PROMISE
2012 Intern Directory

Professional and Managerial Experience in State Employment
Welcome to PROMISE

The PROMISE (Professional and Managerial Internships in State Employment) Program has been part of OSU’s campus community since 1992. PROMISE is a developmental internship program designed to provide professional, managerial, or technical paid work experience and mentoring in state and local government agencies for Oregon State University juniors and seniors. An annual, paid, 10-week program, PROMISE’s purpose is to increase the potential pool of applicants currently under-represented in state and local government agencies. Interested students from historically underrepresented backgrounds are particularly encouraged to apply.

Learning Outcomes for the PROMISE Program:

- Interns will emerge from the program ready to navigate the employment process with confidence
- Interns will develop a solid network of colleagues and professionals, will be strongly bonded with their cohort and confident in the workplace
- Interns will develop a robust tool kit professional development to serve them in their career

In addition to their projects at their worksites, the 2012 interns participated in required weekly professional development luncheons and workshops. This year’s topics included: StrengthsQuest, Exemplifying your Strengths, Building your Professional Portfolio, Search Advocate Training, Networking and Dining Etiquette, Stress Management, Developing a Healthy Work-Life Balance, Professional Poster Design and Relaxation. They also participated in a community service project.

For updates and information about PROMISE, please join the “Friends of the OSU PROMISE Internship Program” group on Facebook. You may also enjoy reading the blog posts from the 2012 cohort at http://blogs.oregonstate.edu/promise/.

Thank you for your interest in the program. All of what we do is made possible by the tremendous support from the OSU community.
Internship Description

“When OSU women students were recently surveyed, inclusivity was identified as an area for improvement of the Women’s Center. Hence, the goal of this project was to explore ways in which the center could enhance the inclusivity factor of our programs and community interactions by assessing other women’s centers.”

Best Aspect of my Internship

“Throughout the project my favorite part has been this research and the expansion of my understanding of inclusivity. My prior understanding of inclusivity was focused on how to make an atmosphere feel welcoming for all groups of people. This definition has now expanded to looking at how opportunity, interaction, communication, information and decision-making are configured to utilize the potential of diverse groups of people. This wider understanding not only influences my report recommendations to the Women’s Center but also the way I interact in my personal life and how I understand all organizations.”
Internship Description

“This summer I have been working with the STEM (Science, Technology, Engineering, and Mathematics) Academy, a division of Pre-College Programs that provides youth programming focused in the scientific and mathematic fields. My job includes organizing, administrating, and operating the numerous summer camps that we offer here on the OSU campus.”

Best Aspect of my Internship

“I thoroughly enjoy any opportunity that allows me to work with children. They really keep you on your toes and give you a different perspective on things. Quite frankly, being around children brings out the kid in me which is an experience that I feel everyone should have. Another part of my PROMISE internship that I really liked was being in the classroom of the multiple awesome summer camps that we had. We offer everything from Lego Robotics to Food Science camp. Even though I wasn’t a camper, I was still able to learn a lot of things about some really interesting topics.”
Internship Description

“For this summer’s projects I am working on Oregon State University START Sessions, researching college bridge programs, researching a program in which college students work with incarcerated youth, planning the Multicultural CONNECT dinner for undergraduates and graduate students, attending two summer youth camps, and attended a Native American Youth Conference.”

Best Aspect of my Internship

“The PROMISE internship was a very great experience for me. There were many great aspects about this internship that I liked very much. It’s difficult to pick just one aspect that was my favorite. Definitely, having the ability to choose my own projects was an aspect of the internship that I liked a lot. Choosing to research and attend the events I went to were my choices which I enjoyed very much. At the office, I was also given much leeway to be in the office, research, and do my work in anyway I wanted to. I very much enjoyed this type of work environment.”
Internship Description

“For my project this summer I had to orchestrate an entire recruitment process by myself. The guidelines were given and from there I had to make an announcement, advertise with newspapers and job websites, screen the applications and submit the required paperwork of qualified applicants to the hiring department.”

