's Cove Respite. Ryder's Cove Respite is a adult supportive day program made for seniors with Dementia and Dementia-related issues. We did activities like puzzles, painting, reading books, listening to music, and dancing. I also helped prepare meals. We got to talk and laugh with the seniors.
- I helped organize things around the building. Like closets and the basement storage room. I made sure things were clean and organized.





Performance

My performance as a student intern was pretty good! I tried my best to inform my mentor of when I had conflicting schedules and would not be able to make it. I made sure I was always polite and respectful. I tried my best to complete all the tasks given to me. I enjoyed talking with the people who came into the CFAL.

My Growth as a "Professional"

I feel that I definitely grew as a professional from my experience. I learned from watching my mentor plan programs, hearing her ideas of how she wanted things run, and even watching her run things. She showed me that you can truly do anything if you prepare properly. I feel that my professionalism definitely grew while at the Chatham Council on Aging because of the people there. They taught me so much and I am so grateful for it!

What Made My Internship "Real"

My internship felt real because I was working during school hours in an a office. I was taking calls and scheduling appointments. I was helping people with things that as a 17 year old I do not even have to worry about. I was helping people schedule Medicare appointments and tax appointments. I was able to not only help my mentor but also other CFAL staff.

Highlights

One of the many highlights of getting to intern at the Chatham Council on Aging was getting to work with the wonderful staff, but also getting to learn from the seniors who attend the CFAL. I would talk to many of them not only about my internship but also about life. They talked to me about many things: how when they were 17 it was the best years of their life, how happy they were that young people were getting out there in the community with internships, and how grateful and happy they were at what the Chatham Council on Aging was doing.

Thank you Anna and the **CCOA** staff! You are so amazing!

Capstone Project

Nathan Holtz

What I Learned

My internship at Broad Reach Health at Liberty Commons helped teach me about what it takes to be a CNA and how hard CNAs work to help people everyday.





Liberty Commons

While at Liberty Commons, I studied the CNA handbook as it taught me important skills and knowledge needed to become a CNA.





Things I Experienced

I got the great opportunity to practice skills with other CNAs such as making a bed or moving a resident from the bed to a wheelchair.





Thank You for this Opportunity to Intern at Liberty Commons!!!

I want to thank Cynthia Gardner for the opportunity to intern at Liberty Commons. I truly appreciate the time and guidance you gave me throughout the experience. I learned a great deal about how CNAs work and gained valuable insight into the profession, thanks to your support and mentorship.



Capstone Project

Casey Huse

Overview

The Chatham Fire Department in Chatham, Massachusetts, is a full-service, 24-hour fire and emergency medical services. They are located at 135 Depot Street, Chatham. The department comprises 32 career personnel and one call firefighter, organized into four shifts with a minimum of five firefighters on duty per shift. Its apparatus includes two engines, one tower, one brush truck, three ambulances, and several support vehicles. All that take commands from Chief Tavano.



What I Did

I interned at the Chatham Fire Department. I was able to do a full year internship with them. When I was there I would do whatever the firefighters/EMTs would do. It was everything from doing training like pulling hoses or flowing water to learning about the different medications used in a certain situation. I also went on the engine when they went.



What I Learned

During my internship, I learned the day in the life of a firefighter/EMT I learned how to respond in situations with Chatham civilians. I learned many different techniques and strategies. I also learned about all the the different components of the ambulances/fire trucks and how everything works.





Things I Learned from My Mentor

- With being an intern and knowing really nothing, asking questions is never a bad thing.
- How to deal with certain situations
- I learned how the fire service is much more than just a career but rather more of a family.



Community



Giving out food to people in need



April Fools' Day Polar Plunge is annual event sponsored by the Chatham Fire Department.

Ice Bucket ft Chief Tavano





What Made My Placement "Real?"

I was able to watch and learn everything they were doing. Most of the time I was able to help out with getting and giving them the things they needed. For example, carrying the heart monitor and the medic bag into calls. Along with that, I was able to gear up in firefighter gear and go on the engine with the crews. I was able to be in the moment and witness what to do which made my placement real.





Impact on My Life

Before interning, I knew I wanted to either go into law enforcement or to become a Firefighter/EMT. While interning, I learned that I 100 percent want to become a firefighter. This comes from seeing what they do in a day, how they are a family, and how the Chatham citizens view them. I have always wanted to help people, and this internship showed me they will do anything to save or do anything possible to help a person.



Professional Perspective

With being a student still in high school, I learned how to be an adult. One big thing is communication and listening to what the patient is feeling. When not communicating with the patient, communicating with the other firefighters/ EMTs. On a call, communication is needed to get things done and done right.



Reflection

Being an intern, I learned how much a firefighters/EMTs do for the community. I am thankful for having the opportunity, and I thank Chief Tavano along with the Chatham Fire Department. Everyone answered all my questions, wanted me to get in the training, and lastly welcomed me into their family.





Thank you to everyone at the Chatham Fire Department especially Chief Tavano, for this experience.

La Tanzi
Spaulding
& Landreth
Internship



Finn Hyora

Overview

La Tanzi, Spaulding, & Landreth LLP was established in 1969 by Thomas A. La Tanzi. Attorney La Tanzi was joined by Attorney Larry Spaulding in 1972 and Attorney Duane Landreth in 1976. Since that time, they have developed into a dynamic and respected firm of over forty professionals, including fourteen attorneys, with Attorneys La Tanzi, Spaulding, and Landreth continuing to be valuable members of the firm. They offer a wide range of legal services, including real estate, estate planning, litigation, and more. With three offices in Orleans, Barnstable, and Provincetown, La Tanzi, Spaulding & Landreth is one of the most respected law firms in the area, taking home numerous awards at the 2024 Cape Cod's Best Awards. It is safe to say that this firm has been and will continue to be one of the most prestigious law firms for years to come.



Where I Worked





What I Did

- Assisting the firm's move to a new office
- Inputting over 500 old case files into a database
- Learning about tax law and estate planning from one of the most skilled attorneys on Cape
- Writing timelines to assist attorneys with case management
- Creating my own estate plan
- Helping organize hundreds of files and general help around the firm



What I Learned

- How to read/understand and fill out my own estate plan
- Just how much time and preparation goes into every single client and case
- How to work in a legal environment
- What everyday life looks like as a lawyer

ESTATE PLANNER

Your name:	Date of birth:			
Social Security Number				
Spouse's name:	Date of birth:			
Social Security Number				
Home Address:				
Telephone No.:	_Email Address:			
live you a United States citizen?				
			rot, of what country is he/she a citizen?	
2a. Date of birth and social security number:				
3a. Personal data (specify is	the child from prior marriage, adopted, deceased, etc.)			
4a. Child's spouse:				
5a. Child's children (and their				





Highlights

- Entering the old office for the first time and being taken to the file room
- Seeing the new office at 20 West Road for the first time
- Getting assigned our first case work from the managing partner Chris
- Meeting all of the employees' dogs (especially Joey)



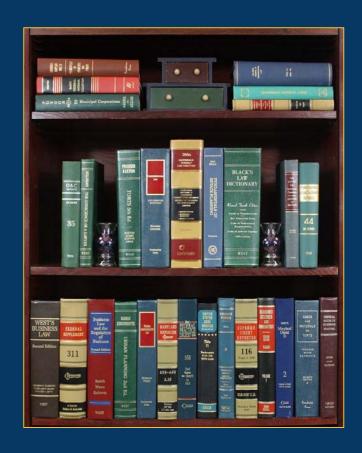
Performance

During my time at La Tanzi, Spaulding & Landreth, I believe my performance was solid and dependable. I showed up consistently with a positive attitude, worked hard, and remained open to feedback. I was able to absorb a great amount of information and was always ready to learn, whether it involved reviewing legal documents, observing client interactions, or supporting administrative tasks. I took initiative when appropriate and made sure to ask questions to deepen my understanding of the legal process. This experience strengthened my communication and organizational skills and confirmed my interest in pursuing a future in law.



Growth as a "Professional"

Over the course of my time at La Tanzi, Spaulding, & Landreth, I experienced significant growth as a professional. I learned the importance of being reliable, detail-oriented, and respectful in a fast-paced legal environment. My communication skills improved as I interacted with attorneys, staff, and clients in a professional manner. I became more confident in handling responsibilities independently and learned how to manage my time effectively to meet expectations. I also gained a deeper understanding of the professional standards expected in a law firm, from maintaining confidentiality to presenting myself appropriately. These experiences helped me mature and prepared me for future opportunities in any professional setting.



