

# Intern WALL OF FAME



**Meghan Harrington (Childhood Education,  
Concentration in History, Senior)**  
Experienced Leadership Development  
Campus Life

I co-taught the Experienced Leadership Development class with Mark Suida, assistant director of campus life. This class is for juniors and seniors who are involved in different leadership roles both on and off campus. This class focuses on preparing students for graduate school and the "real world". Topics covered include interviewing tips, how to write a resume and cover letter, interpersonal conflicts in clubs and in the workplace, stress and time management, public speaking skills and more. I learned a great deal in this internship. The most important skill I gained was learning how to be comfortable in front of my peers. As a childhood education major, I was already very comfortable teaching students younger than me. I was very apprehensive going into this internship, but I find it easy and enjoyable facilitating lessons, leadership games and activities to my fellow classmates. I also gained valuable time management skills, and learned the importance of planning ahead. The internship was very valuable in my goals to become a teacher. I learned firsthand that planning out an 80 minute lesson is wonderful, but you never know what will happen to make the lessons take more or less time or to be a complete failure. I learned how to think on my feet and to always have a backup plan. I would rate my internship experience as excellent. I became familiar with many campus resources and became more prepared for my future.

I would recommend doing an internship to any student, no matter what major they are in. As a student you can gain invaluable experience, and ensure that the field you are going into is what you want to pursue. Don't wait until your senior year to look for an internship, and use your summer vacation to gain experience in your chosen field as well.

I would tell any student considering using the Career Development Office services to go as soon as you can! Time at SUNY Fredonia will FLY by, and you will need a resume before you know it. It is never too early to get advice for the future. The CDO is a great resource for resumes and covers, graduate school information, internships and more.