Best Aspect of my Internship

“My favorite part of my internship was helping with the classification project. In this project I helped to determine pay grades for all Benton County employees and my part specifically was to make current minimum qualifications for all working positions available from the county. I also enjoyed a project in which I had to transfer position duties from an old format into a new template that in turn listed the pay grade which helps for recruitment. My favorite part of the Promise program had to be cleaning up the park. It was nice to be able to go out and do something different for a change after getting used to sitting in an office. So the fresh air was much needed. I also enjoyed the professional development day experience.”
Internship Description

“This summer my projects have varied. I have done everything from creating an annual calendar for Girls on the Run to filling in for art classes as a head instructor. I have gotten the chance to expand my abilities to include much more experience with different computer programs. The main goal of the summer at Girls on the Run is to create a strong foundation to build upon.”

Best Aspect of my Internship

“I have enjoyed getting to know the wide variety of people and learning from their experiences and knowledge base. Interacting with the children is the best part of every day for me. Watching them learn and be fascinated by what they are learning is a truly rewarding experience. Living by the KidSpirit and Girls on the Run motto, “Play, Be There, Choose Your Attitude, Make Their Day,” has been an inspiration to me and an important life lesson that I will carry with me through life. At the end of the day, I go home feeling very accomplished and as though I have made a difference in the lives of others; this rewarding feeling is the best part of my job.”
Internship Description

“The project that I have been working on during this summer is in collecting insects. I count the insects in the bean crops with a sweep net and a thing named Cookie Cutter. The purpose of this project is to measure if harmful insect populations are large enough to warrant spraying insecticide, which also kills beneficial insects. One example of the many harmful insects I collected is the 12 Spot Beetle.”

Best Aspect of my Internship

“I think my favorite aspect of this internship has been the people in it. There are so many nice people, interns and staff/ faculty. I think when you have true people that are there to help and motivate you to do well in life is when you feel in a comfortable zone. And this is what I like the most of this internship - the people.”
Internship Description

“I am gathering information from different instructors around Oregon to place in two separate handbooks for the Oregon Master Naturalist Program’s Ecoregion courses. I coordinated a booth for da Vinci Days in July. I am also helping coordinate a Youth Watershed Summit that will bring together high school students from around the state.”

Best Aspect of my Internship

“One of my favorite parts about the program is meeting the different kinds of people. Another is getting work in a professional setting and gaining skills that I will need to use throughout my future career. I am learning great organization and communication skills, while also bringing together a greater event. My favorite project that I have done this summer was working on the da Vinci Days booth; I was able to work with interns from a completely different program to put a booth together for the festival. I really enjoyed meeting and getting to know everyone I have worked or talked with.”
Internship Description

“While working in the office of Business Affairs, I’ve assisted the department with the organization and design of the student section of their new website. I’ve helped construct and administer surveys for the evaluation of student perspectives in regard to Business Affairs. Lastly, I’ve helped with the development a financial literacy hub for OSU students.”

Best Aspect of my Internship

“My favorite aspects of interning with Business Affairs has been working in a professional environment and having the freedom to make my own decisions. Every day I come to work I get a chance to listen & observe people working in a professional setting, handling important tasks and making well thought out decisions. I also really like the trust associated with the amount of input I’m allowed over the things I do. My program supervisor supports me tremendously. She gives me opportunities to evaluate scenarios and allows me do things the best way I see fit.”
Internship Description

“My project is an inventory of the partnerships and services in Benton County. Any service that has a partner agency is included, as well as any and all volunteer based programs. Partner agencies include Benton County Departments, State and Federal Agencies, non-for profits, etc.”

Best Aspect of my Internship

“My favorite part so far is the day I spent at the District Attorney’s office. I spent most of the day in the Court room and the rest was learning more about the different aspects of the District Attorney’s office. Unfortunately, I did not see a part of a trial. I did get to see a release hearing, preliminary hearings to set a court date and the court appearance for the newly arrested. During the last half of the day, a judge let me sit at the table with the Deputy DA I was shadowing.”

Kat with sponsor Margaret Kotyo
Internship Description

“I have been assigned the task of creating career and professional development programs for student leaders of color. My second project is research-based, working with the Alumni association to create an Alumni Database, tracking back all Diversity Development and Cultural Center staff. My last project is to implement a library system at the cultural centers to gain more retention and accessibility.”