Reflections and Impact

My internship at La Tanzi, Spaulding, & Landreth was an incredibly rewarding and formative experience that deepened my interest in law and gave me a true sense of what it is like to work in a legal environment. From day one, I was entrusted with meaningful responsibilities—inputting over 500 old case files, organizing hundreds more, and even drafting timelines to support case management. One of the most impactful aspects was learning about estate planning and tax law directly from a highly experienced attorney, and I even had the unique opportunity to create my own estate plan. What made my time at the firm feel especially "real" was being given our first casework assignment by the managing partner, Chris; it was a moment that shifted my mindset from student to contributor. Whether I was helping with the move to a new office or interacting with attorneys and clients, I was immersed in the day-to-day operations of a respected law firm. This experience not only strengthened my communication and organizational skills, but also confirmed my desire to pursue a career in law. I am especially grateful for the mentorship, the professional growth, and even the small joys—like meeting the office dogs (especially Joey)—that made my time here unforgettable.

Thank you Joan Walsh, Chris Ward, and everyone else at the firm!







-WHAT MADE IT "REAL

-REFLECTION





- VACC has been in business for over 50 years
 - This practice is located in South Yarmouth, MA
 - This practice has over 45 team members!



BLOOD DRAWS

Often times patients would need blood drawn for testing. I was able to practice drawing blood on sedated patients.

NAIL TRIMS

Some patients would come in for simple procedures such as a routine nail trim or ear cleaning.



CHECK-UPS

Many animals came in for their routine checkups, where they received vaccines.

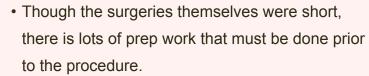
WHAT I LEARNED



Surgery



 During my internship at VACC I was able to watch many surgeries.



- Patients are initially sedated, and then hooked up to machines that monitor heart rate and oxygen levels.
- Depending on the surgery, any unwanted hair is shaved away and the area is properly sterilized.
- The patient is then taken into the surgical room, where the doctor will perform the

r is shaved away and the area is m, where the doctor will perform the

WHAT I LEARNED



Treatment:





- I learned how to draw up vaccines, using vaccine syringes and 25 g needles.
- When patients were sedated, I was able to draw blood on them to send out for testing.
- When patients would come in for a checkup, I was able to help hold them for the vet techs.
- I also got to watch many ultrasounds on both cats and dogs!



While working at VACC I have been able to practice and learn many new skills that will prepare me for my future in Veterinary Medicine. I am thankful for all of the knowledge that VACC gave me in order to help me at The University of Connecticut where I will be studying animal science on the pre-veterinary



IMPACT



The biggest impact that VACC had on me was the ability to help animals in need. Growing up I have always had a passion for animals of all kinds. This internship has shown me how impactful being kind and gentle can be to an animal. Many pets tend to be nervous when at the vet, so being able to comfort them was a big relief to their stress.





Though some days were full of happy patients that got to go home with their people, other days were very sad. Some patients came into the hospital in critical condition and unfortunately went home with bad news.



THANK, YOU!



I want to say a big thank you to Mrs. Flaherty for being my mentor during this internship!
She has taught me so much and I could not have asked to work alongside someone better!



My Time at the Coop

The Cooperative Bank of Cape Cod, Yarmouth Port

Parts of my school day from September until May were spent at the Cooperative Bank of Cape Cod in Yarmouth Port, where I was given the opportunity to see the behind the scenes action that takes place everyday.



What I Learned

The attention to detail at a bank is actually quite particular which is probably what I would say if someone were to ask me this question.

Here is a list of the things I found most interesting with my time at the bank . . .

- If a teller's drawer is even slightly off, they must perform a thorough rundown to ensure there is no misbalance.
- How to perform simple transactions whether it is a deposit, a withdrawal, or cashing a check
- Rules enforced by the AML (anti-money laundering) and other security systems such as the Counter Terrorism Financing (CTF)
- Background checks on people's financial history are very common, which can ultimately be the reason for
 account freezes and refusals to deposit checks





As a 17 year old, the amount of tasks that I can perform at a financial institution is quite limited. I feel that I have still done well performing the tasks I was assigned.

For example



Performances

- Being the middleman for drive up transactions. (retrieving and receiving deposit slips to customers through the window)
- Keeping things around the office organized and clean such as rearranging check slips, washing the dishes, and sorting out different office supplies
- Filling out business check slips
- Ensuring each drive up customer has all the correct information filled out, as well as the right forms and signatures







Although I am studying something slightly different in college (Business Analytics and Business Law, this internship has provided me useful knowledge that will not only be a utility in my college career, but also in real life situations. I have definitely branched out in my knowledge of financial law, rules and systems, all of which will be key to whatever I end up studying in college.



Highlights

Although banking environments can be viewed as serious setting. The Coop still managed to make my time there worth looking forward to every day.



Interacting with Customers

Part of the job is to assist anyone by any means possible, but there are some instances where the customers do some untraditioanl things and the only thing we can do is laugh. For example, someone took out 5000 dollars cash and tried to leave a 50 dollar tip to the

Watching people try position themselves perfectly in front of the drive up window

Everyday there is always someone who parks too far away from the window. They then try to reposition themselves multiple times, before I can finally extend the drawer out to them.

Being Around the Employees

Everyone at the Coop is always so nice. Even on my very first day, they welcomed me in with open arms.

Everyday we talk casually and make jokes. It truly feels like a comfortable and happy work environment.

What Made It Feel "Real"

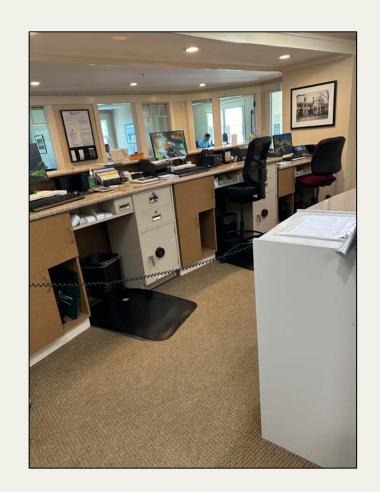
Aside from interacting with customers and getting along with the employees, there were a few instances when being at the bank threw a reality check. Because even though the Coop is a pretty laid back place, the work that is being done must be perfect and nothing can be missed.

- Being Audited One morning when I was there, the Coop was audited. Meaning that an independent authority comes in and goes through records and operations, ensuring everything is adhering to current financial code.
- A drawer being off balance Every transaction that is made must be recorded, if the drawer balance is even a dollar off of what the computer says they should be at, they must complete a thorough search to locate the missing dollar, and assure that no one received any money they should not have.



An Impact

I would not go as far as saying that being at the Coop has influenced many life altering realizations, but it has definitely taught me what being in a healthy work environment is like. This encourages not only myself, but my peers around me, to search for a job with a similar comfortability. A place where cruel judgment not given, and everyone can be themselves.



Reflection

Overall, my time at the Cooperative Bank has been one of the best highlights of my senior year. The people are what make a work environment fun, and it is safe to say these ones did not fail. I never once dreaded needing to go to my internship, and I always found myself wanting to stay longer instead of going back to class. I can thank everyone enough, especially my supervisor Josh Reagan, who gave me this opportunity.

not



Capstone Project

Karina Khalsa

What I Did

I started off as a marketing intern for The Red Nun. In my time during this I helped brainstorm, and create social media posts in order to advertise the restaurant to a large audience.

When I was not physically at The Red Nun, I helped out in the tech office giving out loaners to any students who needed a short term use for a computer in case they had left theirs at home or had other computer issues.

What I Learned

At the Red Nun, I learned about how to create visually appealing advertisements and social media posts and how to attract attention in the best ways possible.

In my time at the tech office, I learned how to check people in and out based on when they borrowed and returned a loaner. I also learned how to disable a computer if they have had it for too long, and how to undisable it.

Reflection

Throughout my time at The Red Nun, and helping out with loaners, I was able to learn new things in two very different aspects.

When I head off to college, I hope to pursue a degree in the business field, mainly marketing.



I created this to hang up in the restaurant to gain more social media attention.

Performance

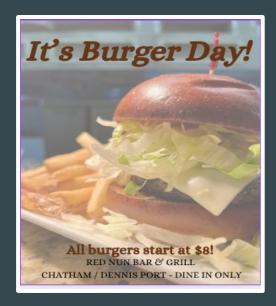
Helping out with both of these tasks/places helped me stay attentive when I was needed. Whether I was making a social media post, or helping students with their computers.



Instagram post I created.

What Made It Real

Being able to take pictures from The Red Nun and turn it into a social media post allowed me to gain experience when creating advertisements/sales posts.



A big thank you to both Mrs. Giorgio and Mr. Cogswell for giving me the opportunities and being super kind always!



