



SACRED HEART
GREENWICH

Externship Program



Empowering
Young Women Through
Real-World Experience

What is the Sacred Heart Greenwich Externship Program?

The Sacred Heart Greenwich Externship Program offers Upper School students the opportunity to explore professional careers through immersive, one-day or multi-day placements with alumnae, parent, and partner hosts. These real-world learning experiences allow students to apply classroom knowledge, discover new interests, and begin envisioning their futures with confidence and clarity.



Why an Externship?

At Sacred Heart Greenwich, we believe that empowering girls means preparing them to lead in every space—corporate, creative, science, and beyond. Our externship program is intentionally designed to:

- Promote leadership and self-advocacy in young women
- Expand career awareness in fields where women are underrepresented
- Connect students with female mentors and role models

Program Highlights

- **Career Exploration:** Students are matched with hosts in a range of industries, including finance, law, medicine, media, tech, education, and more.
- **Personalized Preparation:** Workshops on resume writing, networking, communication, and workplace etiquette ensure students are ready to make the most of their experience.
- **Mentorship & Connection:** Many externship placements are hosted by Sacred Heart Network alumnae and parents who offer guidance and inspiration beyond the experience itself.
- **Reflection & Growth:** Students complete a post-externship reflection, helping them synthesize what they've learned and identify next steps.



Student VOICES

"During my finance externship, I observed portfolio managers using real-time data to make investment decisions, applying strategies like diversification and asset allocation to manage risk and optimize returns. My Sacred Heart coursework in statistics gave me the tools to interpret the data and understand market trends, while my studies in ethics helped me appreciate the importance of integrity in every financial decision. This experience showed me how the knowledge and values I've developed at Sacred Heart truly prepare me to navigate the real world with both skill and purpose."

– Caitlin '24

"Prior to going on this externship, my knowledge about neurology or spinal surgery was limited. I had selected medicine as a career field I wanted to explore and was paired with Dr. Jenkins who was able to show me a very intricate and interesting side to medicine. Dr. Jenkins' patients were all very unique cases so I learned the intricacies of how patient care works and the proper ways to assess how to approach each one with properly oriented intentions and the patient's highest needs in mind."

– Lexi '26

Success STORIES

"Gingham and Gable happily hosts students as a part of the Sacred Heart Externship Program. It is our honor to expose the next generation to the world of interior design through a bird's eye perspective during the two-day program. We have found Sacred Heart students to be well mannered, smart, and eager to explore our industry with unbridled enthusiasm. Last year we hosted a total of eleven students with one returning to our design firm as a paid intern. We look forward to welcoming more Sacred Heart students over the years."

– Mrs. Lisa Ehrlich P'24
Gingham and Gable Partners

"I love having the Sacred Heart Greenwich Upper School students in my office! They bring such energy and curiosity, reminding me how fortunate I am to do this work every day. It's inspiring to see young women exploring STEM fields at such an early age, and I'm always impressed by all they've already accomplished at school and beyond. It's meaningful to stay connected to Sacred Heart Greenwich and to view the community through the unique lens of today's students. I'm so grateful to be part of this wonderful program."

– Dr. Joyce Khandji '06, Pediatric
Ophthalmologist and Strabismus Surgeon



To learn more about Sacred Heart Greenwich's externship program email us at externship@cshct.org.