Best Aspect of my Internship

“My favorite part of my internship here has been having the pleasure of getting to know various staff, faculty, and departments that I’ve had the opportunity to work with. Everyone is so passionate and enthusiastic about what they do and hearing their stories & experiences has reaffirmed my desire to follow suit in student affairs!”
Internship Description

“My Master’s degree research project asks about the experiences of LGBTQ college students when they try to replace lost familial funding after they come out, or areouted, to their families and their parents dispossess them. My internship has been about preparing my research proposal for Institutional Review Board approval.”

Best Aspect of my Internship

“My favorite part of this summer’s Promise Internship has been meeting and working with the other interns. They come from a wide variety of interests and areas of study, but each of them is incredibly enthusiastic about the work they’re doing this summer. The one component that I enjoyed most though was the in-depth discussion we had over lunch with OSU President Ed Ray. He’s a fascinating figure who has played an important set of rolls this year not just here at OSU, but also on the national stage with the NCAA and its reaction to the Penn State troubles.”
Internship Description

“While working at KidSpirit, I have had the opportunity to collaborate with staff members on projects and problem solve many daily situations. Most daily tasks performed cannot be formally documented. As the Assistant Camp Director I am a song singer teacher, an evaluation giver, a bucket filler, a mentor to teachers, a special needs specialist, and a problem solver.”

Best Aspect of my Internship

“Being a part of the KidSpirit staff is always such a privilege. The best parts about this position and working for this organization are the ability to grow as a professional and as a person. The program focuses on feedback; giving and receiving both constructive and positive of course. I get the chance to work with many different people from diverse backgrounds with a variety of strengths that create a well-rounded team atmosphere. Working with children gives me the opportunity to learn something new every day and always improve my abilities to communicate. I also love being able to mentor the staff and watch their growth, especially when working with children with special needs.”
Internship Description

“A lot of my work involved providing the students' perspective on issues relating to loans, financial aid, and student accounts. Some of the projects included creating a Student Customer Satisfaction Survey, assisting in the development of a new website, and putting together a Financial Literacy guide aimed at helping incoming students better understand these aspects of student life."

Best Aspect of my Internship

“By far, my favorite aspect of the PROMISE internship has been receiving well-developed professional development seminars from knowledgeable people around campus. Even though I really enjoyed many other aspects of the internship, this stood out to me as especially helpful. Too often, students receive poor advice or even none at all. The information and skills covered over the summer will follow many of us through our professional lives. In addition to learning these important skills, it also provided us the opportunity to meet many smart, well-connected people on this campus.”
Internship Description

“For the first couple of weeks I wrote, directed, and produced tutorial videos for new cameras that SMS had purchased. After that, I was asked to gather stock images and video clips that could be used by OSU students and faculty members. I have also been taking care of normal SMS duties such as dubbing video tapes for students and video consultation visits with faculty members.”

Best Aspect of my Internship

“My favorite part of this internship has been all of the time I have been able to spend out in the field practicing my photo and video skills. Capturing images on location is much different than shooting in a studio environment because there are many factors such as lighting and ambient noise that you must be aware of. This internship has given me many opportunities to hone these skills that are not present in a classroom learning environment. I have had the opportunity to travel to Newport as well as the 4-H camp in order to document these locations. I have also thoroughly enjoyed helping other interns produce videos for their assignments and have made some great connections doing so.”
Internship Description

“My first project was to create a presentation about Obama’s Deferred Action Immigration Policy that I would later present at the 4-H International Camp. I also researched and contacted other resources to write an article on the differences of MIP’s and Marijuana possession and how they affect students. I also created a new Constitutional and Statutory Timeline for ASOSU."

Best Aspect of my Internship

“Overall I have really enjoyed the time I spend at the ASOSU Office of Advocacy. The development and planning of what will soon be the Student Experience Center has been one of the many aspects I really enjoyed. Being part of the meetings allowed me to get insight on how different aspects of the new building will be developed such as where the new offices for the ASOSU Office of Advocacy will be located within the building. Everything has been a learning experience and my sponsor Patricia has been helpful in guiding me through this experience and a great person to work with.”