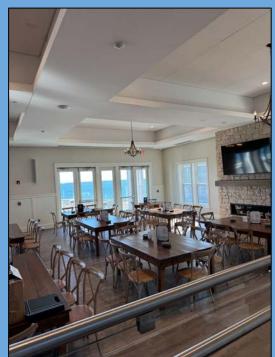
Pelham House Resort Internship

PHR

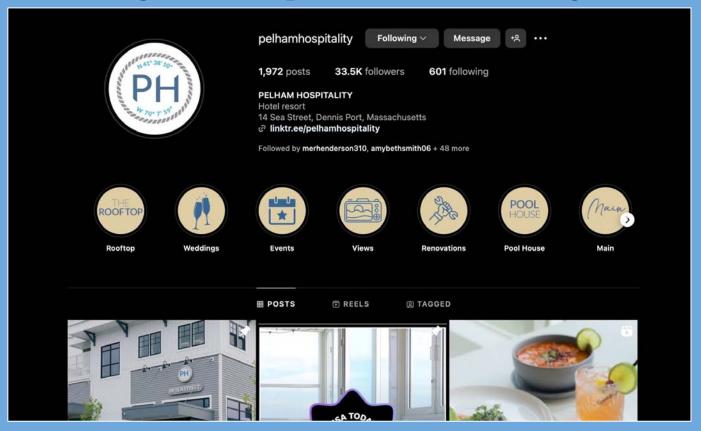
I have worked at the Pelham House for a little under a year now. Throughout my time working and interning at the Pelham House, I have learned not only communication skills, event management, social skills, etc. but also have learned what a good environment Pelham has created. Running a large business such as Pelham is challenging work, and during my internship I was able to learn about all of the different aspects of this resort.

At Pelham, I learned how to organize events (such as this one ->), how to manage difficult customers, how to book people for the hotel/restaurant, and amazing social skills from my mentors and coworkers.





I saw how much social media can impact a company with Pelham using their's to post to 33,000+ Instagram followers.



What Separates Pelham from Other Internships

In the beginning of the year, I struggled with mental health and school and had started an internship in merchandise sales. After losing a family member and dealing with many hard days, I decided to change my perspective and use my internship as a way to explore what I might want to do in the future. Working at Pelham has always been a wonderful environment for me and a place that makes me feel comfortable with what I am doing. The people at Pelham make your time there feel enjoyable, secure, and comfortable.

Professional Growth

Big businesses come with hardships, such as

- People calling out sick
- Staff shortages
- Managing/working around everyone's schedule
- Managing suppliers and vendors for certain events
- Dealing with difficult customers
- Weather (Pelham is located right on the water so sometimes during events if the weather is off, it can disrupt the event. Staff have to come up with quick ways to fix it!)

Seeing all this by working at Pelham and interning there has made me realize how much work it takes to run a business, and makes me appreciate my boss and managers so much more.

Thank You to My Mentors!

Diane and Marla - Finance office

Tara, Casey, Mikaela, Kelsey, and Grace - Sales Office

Ryan, Athena, and Ivy - Front Desk

Celli and Patrick - Food and Beverage Directors

Ms. Armstrong-Internship Director

My time at...

SIGNED

By: Erin Scimua

Alana Lojko

OVERVIEW

- Organizing models
- Picking outfits for shows
- Setting up run of shows
- Learning how to take calls
- How castings work



WHAT I LEARNED

- What to expect when planning a show
- How to plan a show
- How to make the right order for the runway
- How she handles clients
- Posing
- How she keeps it a successful business

When I first started at this internship I had little to no experience with understanding the concepts of how to run a business like Signed MGMT, and throughout the course of the year I learned key fundamentals when it comes to working in the modeling industry. One of the first things I learned was what to expect when planning a show. When we start the planning process there are many ups and downs and watching Erin navigate it taught me what to do in that situation. Another concept I learned was how to plan a show, when planning a show you have to start with contacting vendors, scheduling times, and making room for an area to host said event. This can become tricky at times but repetition is the best way you can be successful at this.

IMPACT

The impact this internship had on me will stay with me after high school. Without this internship I wouldn't have been able to get half as many opportunities as I have right now. I don't think that I would have gotten into half the schools that I got into and and wouldn't have been able to gain some experience to use for future use. I also have gotten so much closer with people through opportunities from this internship.



WHAT MADE IT REAL

Erin brought me through real life situations and experiences during my time at Signed MGMT. One day, we had to find clothes for a show she was directing and so we drove down to Main Street Chatham and met with another colleague to pick out and style different outfits together. I got to pick out my own outfit that I wore for the show as well. For any shows that I have walked, I have also helped put the show together. Knowing the run of show really put me into it and made it feel really real that I was actually helping with setting the show up.



SOME PICTURES FROM MY TIME...









REFLECTION

The experience interning at Signed MGMT brought me joy and opportunity. Throughout my internship, I learned self confidence and many great lessons through Erin. Starting out with her, I did not have much self confidence or direction with where I wanted to take my career or myself. I talked to her every time I saw her about inconveniences, things that brought me uncertainty, and overall anything and she helped me see through all of it. She gave me great insight for where I want to be in the future and how I can accomplish it. Without this internship, I would not have been able to see a great leader such as her as up close as I did.

Capstone Project 2025

My Internship at Brewster Police Department

Abigail Martin

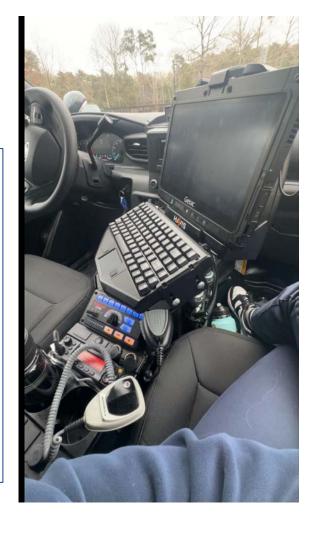
What I Learned

What I learned at my internship at the Brewster Police Department were many valuable skills through hands-on experiences working in the community. I also learned how staying calm in a stressful situation is key to finding the best solution as to how to deal with difficult people and what the best response is.



Reflection

My internship at the Brewster Police Department was an amazing experience I will never forget. Demonstrating how high stress situations can be dealt with while staying calm. It was most interesting to go on ride-alongs and pull people over and learning all the ins and outs about what really happens behind the scenes. I also learned all about police vehicles and how they work. I performed daily checks on the cars making sure they were safe and stocked, checking expiration dates on the medication in the first aid kits, and replenishing whatever needed to be stocked.



Performance

My performance at the Brewster Police Department.

Interning at the police department has definitely improved my professional performance for any situation. Learning how to talk to people and reason with them, knowing what questions need to be asked, and when and how to respond are just some of the improved communication skills I gleaned.





Impact on My Life

My time at the Brewster police department has shown me that I do definitely want to do something with Criminal Justice. I am just not sure what that is yet. My mentors have helped me explore my options of what I can do after college and what steps would need to be taken for each option.



Thank you

I want to give a huge thank you to Lieutenant O'Leary for giving me this opportunity. It truly has been one I will never forget. I loved showing up everyday even if it was a "boring" day I still loved being there and getting to talk with everyone and hear all the stories. Being there all year was hard at times with not knowing what to do some days, but that is just how it is. Some days will be action packed and a thousand things going on at once and other days with not much happening. I have never been one who is good with change and saying goodbye, so knowing that I am ending high school and cannot come back to my internship next year is difficult. Everyone I have met at the police department has had some sort of impact on my life that I will never forget. Even though I do not show it much, I will miss you all next year. Please know I am so incredibly grateful for this experience.

La Tanzi Spaulding & Landreth Internship



My Internship

Throughout my senior year of high school, I interned all year at La Tanzi, Spaulding, and Landreth, an Orleans law firm practicing various forms of civil law, mainly family law, estate planning, civil litigation and real estate. The firm is based in Orleans and was recognized as Cape Cod's best law firm in 2024.



Where I Worked





What I Did

- Assisted with the firm's move to a new office
- Digitilized over 500 old cases
- Learned about tax law and estate planning
- Helped to organize hundreds of files
- Wrote a timeline to assist an attorney in a contested estate case
- Read through estate planning template and created my own
- Assisted attorneys with research tasks



What I Learned

- The competitive atmosphere and etiquette of the legal field
- How to draft legal documents
- Research skills using government websites
- The processes outside of court involved with law
- Managing time and deadlines
- How attorneys interact and communicate with each other
- The business and administrative side of the legal field

Highlights

- Seeing the 20 West Road office for the first time
- Writing a 5-page timeline for Chris
 Ward
- Using the Secretary of State Website to research defunct corporations
- Meeting the dogs in the law office



Reflections and Performance

Overall, my internship experience was excellent. Everyone at the firm was incredibly supportive and welcoming. It furthered my prospective career in law through connections and experience. My tasks furthered my knowledge and helped me gain a concrete understanding of the legal field.

