This past summer I worked at an internship at the Roswell Park Cancer Institute (RPCI). My internship at RPCI was truly an amazing and rewarding experience. I was able to immerse myself in many facets of public relations and learn about tools that I would have not otherwise been exposed to. I was able to accomplish above and beyond the “job requirements” intended on my learning contract and develop a variety of skills. From my internship at RPCI, I discovered the various PR functions in the health care system, which I wasn’t aware existed. Because one of my many tasks was to find articles and write for their social media sites, I grew a passion for social media and its many functions in a firm. Even though my internship is over, I still find myself researching and utilizing social media innovations.

I would strongly advise any student who wants a job out of college to apply for internships. Not only is an internship beneficial to a resume, but also one can truly mature as a student in any field. I certainly was able to enhance my education and develop skills from tools I would have not otherwise been exposed too as a public relations student. The communication department at SUNY Fredonia really prepares a student for the “real world,” but being able to have hands on experience allows a person to practice what they’ve learned.

The Career Development Office (CDO) is a great service to students on campus. Every student should take advantage of the help and guidance the CDO has to offer. They are extremely helpful in preparing students for the professional world and assisting students at Fredonia. I remember when I took my cover letter and resume in. They were able to make small, but crucial tweaks to improve the content and make them look more aesthetically pleasing.