Claudia Mata

Major: Psychology Internship: ASOSU Office of Advocacy

Claudia with sponsor Patricia Lacy
Internship Description

“The beginning of the Summer I worked with Girls on the Run, helping conclude their season. The Race, Practices, Teams and Coaches were all pulled together and finalized for the 2012 season. I then moved into working with the KidSpirit side. I helped with special projects including fundraising and lesson plan objectives. I also have been a head instructor teaching educational classes and gymnastics!"

Best Aspect of my Internship

“My favorite part of this internship was being with the kids all summer. The campers made my day everyday. At KidSpirit, they campers range from 5 to 17 year olds and that has been a great experience having all the different age ranges. Every Friday we have a different dress up day and getting to see the campers not only get into it but the staff makes this internship so enjoyable! The staff has also made this summer. The family we have created from working with each other this summer showed me how important it is to enjoy the people you work with. We are always working to fill each others buckets and make everyone’s days!"
Internship Description

“My project consists of receiving the applications for campers for the three different camps held throughout the summer. From promoting, to processing payments and anticipating what the campers may need. Due to the amount of campers, we also need many volunteers as well as high school age campers to lead an assigned group of campers.”

Best Aspect of my Internship

“Seeing the camps take shape after planning them was by far my favorite part. After communicating with countless people over the phone and e-mail, and organizing different events throughout the camps, it was very satisfying afterwards. A lot of my time at the camp was spent overseeing different activities at the camps. I enjoyed watching campers arrive and watch them participate and gradually become attached to their fellow campers and counselors. A lot of emphasis was placed at both discipline and having fun together at the same time. At times I didn’t have to be an authority figure and would laugh and play with the kids as well.”
Internship Description

“One of my most important projects has been to learn video and photography for the summer. I started to work with Sean on a video that I proposed to a program: The Oregon Migrant Leadership Institute. I started to do some filming for the program with the goal of making them a promotional video for future students to see. I have concentrated on photographing some side projects, like the 4-H international camp.”

Best Aspect of my Internship

“I think I already explain some of the favorite part of my internship. I really like photography a lot more than video. I am very new at this and since I am a totally different major I have never had experience with or touched any of this equipment. Now that I have the opportunity I would like to take some photography classes. I plan to keep this as a hobby and gain more experience in the field.”
Internship Description

“This summer my PROMISE project was to launch a walking program at Sunrise Elementary in Albany and Lincoln Elementary in Corvallis. The purpose of this walking program was to promote more physical activity within families.“

Best Aspect of my Internship

“I have a couple favorite parts about my internship, one of them has been just meeting so many people. I enjoyed working with the children at Lincoln during their summer school Nutrition program. I also enjoyed the children at the Sunrise Garden, but most of all I enjoyed talking to the families that came to my walking program at Lincoln, but especially at Sunrise. They were always cracking jokes, or talking about different foods and how they cook them, or simply talking about their lives and different stories. I had a lot of fun working with them.“

Bianca Quinones
Major: Apparel Design & HDFS
Internship: Linn County Extension

Internship Description

“This summer my PROMISE project was to launch a walking program at Sunrise Elementary in Albany and Lincoln Elementary in Corvallis. The purpose of this walking program was to promote more physical activity within families.“

Best Aspect of my Internship

“I have a couple favorite parts about my internship, one of them has been just meeting so many people. I enjoyed working with the children at Lincoln during their summer school Nutrition program. I also enjoyed the children at the Sunrise Garden, but most of all I enjoyed talking to the families that came to my walking program at Lincoln, but especially at Sunrise. They were always cracking jokes, or talking about different foods and how they cook them, or simply talking about their lives and different stories. I had a lot of fun working with them.“
Internship Description

“I have been working with 4-H Youth Development by assisting the director with running the three 4-H camps in the best way. I received the applications and put them in the database. Also I put all the information together for registration, payment, and medical of all our participants.”

Best Aspect of my Internship

“My favorite part about my internship is been the chance to work with students from all ages and see the changes we can make with each and every one of them. In the camps we teach them many things that will help them to become a better person in life. While students are camping they experience educational workshops, cultural, technology, science, etc. I think the most rewarding part of this internship is been able to see campers coming back each year to become camp counselors and role models for all those campers.”
Internship Description

“My Internship focused on creating the best experience possible for all of the PROMISE interns, sponsors and supporters. This included advertising the program to interested students, creating orientation presentation materials, programming each of the luncheons, ordering all the food, fielding any and all questions and making this booklet.”