My performance was very engaged and focused. I thought I had good communication and worked diligently throughout my time there, doing whatever was asked of me. My digitalization of cases reduced the amount of files brought to the new office, and I helped paralegals with research and briefs.

Lastly, a huge thank you to all of the staff at
La Tanzi, Spaulding, and Landreth
especially my mentors

Joan Walsh and Christopher Ward



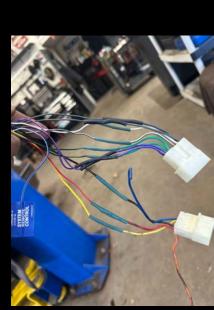
Underpass Auto

Working at Underpass Auto was an exciting and rewarding experience. Every time I stepped into the shop, it felt natural and enjoyable. The environment made learning new skills smooth and engaging. I had the opportunity to work on a wide variety of tasks, which helped me build a solid foundation in automotive repair and maintenance. From routine services like oil changes, tire rotations, and brake jobs to more advanced work like axle replacements, control arm installations, and tire patching, there was always something new to dive into. I also got hands-on experience with welding, torch cutting, and soldering, which gave me a taste of the fabrication side of the trade. The fast paced, hands on nature of the work kept things interesting, and I appreciated Mike's willingness to teach and share his knowledge. Underpass Auto gave me not only technical skills but also the confidence to take on more complex jobs and problem solve on the fly. It was a place where I could grow, learn, and genuinely enjoy the process. Thank you Mike for teaching me so much and helping me take the next step forward.

Yanis Foreign Auto

At Yanis, I have truly opened a new chapter in my journey of learning and growth. From pulling motors to doing oil changes, I have gained a broad range of hands-on experience that has deepened my understanding of how vehicles, especially high-end ones, operate. Every day has brought new challenges and opportunities to learn, and I have really embraced the process. One of the things that has made this experience so meaningful is the strong bond I have developed with the team. The guys there have become more than just coworkers; they are friends and mentors who are always willing to lend a hand or share their knowledge. Having my dad there with me has made it even more special, as it has given us a chance to connect over our shared passion for cars. I have also benefited greatly from the guidance and advice that Yanis himself has provided. His insight into working with expensive, high-performance vehicles has been incredibly valuable and has helped me build both confidence and precision in my work. Overall, this experience has been an important step forward, and I am excited to keep learning and improving.







Capstone Project



Sadie Mott



Overview/Important Facts

My internship was at the Veterinary Associates of Cape Cod. I shadowed many amazing technicians, who had varying styles and demeanors. It was fun, inspirational, and a definite area of growth for me to watch them do what they are passionate about. I helped many professionals and animals and felt rewarded each and every day.



What I Learned / Reflections

Throughout my time at my internship, I have learned many things including how to properly restrain cats and dogs and how to label blood as well as properly draw blood. I have even been able to go into surgery, sterilize instruments for surgery, and learn more about what really goes on inside of an animal's body.



Analyzing your Performance / Growth as Professional

This has helped me grow as a person because I have had the opportunity to help animals, learn about a field that I am passionate about, and gain experience directly in the type of facility that I someday want to work in.

This has made this experience "real" for me because I was able to have hands on experience, to go along with the education I will receive in the upcoming years in college.

Impact on My Life / Giving Thanks

I want to thank all the amazing people that I have learned from at my internship. It has truly helped me with finding how passionate I am about animals, and why I would like to pursue helping them and being an advocate for them. Hopefully the near future be able to gain more knowledge down the road from this connection.

Thank you so much to all my wonderful mentors at Veterinary Associates of Cape Cod and thank you Christine Flaherty for giving me this opportunity.

COASTAL MEDICAL TRANSPORTATION SERVICES LLC

WHY DID I CHOOSE IT?

I chose this internship because I wanted to broaden my horizons to the monster that is Emergency Medical Services. I have always been interested in EMS and was curious about how my dream would compare to the reality.



HOW LONG WAS MY INTERNSHIP AND HOW DID THE PEOPLE I MEET AFFECT ME?



My internship was a full year, and it was a full year well spent. I learned the standard of care for patients, how to ease their worries, and most importantly professionalism when interacting with others. The people I crewed with were all experienced and knew just how to diffuse any situation as well as being fun to be around.

MY ROLE

My role was to support my crew's actions and help where I could. I was allowed to do many things that were within my scope of practice thanks to kind crew members who understood that I truly wanted to learn. My experience helped me better understand EMS as a whole.



WHAT I SAW AND EXPERIENCED AT COASTAL MEDICAL

Through Coastal Medical, I was able to see many new things. I saw how people's environments affected their mentality, and how neglect can turn someone's life from a paradise to an arid desert.



WHAT LEARNED



I learned how to care for people I have never known in any situation, how to work under heavy pressure and stress, and how to adapt to a new environment within seconds.

IMPORTANT LESSONS I LEARNED

One of the most important lessons I learned at Coastal Medical was to not hyperfixate. If someone is having trouble breathing take note, but do not just focus on it. Do not assume you did something, if you forget, double check.



HOW IT HELPED PROFESSIONALLY



Coastal Medical helped boost my EMS career. During my EMT class, I was leagues ahead of my peers because of my patient interaction and the knowledge that had been imparted to me by my crewmates.

HIGHLIGHTS

When were not on a call, we joked around, watched a movie, or got a snack. It is a welcoming environment, and I learned to appreciate that balance between relaxing and tense situations.



REFLECTION



Overall, I learned so much from Coastal Medical. I learned how teamwork can dramatically increase the speed and accuracy of patient care. I was taught how to communicate as well as many life lessons that I still take to heart

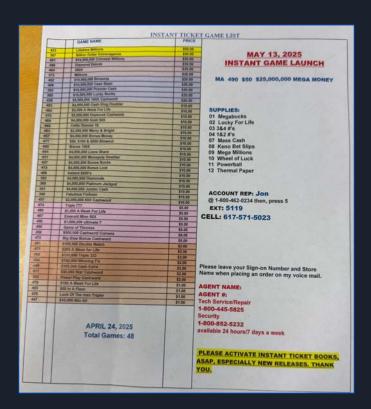
Crystal, I want to sincerely thank you for giving me the position at Coastal Medical. This experience has truly shown me how the world can be and broadened my horizons. From the bottom of my heart, thank you!

- Blake Noonan

East Harwich Market / Express Mart

What I Did

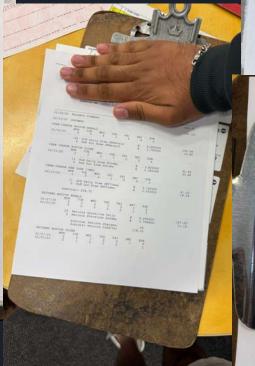
- Ordering online
- Ordering through sale representatives
- Organizing and putting things on shelves
- Making breakfast and lunch sandwiches
- Setting up a margin and updating pricing



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NY-TIMES	IN OUT	1	1	1	1	1	2	3

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What I Learned

 I spent the majority of my time learning how to order on JPolep

 I learned how to communicate and deal well with sales representatives (Pepsi, Coca-Cola, Polar)



I learned how to print labels

Reflections

- I am glad I got the opportunity to get a greater understanding of how businesses work and how they make money.
- This experience helped me decide what I want to do in the future.
- It helped me get an understanding of how to build a name or brand for a company.
- This work experience was amazing as I got to do something that I probably would have never got involved in before.

<u>Performance</u>

- I struggled with updating prices and setting margins for every single product in the store.
- I had a great time building relationships with sales representatives and ordering more products for the store.
- The overall experience I had was a little stressful, but it was a great time.



Impact

This work experience helped me choose what exactly I want to do in life. I did not exactly know what to do in college, but interning at Express Mart and East Harwich Mart encouraged me to become an entrepreneur. I learned that working for yourself and creating your own company is something I want to pursue. I would like thank everyone at Express Mart and East Harwich Market for helping me.







CAPSTONE PROJECT 2025









Joanna Ready











This year I interned at Broad Reach
Healthcare which is a nursing home located
in Chatham! I was able to do this the whole
school year. I learned and experienced so
many new and exciting things about being an
CNA and how to become one. I shadowed
different CNAs in the building and eventually
began to help them with things, such as
showering, feeding, and changing residents.



What I Learned

Human Anatomy

While studying for my
CNA license, I had to
learn so much about the
human body and mind
and everything in between!
It was overall very
interesting.

All About CNA's

I learned about what a CNA does and how to become one, it was so cool experiencing new things and making new friendships along the way!





Residents + Equipment

I learned about the elderly and their needs, wants, and preferences, and I learned how to take care of residents, as well as learning about all of the equipment residents may need for transferring.





Throughout this year at Broad Reach, I learned and experienced so many new things, specifically about CNAs and how they perform their daily tasks. I also learned about how to assist the residents and how to treat them with the best possible care they can get!

With all my time spent there, I found that I loved healthcare and really was not bothered by human anatomy all that much! In fact, I am so much more intrigued by it.



Performance



There was never a dull moment at Broad Reach, I was always learning something new or meeting someone new. I loved it. It made it much easier to pay attention and to really absorb all I could. I think it all really helped me to prepare for pursuing a nursing career.

What Made It Real

Once I was able to shadow the CNA's around Broad Reach and really have an inside look at some of the residents' lives, it made my whole internship feel real. Being able to not only see the many different living conditions of each person but also being able to help them even if that meant just having a conversation with them! It was a huge mood boost from whenever I showed up to the time I had to leave.

Thank you!

Cynthia Gardner for everything!

Homeless Prevention Council

Chace Robbins



Why I Chose HPC

I want to make a positive impact on my community.

I am interested in working for public well being.

I was eager to sharpen my skills in an office setting.

• I am interested in learning how nonprofits work.

• I want to establish connections with like-minded people.



HPC Experience

- Every single person at HPC treated me with the utmost respect. They never made me feel like an intern.
- It was interesting that so many people at HPC somehow knew my mom or my extended family.



What I Learned -Office Work-

Spreadsheets

I was taught how to make and use microsoft spreadsheets which will no doubt help me in the future.

Organization

Working in the office helped me sharpen my organization skills which have never been my strength.

Printer

I finally learned how to successfully use the printer/copier!



What I Learned -Field Work-

Events

I learned how to set up for events and get what we needed to run a smooth function.
This comes with keeping an event rolling even after it begins.

Donations

I learned how to solicit items that we would end up raffling off during our events. I never felt comfortable asking people for things with nothing in return until this experience.

Highlights

- Me, Tamer, Finn, and Cam traversing around Orleans and Eastham getting donations for Rock to Stop Homelessness.
- Finn and I running the 50/50 raffle at Rock to Stop Homelessness.
- Jenna and Mary sending me on a mission to link a new phone to their Xfinity account which I had no information about.
- Writing my future colleges application in Bridget's office.

- Running another raffle at the Michael H. Cole Golf Tournament with Finn
- Organizing hundreds of letters in a day to send to all donors
- Learning that those letters had a typo and undoing and redoing all of them.
- Grabbing lunch for the entire team



THANK YOU

- Thank you to all the HPC employees who made this experience extremely special to me.
- Thank you to Jenna especially since she was the one that sent me on all my missions. Everything I learned at HPC was because of her.
- Thank you to Ms. Armstrong for granting me this opportunity.

Capstone Project

Jackson Rocco

What I Learned

Over my past 4 months at BFD and 4 months at HFD, I learned so much.

- I have learned what many of the medical things on the ambulance are and how and when they are used.
- I have learned what many of tools are on the engines and how they are all used.
- I have learned about fires and how they start and how they can be put out depending on what kind of fire it is.
- I have learned how to flow water from the engine and dress a hydrant.







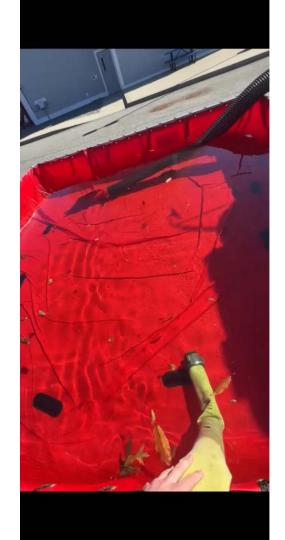
My Experience

Overall, I had a great time and learned so many things that gave me head start for my future. All the people, at both Harwich and Brewster, were awesome and always willing to help and teach me new things. I was able to do everything they would be doing such as training with them and going on calls with them, which was a really awesome experience every time. I really appreciate what all of them did for me.



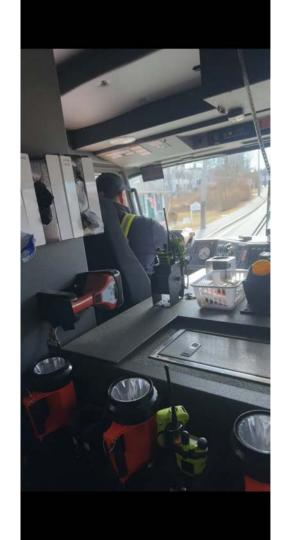
My Growth

Going into it, I really new nothing about fire fighting. I didn't even know that firefighters have to be Emergency Medical Technicians because the majority of the work is medical related. After my 8 months interning split between HFD and BFD, I have learned so much and grown as a person. I have definitely matured a little from this experience and the positive role models at the departments. I have also gotten better at retaining information that was taught to me. When I was being taught, I would really focus and give it my full attention because it will help me in a few years when I get my EMT and hopefully get a job as a firefighter after college.



Highlights

Over the course of this year, I have had many highlights at the stations. Some highlights include when I got taught how to do something that was fairly difficult, and I was able to do it. I was also on many big calls where I saw some pretty crazy things I had never seen before. I think every call I got was a highlight actually. Running down and hopping in the ambulance or the engine and going on a call was exciting for me and got my adrenaline pumping.



What Made It Feel "Real"

I went on every call there was when I was at the station, and I would participate in all the trainings with them. It felt very real because it actually was. I was in real life situations every day.



THANK YOU, HFD & BFD!

Outermost Harbor Marine





Chatham, MA





Brief Descriptor

Outermost Harbor Marine is Cape Cod's furthest east set marina. It is located on the very tip of Chatham, accessing the waterways between the north and south beach cut and Monomoy Island. They provide premier marine service through their many departments run by professionals with vast experience who are utterly dedicated to their craft.





History of OHM

Outermost began its life as Horne's Marina, a small sheltered marina housing a handful of vessels. The marina was not capable of taking on sizable vessels due to its shallow nature. Under new ownership, dredging of the inlets basin began, allowing larger boats to dock inside the marina, boasting the overall convenience of the marina itself. As the name Horne's Marina faded into Outermost Harbor in the 70s'- 90s', the marina carried a steady growth as it began to provide marine service and maintenance and boat sales with a sales partnership with Grady White. As the year 2000 rolled around, the Khan family purchased Outermost and began its true commercial rise, providing master certified service and sales of Yamaha and Mercury outboard motors. Farrel, Devin, and Harrison Khan truly shaped OHM into the structured Marina it is today.



1 of 80, Master Yamaha Technician Peter McGillvin receiving his certification, 2001



My Responsibilities

My time at Outermost has been extensive so it may be hard to recall everything I did. I have worked in every single department of the marina. This includes the Parts Department, Motor Servicing/Repairs/Repowers, Marina Crew, Detailing, and Boat Transportation. I began at Outermost as a learning experience, and I quickly developed the skills to be trusted to projects of my own.



Video Slide #1











Video Slide #2









Photo Slide #1









Photo Slide #2









My Reflection

I believe my performance at Outermost Harbor was more than acceptable, this has been confirmed to me not only by my mentors' words, but also by their actions. Outermost has decided to hire me as a Technician. Of course, I will be accepting the position and will see where this career path takes me following the end of high school. I give my biggest thanks to not only Devin, but also all of my mentors which I learned from in my time. This includes Todd, Pete, the other Pete, Dakota, Evan, Dylan, Justin, Rob, Nick, Ben, and Max.

THANK YOU!



Hillevi Segerson











ABOUT CMC

What is Cape Media Center?

Cape Media Center represents the lower Cape as a non-profit hub for countless forms of digital media and public access TV. They are currently located in Dennis.

Our mission is to build community through media, enhance democratic communication, and facilitate free expression by providing our five towns with a state-of-the-art media resource center.

Cape Media Center
 Mission Statement



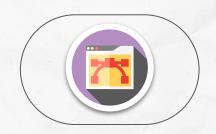
How Does CMC Aid The Community?





Online Presence

In the modern age, most of the marketing industry exists online. So, CMC assists various non-profits in making professional pieces to add to the online landscape.



Creativity

By making professional media tools available at lower costs for rent, small passion projects in the community are able to find life.



Events

The CMC hosts various community events within their facilities including live productions, debates, and meetings.

Staff



Kate McMahon

Director of Community Engagement kate@capemedia.org

Kate was the first person I talked to when I was deciding where to do my internship. She is an amazing conversationalist and cares so deeply about our surrounding community.

Jamie taught me literally everything I learned over the past year - editing, filming, sound, lighting, and directing I was exposed to through his expertise. I genuinely could not have asked for a better mentor throughout this process.



Jamie Horton

Community Production Educator jamie@capemedia.org

Staff



Kathy would always greet me warmly when I came in and was such a nice person to talk with in between tasks.

Receptionist kathy@capemedia.org

Mitch was my contact with the news team, and I always enjoyed watching him work and participating when I could.