Best Aspect of my Internship

“Meeting and getting to know all of the interns and sponsors has definitely been the best part of my experience as the coordinator. This project has reaffirmed my hopes that I can be a student affairs professional and that I enjoy working with students. Speaking of professionalism, I enjoyed the opportunity to practice being a professional immensely: having meetings and brainstorming with Diane, jamming out emails all day, and wearing ties the entire summer was actually pretty fun. Now since I have graduated I am looking to find a student affairs related position for employment before eventually going to grad school.”
Internship Description

“My project was to use GIS mapping technology to determine the research experiments that are conducted in Yaquina Bay near Hatfield Marine Science Center to be part of a comprehensive map of Yaquina Bay. This map enables better understanding of all the research in the Bay and to increase communication between federal and state agencies at Hatfield Marine Science Center to encourage long-term data set collaboration.”

Best Aspect of my Internship

“This PROMISE internship provided me with a solid foundation to build the expectations of my career upon. My favorite aspects of the internship are its flexibility and encouragement of creativity. Through this program, I have been able to take the initiative with projects to maximize my time and abilities. For example, even though I am a marine science major surrounded by research at Hatfield Marine Science Center, my interests in identifying limitations and inventing creative alternatives, led me to take control of a website design and development project for an improved Hatfield Marine Science Center internship website. Overall, I have been able to recognize my strengths, as well as areas of improvement in my life that I will continue to pursue and work on.”
Internship Description

“Cleaning a system called Banner that contained all the vendors in Oregon State University from incorrect information. Other major tasks included going through excel sheets and finding the correct codes for the different types of vendors, finding duplicate vendors, finding mismatching vendors with their Banner ID and their Tax ID.”

Best Aspect of my Internship

“My favorite part of the promise internship was when we went to do the community service and being able to spend time with my fellow promise interns. Getting to know new people and being able to expand my network through others who will expand though mine. My other favorite part was also during that day when we were learning to be professional in a professional lunch and all the correct ways to eat your meal which is something that I will have on my mind when I go to a dinner/lunch like that.”
Internship Description

“My project this summer started with the launch of a Leadership Certificate, out of the Center for Leadership Development. I was in charge of marketing to students, updating the website, marketing material, and meeting with the faculty involved. By the end of the summer, we added a centralized initiative as well as a few events to support the program."

Best Aspect of my Internship

“The PROMISE internship has been a truly rewarding experience. I have had great discussions with many faculty members at OSU, as I had the chance to meet new people, and reconnect with some people I have met before. I am reflecting on this experience for my leadership minor and the summer has been challenging and exiting at the same time. My internship site matched nicely with the PROMISE weekly meetings, and both the Center for Leadership Development and the PROMISE program provided opportunities for personal, academic, and professional growth. I would recommend this to any student looking to round out their education, and expand their network. I look forward to staying in touch with everyone.”
Internship Description

“My project is to create a new and improved set of safety training materials in the PowerPoint format. It is a series of 9 different PowerPoint’s covering safety trainings such fire safety and natural disaster preparedness. They will be used in educating and training Benton County Health Department’s 100+ employees, staffs, interns and volunteers.”

Best Aspect of my Internship

“The PROMISE internship has strengthened my professional career because it generates a strong network filled with prominent college professionals, staff and future colleagues. At the Benton County Health Department, I work closely with my supervisor, Ann Brown, and other individuals who are specialized in different fields of Public Health. This opportunity has further affirmed my interest in the healthcare field and I utilize my transferable skills in developing materials that can be beneficial to many other healthcare professionals. My PROMISE cohort has helped maintained a work–life balance since everyone is so welcoming and humble in both their unique personalities and the work that they do.”
Internship Description

“I created a factsheet for an invasive species, American Bullfrog that provide teachers for future education, transcriptions for WW 2100 Project, assist a webinar for AG-AIS workshop in Arizona, teach kids at da Vinci Days, research about Japanese Tsunami debris issue, and teaching high school students at summer camps about invasive species.”