Mitch Sok

News Director
mitch@capemedia.org

Jay was the first person I met at CMC and despite my abrupt entrance on my first day, he still took time to give me a job, and allowed me to handle expensive equipment. He is very talented and experienced, it was nice getting to know him throughout this process.



Jay Sheehan

Director of IT









May My Experience

Media Intern of 2025

PSA Day



Association to Preserve Cape Cod: Guidelines for Cape-friendly Landscapes PSA



PSA day is a recurring event at CMC where non-profit and charity organizations come to record a small video that is edited for them to use as promotional material or establish an online presence. These were my first projects and I assisted with every part of the process including filming and editing. The first three I helped with were for the Harwich Children's Fund, Cape Cod Theatre Company, and the Association to preserve Cape Cod. I helped edit and record all of the videos on the screen!





Harwich Children's Fund: PSA

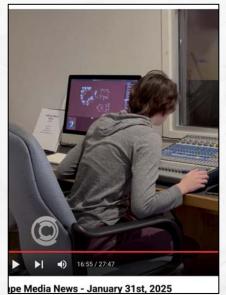
Cape Media News

I was also able to be in some episodes of Cape Media News. I did this for three separate occasions.



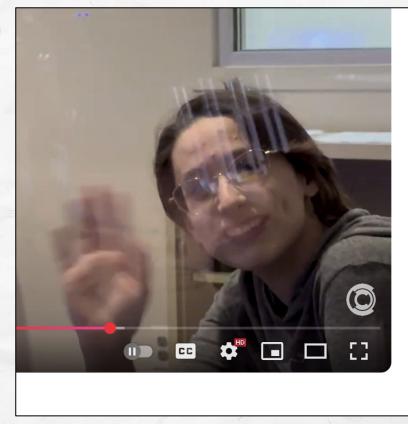
The first time was for a debate I moderated between candidates for the state senate. Me and some other students were interviewed and it helped me feel more comfortable speaking in public and being interviewed.

The second time was for a small feature they did on PSA day.









And the final one was on my favorite project.



Before working at the Media Center, I had no experience in front of a camera, editing, or networking at all. Now, I have edited works on their YouTube channel, spoken about the political action club and a debate I moderated, and met so many new people. However, my favorite project happened in early March. Expecting to help with production for the day, I instead met four very excited fifth graders eager to share their poems. I talked to them about the Media Center and its importance, asked about their classes, and reminisced on my similar experience seven years prior. As each of them read their poems, I watched in awe as their love of the natural world and community evolved to shade the harsh realities of society I had come to accept.

After debriefing with the news team, I realized the significance of the work created there. We communicate through media more than through person-to-person conversations. It made me so happy that these kids knew they had a way to share their stories with a broader audience, making storytelling less daunting and more exciting. In an age of corporate-driven creativity, small passion projects sustain empathy. I want to be part of that movement, surrounded by people just as loyal, kind, and determined.

Links to Youtube Videos

5th Grade Poets

PSA Day

<u>Debate</u>

Harwich Children's Fund

Cape Cod Theatre Company

<u>Lawns</u>

Lawn Book

Bass River Marina Capstone Project Cole Strzepek



Working on Motors

During my intern hours, I would help work on the boat motors.

While working on the motors, I would help replace and put in new parts of the motor.



Cleaning the Docks

I would help clean the docks by pushing all of shells of from the birds and clean the bird poop!



Cleaning and Waxing

I would also help clean the dirt and dust off the boats, and then wax each boat to give it a nice shine.



Checking on Boats

While checking the boats, I would check to see if all of the electricity and all of the mechanics are working properly.



Uncovering Boats

Uncovering the boat, I take off the plastic wrap sealant that was used to protect the boat in the off season.



Painting Boats

When painting boats, I would help go under the boat and apply fresh layers of paint.



THANK YOU, BASS RIVER MARINA!

I look forward to working there this summer!



MLK Action Team Internship Capstone





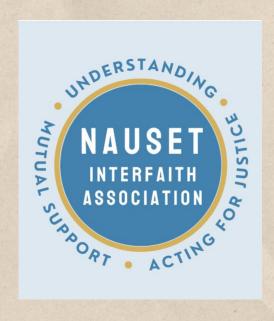
Chloe Thompson

Nauset Interfaith Association—MLK Action Team



The MLK action team of the NIA is a racial justice organisation that is committed to addressing systemic injustice and educating communities. They are a group that hosts conversations, community and cultural events (one key event being the MLK day breakfast) and foster education programs. Their goal is to move towards equality for all communities on Cape Cod.

- They are mainly based in Orleans, but they collaborate with groups all over
- Their website has lists of all the important links and upcoming events





Why I Chose This Internship



I have always been interested in social justice throughout my life, and when the opportunity to apply for this internship was introduced to me I was excited at the chance to work with a group who were making a difference in my local community and in the greater Cape Cod area. The internship not only focused on important issues, but allowed me creative freedom and the ability to explore social justice and its history in the US in a way that truly helped me understand and learn.



My Role as an Intern

Oct 2024- Jan 2025

My experience in this internship was both helping with the website, with writing spotlights for the other racial and social justice organisations in the Cape area, and also building a personal project based on the importance in recognising America's history and relationship with racial justice culminating in writing a speech to be presented at the annual MLK day breakfast event.



SPOTLIGHT ON CAPE COD RACIAL & SOCIAL JUSTICE ORGANIZATIONS

AMPLIEYPOC CAPE COD

Dec 6, 2024

https://www.amplifypoccapecod.com / Amplify POC on Cape Cod is a justice initiative that focuses on eliminating business and wealth disparities on Cape Cod for people of color. The website itself contains a list of POC-owned businesses on Cape, offers workshops and...

SHOWING UP FOR RACIAL JUSTICE BOSTON

Nov 19, 2024

https://www.surjboston.org/While not on the Cape, Showing Up For Racial Justice Boston is a detailed website that is easy to navigate. They have an anti-racism education page, where the user can find information on different topics about anti-racism. A space based on...

CAPE COD VOICES

Oct 10, 2024

This is an organization that strives for racial equality on Cape Cod. It discusses a multitude of areas from education to the arts, and offers to visit schools and discuss anti-racism within the setting through seminars and presentations. They also provide...



My Role as an Intern: Images

Oct 2024- Jan 2025









SPOTLIGHT ON CAPE COD RACIAL & SOCIAL JUSTICE ORGANIZATIONS

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What I Learned



This intern experience truly educated me on the real impact of community change. It can be so easy to get wrapped up in hopelessness and fears as an individual, but this internship really opened my eyes to the power community change can have. Working with an incredible mentor and wonderful team taught me more about professional collaboration, and through my individual art project I was able to dive deeper into the details of America's history of racial injustice, yet also the hope and resilience that has pushed change forward through the decades.



Professional Perspective



My internship consisted of mostly remote work, with check-ins with my advisor and an in-person event at the end of my time working with the NIA. This experience taught me more about maintaining deadlines, personal time management, (setting goals, upholding schedules, planning in advance, etc), and the importance of clear communication among those you are working with. I am so grateful to my mentor and the overall action team as they facilitated a compassionate and professional space to work within.



Highlights



The main highlights from this experience would be:

- Presenting/being a part of the MLK Day breakfast
- Meeting with my mentor for check-ins
- Researching other groups and teams on and around the Cape who also focus on racial justice and equality
- being able to build and create my personal 'doors' project.



Overall Reflection



This internship not only allowed me to understand a more professional experience, but educated me on systemic injustices and how we as a community and individuals can advocate successfully for change. Working with the MLK Action Team taught me to believe in myself and my ability. Rather than being dismissed for being younger, I was able to share my perspective and gain lasting lessons that I will carry with me as I continue to advocate in the future. I am so grateful for the tangible experience this internship provided, and it really made me feel like I was a part of the professional team.

Many thanks to

My mentor, Karen Boujoukos, who was an incredible guide for this journey, the MLK Action Team who welcomed me into the event and taught me all I needed to know, and finally to Ms. Armstrong, who pushed me to apply and supported me throughout my project.





Broad Reach Healthcare at Liberty Commons

Rehabilitation and Long-Term Care

Zach Vagenas



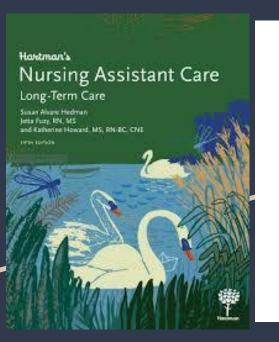
What is Broad Reach Healthcare at Liberty Commons

- Multi-service health care organization
- Liberty Commons Rehabilitation and Skilled Care Center
- Broad Reach Outpatient
 Rehabilitation Clinic
- Broad Reach Assisted Living at The Victorian
- Broad Reach Hospice

Why I Chose Broad Reach Healthcare

- I grew up with an interest in healthcare
- Intern in a medical setting
- Get my Certified Nursing Assistant (CNA) certification
- I want to work in the medical field
- My CNA certification allowed to me apply for and get a position as an ER Tech

CNA Course : Classroom





To get your CNA you must complete 50 classroom hours.

- Read chapters in book
- Completed chapters in workbook
- Completed a quiz for each chapter
- Took the final state skills exam
- Passed the exam

CNA Course: Clinical



- To get you CNA you must complete 25 clinical hours
- Began with observing
- Transitioned to hands on work
- Had practice days leading up to the skills exam
- Practiced skills on other CNA trainees to prepare to perform them on exam day

- All of the 19 skills required to get your CNA (bed bath, transferring residents, making occupied beds, ROM exercises, ambulating residents, donning and doffing ppe, feeding residents, etc.)
- Rehabilitation and long term care
- Working in a professional medical setting
- Healthcare knowledge (Anatomy and Physiology, common diseases and conditions, patient rights and ethics, workplace safety,
- Other skills: communication, time management, stress management, compassion and empathy, cultural sensitivity, teamwork and collaboration

Highlights and Reflection

Highlights

- Getting to work in a medical environment
- Working hands on with residents
- Learning from experienced professionals
- Getting my CNA

Reflection

I am grateful for the opportunity for me to do this internship and meet the requirements for my CNA during school hours. This will allow me to work an ER Tech summer temp position to further my medical experience and make me one step closer to reaching my goal of becoming a doctor.

Thank You!

A special thank you to my mentor Cindy Gardner, Broad Reach Healthcare, and everyone that helped me throughout my internship!

THE COMMONIVEALTH OF MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH Nuise Aide Cartification	
The Nurse Aide Registry, in accordance General Laws, issues the certification of	
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Registration Number: CNA1015602 Expiration Date: 04/30/2027	BUNNEAUTH OF MASSES
Expression Uses: 04/30/2021	
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My Time AT Veterinary Associates Of Cape Cod Ali Van Deusen



Upon Arrival

- Being upfront in the rooms made me learn what questions to ask the owners of the animal
- Questions that are asked when your animal comes in to see their doctor include: why is your animal being seen with us today, what are the symptoms of your animal, and just basic questions like that to tell the doctor what the animal is specifically at the vet for
- When also being in rooms the intern will normally take the dog out to get their weight on the scale

Treatment

- Being on treatment means working with one of the people that work in the back where they take the animals for what they specifically need done
- Treatment taught me a lot of different things like giving shots, watching how to give a shot, watching how to draw blood, drawing up different vaccines, cutting animals nails, and how to hold them correctly when giving a shot or giving a nail trim. More things that I learned from being on treatment were that some dogs will come in as what you call a "caution" which means interns can not usually work with caution dogs just to be safe.

Imaging/ Ultrasound

- Imaging is when you take the animal into a room and use the ultrasound machine to look at their internal organs to see what is wrong with the patient.
- Imaging taught me things like being able to recognize different parts of the stomach, kidneys, bladder, spleen, etc.
- Sometimes we will use the machine to see if the animal has a full bladder in case we need a urine sample.

Surgery

- What I learned while being in surgery is that you have to be very sterile.

 You have to wear gloves, a mask, shoe covers, clean scrubs, a surgical gown, and a hat.

- The people doing the surgery will often wear safety glasses for their eyes.

Kennel

- Being in the kennel means taking care of the animals that are boarding at the vet.
- Tasks that you normally do while working in the kennel are making sure the dogs go out to use the bathroom and making sure the animals have water and food.
- When it comes to having to clean the kennel, we mop out each kennel and wipe the doors down. We take out the blankets and put them in the wash.
- For the cats we clean the litter boxes daily and fill them with fresh litter.

Pictures!





Cat Nail Trim



Finn before going to her check up



One of the cute kittys coming in for her shots



One of the pups coming in to get shots and blood drawn



THANK YOU

A huge thank you to Ms.Armstrong for giving me the opportunity of being able to get an internship that I absolutely loved!

A huge thank you to Chris from VACC for inviting me into the VACC family to learn about what I want to do in the future! Thank you everyone for teaching me so many different things!

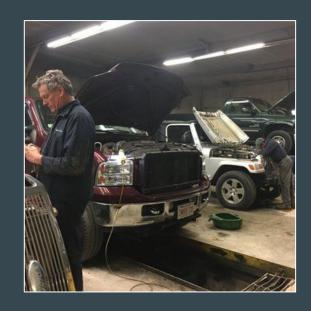
Cape Cod Truck Internship Experience

•••

James Vath

About Cape Cod Truck

- Cape Cod Truck is a full-service commercial truck facility located in Orleans Massachusetts. The company provides diesel truck repair, maintenance, inspections, and parts sales.
- It serves both local businesses and independent truck operators.
- During my internship, I worked alongside skilled mechanics and staff to learn how the business operates from the inside.



Internship Responsibilities

- Assisted mechanics with routine maintenance tasks such as oil changes, tire inspections, and brake repairs.
- Helped grab parts and organize the shop
- Observed diagnostic procedures and learned how to identify mechanical issues.
- Gained hands-on experience using tools like impact wrenches, diagnostic scanners, and lifts.
- Shadowed the service advisors to learn how to maintain diesel trucks.



• I learned the ins and outs of diesel mechanics and how a commercial shop runs.

• I learned that being a mechanic is not easy and you have to remember how to do everything to a truck and check twice before sending the truck off.

 I learned the regulations for trucks in Massachusetts and how to communicate with customers.



Reflection & Future Goals

This internship taught me the importance of hard work, patience, and attention to detail. I enjoyed the hands-on learning and the team environment in the shop. One challenge was adjusting to the fast pace and multitasking, but I improved with practice. This experience confirmed my interest in cars but made me realize that I would not like to work in a shop. I would rather work on my own cars and learn how to modify and fix my car.

internship. It was a great experience!

Thank you, Mr. Hibberd and everyone at

Cape Cod Truck for helping me with my



About LaBella!

LaBella is a medspa that offers endless services such as facials, massages, IV therapy, injectables (botox), etc.

LaBella began in August of 2022 in Farmington, CT. They decided to open their second location in July of 2024 located right in downtown Chatham towards the end of Main St.



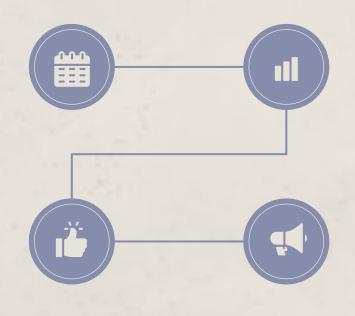
Key Tasks/Takeaways

Scheduling

Used Aesthetic Records to navigate schedules, send out reminders and stay organized

Social Media

Creatively used platforms like canva to make social media posts, flyers, menus, etc.



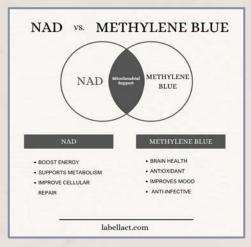
Inventory

Used Aesthetic Record/Google Sheets to keep track of inventory and send updates to my mentor on what was in stock/needed to be ordered

Event Planning

Created flyers, goodie bags, decorated, coordinated catering for special events/ fundraisers



















Brands



SKIN SCIENCE













Learned about multiple different brands, researched them and figured out the best way to recommend and suggest them to clients.





Instagram posts made to promote products:

What I I earned

In my internship I was able to learn the behind the scenes of opening a business in a small town and how important connections can be when trying to gain clientele.

Reflections

Throughout my internship not only did I grow but so did the business. It is so fun to learn new things along the way and be there to solve problems in real time.

Performance

I saw my performance as an employee majorly change as I became more involved with the business and those working in it as well. I am now able to make connections, figure things out on my own and properly plan things out.

Growth as a Professional

I believe this internship really helped me in my adulting aspect of life. It pushed me to expand my communication skills and confidence in a workplace.

Highlights

The most exciting part of my internship was organizing a fundraiser alongside my mom to benefit a local organization and see how inspiring it is to give back to your community.

Impact

This internship had a major impact on my life being in a workplace filled with women. It was inspiring and welcoming environment showing me what is important if I choose to open my own business one day.

22222333

Conclusion

I have been so grateful to work in a women owned small business and learning the ins and outs of responsibilities that come with owning a business. I have been able to have insight on the marketing side of the business. I have soaked in so much information that will be helpful in what I hope my future career will be.

Thank you so much Cheryl and everyone at LaBella for this incredible opportunity and making it the most fun experience for a senior year Internship!