Best Aspect of my Internship

“My internship experiences have been educational, memorable, and valuable for me, and I believe everything I learn here are very beneficial for my future. I have also built up strong networks with all the staff/faculties and interns I met. One of the important skills that I have developed as working at Oregon Sea Grant is become better at multitasking. It’s been a very fulfilling summer, not only because I have been learning new things about our environment and invasive species, I can now educate people in the community about the issues that are around and how to improve our environment.”
Internship Description

“I created a video series highlighting OSU campus resources including Dixon Recreation Center and Disability Access Services. These videos are located on the Dean of Student Life OSU website and YouTube page. My other projects included working with the OSU NASPA Undergraduate Fellowship Program (NUFP) and the OSU College Student Services Administration (CSSA) graduate program.”

Best Aspect of my Internship

“I assisted in updating the class, AHE 499: Exploration in Higher Education for my PROMISE internship. The class is designed for students who are interested in pursing student affairs and higher education professionally. After doing research, reconstructing the syllabus, organizing the class reading, and creating homework assignments, my supervisor asked me to assist in co-teaching the class during Winter 2012. As an upcoming first year graduate student in OSU’s College Student Services Administration Program, one of my goals is to gain classroom teaching experience. Being a part of the class creation process and preparing to teach this winter is an invaluable experience.”
Internship Description

Joel and Isaiah are members in a mentoring program called the NASPA Undergraduate Fellows Program (Better known as NUFP). This program is designed to be an exploratory program for undergraduate students interested in becoming student affairs and higher education professionals. As NUFP Fellows they are allowed to find a mentor, attend national conferences, or find internship opportunities at other colleges. If you or someone you know is interested in becoming a NUFP Fellow, please contact the Office of the Dean of Student Life.

Isaiah was an intern for OSU’s UHDS Department and Joel, who recently graduated from Metropolitan State University, worked for UHDS, Disability Access Services and The Office of the Dean of Student Life. The PROMISE Program invited Joel and Isaiah to attend our events so that they may grow their professional development and gain peer connections with the PROMISE interns. In a post to the PROMISE Blog, Joel writes, “The PROMISE program allowed me to connect with other interns around campus while given the opportunity for learning and growth both professionally and personally through professional development presentations and dialogues.”
A Special Thanks

The PROMISE Program is special, in part, because it is a true community effort. We are deeply grateful for the time, energy and funding that our OSU community contributes to the success of this program. We could not do it without you.

**Thank you to our PROMISE Program Task Force**
- Angelo Gomez, Office of Equity and Inclusion
- Mario Magana, 4-H Youth Development
- Janet Nishihara, Educational Opportunities Program
- Victoria Nguyen, Diversity Development
- Judy Russell, Honorary Lifetime Member
- Sandy Tsuneyoshi, Intercultural Student Services
- Judy Russell, Honorary Lifetime Member

**Special Thanks to:**
- Dr. Mamta Accapadi, Dean of Students
- Mark Belson, Recreational Sports
- Doug Cochran, Career Services
- Anne Gillies, Office of Equity and Inclusion
- Emily Bowling, Center for Civic Engagement
- Kim McAloney, Office of the Dean of Student Life
- Marian Moore, Career Services
- Janet Nishihara, Educational Opportunities Program
- Teresa Preddy, Student Multimedia Services
- Sabah Randhawa, OSU Provost & Exec. VP
- Dr. Ed Ray, OSU President
- Dr. Larry Roper, Vice Provost for Student Affairs
- Sandy Tsuneyoshi, Intercultural Services
- Beth Wayslow, Counseling and Psychological Services
- Melissa Yamamoto, Student Leadership and Involvement
- The Entire Office of Equity and Inclusion Staff
- MU Events Staff
- LaSells Stewart Center
- OSU Catering

Sincerely,

Diane Davis                         Josh Scacco
2012 PROMISE Program Director            2012 Student Coordinator
Check us out on Facebook at “Friends of the OSU PROMISE Internship Program”

Read blog posts from the 2012 cohort covering their experiences at http://blogs.oregonstate.edu/promise/.