TODAY REAL ESTATE

Harwich, Cape CodOlivia Wragg

Welcome! My name is Olivia Wragg, and over the past few months, I have had the amazing opportunity to intern at Today Real Estate right here in Harwich. This experience has not only introduced me to the world of real estate but has also taught me so much about professionalism, responsibility, and the value of community-focused work. I am excited to share with you what I have learned, and how I have grown through this internship.

WHAT IS TODAY REAL ESTATE

Today Real Estate is a well-established real estate company based on Cape Cod. They specialize in helping clients buy and sell homes across the Cape, focusing on customer service, local expertise, and community knowledge. Their agents are deeply rooted in the area, and part of what makes them successful is their ability to market homes by highlighting the unique lifestyle Cape Cod offers. From beautiful beaches to family-owned restaurants, Today Real Estate really understands how to sell not just homes, but experiences.

MY ROLE

As an intern, I had the opportunity to be involved in many different aspects of the real estate process. My main responsibilities included organizing and filing important housing documents, taking photographs of local restaurants, beaches, and attractions to help build listing profiles, and attending open houses and home inspections. I also had the chance to meet with brokers and ask them about their schooling, licensing, and what they love about their careers. Every task, big or small, gave me insight into the behind-the-scenes of real estate.

WHAT I LEARNED

Throughout my internship, I learned how important every detail is in real estate. I gained a better understanding of how listings are built, how to talk about a property's selling points, and how to stay organized with paperwork. I learned how each position manages client relationships and how important it is to be knowledgeable, personable, and professional. I also saw how marketing plays a big role in this industry, especially by using photos of local attractions to make homes more appealing to potential buyers.

What is Real Estate?







Residential

- Single family homes
- Duplexes
- Townhomes
- Office buildings
 Gas stations
- ommercial

Shopping centers

- Industrial
 - Factories
 - · Power plants
 - Warehouses

REFLECTION

This internship really opened my eyes to the professional world. At first, I was nervous to be in such a fast-paced and adult environment, but over time, I grew more confident and comfortable. It was rewarding to know that my work was contributing to real transactions. I began to feel like I belonged in the office and that my work had purpose. It made me think more seriously about my future and what kinds of careers I might pursue.

PERFORMANCE AND GROWTH

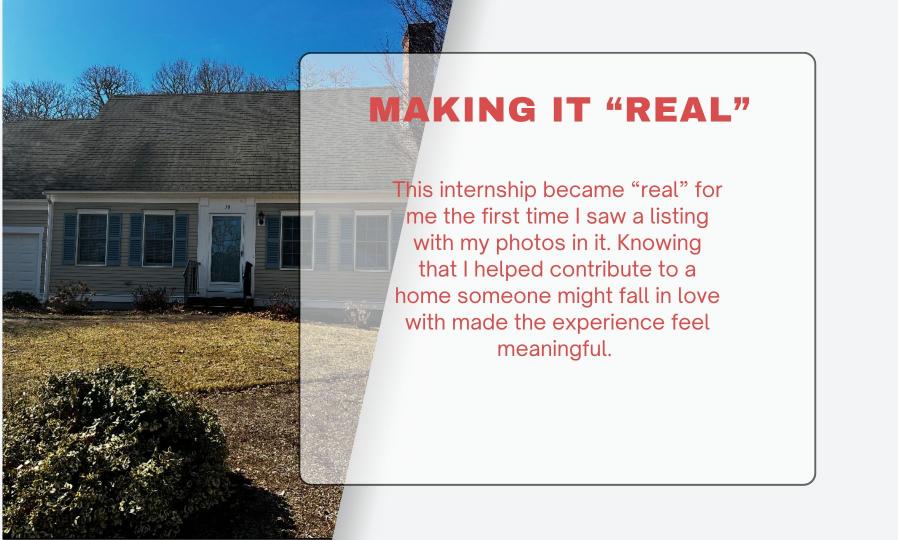
Looking back, I can see so much growth in myself. I became more detail-oriented, more organized, and more aware of how to present myself in professional settings. I learned how to ask questions when I did not understand something, and I started to speak more confidently alongside Mrs. Burke to clients. This experience helped me develop skills like time management, communication, and responsibility—all things I know I will need in college and beyond. I am proud of how much I have grown during this time.

HIGHLIGHTS

There were so many memorable moments throughout my internship. One of the coolest experiences was attending an open house and watching how the agents interacted with potential buyers. I will also never forget my first time changing the sign to sold!







LIFE IMPACT

This internship definitely impacted my life. It gave me a glimpse into the business world and helped me understand how much effort goes into every sale. It also sparked my interest in business, marketing, and possibly even pursuing real estate down the line. I will be attending UMass Amherst in the fall, and I am so grateful to have had this experience. More than anything, it helped me become more confident in my abilities and taught me that I am capable of contributing to real work in a professional setting. That is something I will take with me no matter where I go next.

THANK YOU

I want to sincerely thank my mentor and everyone at Today Real Estate for making me feel welcome, supported, and trusted. A special thank you to Shannon Burke for teaching me so much and being so open about your own journey. Your guidance and kindness meant a lot to me. I am incredibly grateful for this experience and everything I have learned. Thank you for letting me be part of your team.



THANK YOU!

Chatham Fire Department

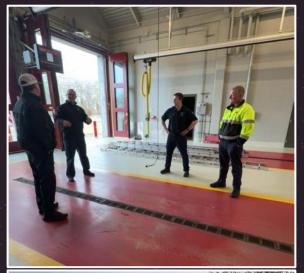
Chase Yarletts





Overview

The Chatham Fire Department, beginning in 1911, is a professional fire and EMS agency located in Chatham, Massachusetts. It serves the entire town, including residential neighborhoods and coastal areas, providing fire suppression, advanced life support (ALS) emergency medical services, rescue operations, and fire prevention. The department operates 24/7 with a full-time staff of firefighters and paramedics and maintains a modern fleet of engines, ambulances, and marine rescue equipment. In addition to emergency response, the department is active in community outreach through CPR classes, school visits, and public safety education.





What I Learned - Fire

- Basics of fire behavior and suppression
- How to inspect and use fire trucks and gear
- Use of tools like hoses, ladders, and SCBA (Self-Contained Breathing Apparatus), also power tools like the Jaws of Life and saws.
- Understanding call procedures and emergency response
- Everyday life of a firefighter



What I Learned - EMS

- How to take and record vital signs (pulse, blood pressure, respirations)
- Medical organization: there is a place for everything.
- How to operate the stretcher, stair chair, and things of that nature
- Inspection of all medications and tools
- Transportation to different hospitals for different cases



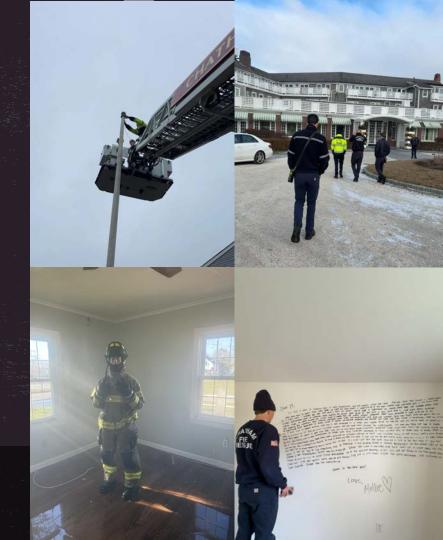
Professional/Real

Riding along with the firefighters made everything feel real and professional. I was not just watching, I got to be involved in what they were doing. Whether it was going to calls, crawling through smoke, or going up the tower, it all felt like actual on-the-job training. Even the fun stuff, like joking around and hanging out at the station, made me feel like part of the crew and gave me a good idea of what it is really like to work in the fire service. They always answered my questions and were willing to train me in whatever way they could.



Highlights

- Crawled through smoke-filled environments for search and rescue training
- Responded to a gas pipe leak
- Conducted a safety walk-through at the CBI facility
- Climbed and trained on the fire training tower
- Participated in hands-on exercises at a house scheduled for demolition
- Took part in the April Fools' Polar Plunge challenge
- Witnessed accidental damage to a fire engine
- Met and connected with many new people in the fire service community



Performance

During my internship at the Chatham Firehouse, I worked hard to develop my skills and contribute to the team. I took on tasks like responding to calls and participating in training, always eager to learn and improve. I made it a point to ask questions whenever I was unsure or wanted to learn more about a specific task, knowing that insights from the experienced firefighters would help me grow quickly; however, looking back, I realize that I could have asked even more questions, particularly in areas where I could have deepened my understanding. I think being more proactive in seeking feedback and clarifying certain procedures would have helped refine my skills even further. Overall, I am proud of my progress and feel more prepared for a career in firefighting.

Thank you, Chief Tavano and everyone at the CFD.