



"Networking and branding is probably the most important aspect of looking for opportunity in the field of interest, knowing yourself first, and goals second. Will ultimately help turn your dreams into reality." - Monica Manuelito

*Major: Retailing & Consumer Sciences,
Minor: American Indian Studies
Year: 2018*

The Importance of Pursuing Internship Opportunities

By Hailee Brown

Throughout students' educational careers academic advisors, professors, and their own families often encourage them to apply to internships. But why are internships so important? This piece features student experiences as interns at the University of Arizona, College of Pharmacy, Southwest Environmental Health Sciences Center (SWEHSC) to better answer that question.



Don't be afraid to get out of your comfort zone and put yourself out there. A career changing opportunity may be just one "Yes" away. - Cheyenne Francisco-Grabiec

*Major: Psychological Sciences
Year: May 2019*

program spring of 2017. He is a Diné student currently focusing on projects with Arizona tribes concerning their environmental health. He decided to intern at SWEHSC because he could apply his background in psychology to the job while learning more about environmental health and science. Cheyenne's internship taught him more about communication, giving presentations, and time management skills as well as how to network, organize, and research. When asked what the biggest challenge has been so far, Cheyenne said "Definitely just the time management skills, with all the projects that we work on. With long-term ones, you

Cheyenne Francisco-Grabiec is a two-year intern selected to work at SWEHSC through the Environmental Health Sciences Transformative Research Undergraduate Experience (EHS TRUE)

had to get everything done by a certain amount of time for it to flow nice, especially if you're working with other groups."



Hailee Brown, an undergraduate at Dartmouth College applied for the Institute for Tribal Environmental Professionals (ITEP) summer internship and matched with the SWEHSC host site.

Perfect to accommodate her academic quarter sessions, being closer to home and satisfying her travel bug, Hailee experienced working in a professional setting of attending meetings, collaboratively planning and networking to expand resources especially with the southern tribes in Arizona in addition to the many hours on the road.

Hailee felt the biggest challenge that she overcame was communication, "Whether it be through email, phone, or face to face, much of what we do is collaborative and outreach." Through her outreach, Hailee's highlighted experience was presenting environmental kits at the San Carlos Natural Resources Youth Practicum with the elementary youth. "It was a beautiful



"You're not changing your personality, you're just aiding in getting the work done, like a mind shift." - Hailee Brown

*Major: Anthropology & Native American Studies modified with Environmental Science
Year: 2020*



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location and the kids were really excited in what we were talking about and outreach is always fun, especially with little kids because they are so engaging... It was always nice to be on the road and especially since I hadn't been to San Carlos or Sells before, this was my first time this summer, so it was cool." - Interviewed by Cheyenne Francisco-Grabiec



Institute for Tribal Environmental Professionals
 For more information visit:
<http://www7.nau.edu/itep/main/Home/>
 Contact:
itep@nau.edu or
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Mel & Enid Zuckerman College of Public Health Undergraduate & Graduate Internships

Nicole Quatraro is a 2017 graduate from the University of Arizona. Her summer internship at SWEHSC was a requirement for her Public Health degree.



"It's hands-on experience in public health. This is the biggest experience I will have on my resume for public health experience and the diversity within that." - Nicole Quatraro

Major: B.S. Public Health
 Year: Completed Summer 2017

Nicole applied for multiple internships, but decided to intern at SWEHSC because of the introduction to environmental health and the convenient location. Along with her regular internship duties, she had to write about her experience as an intern for public health credit. She found out about the SWEHSC internship through a simple Google search and then took it upon herself to contact the office. Through this internship, she gained experience in professionalism and working in an office setting. A challenge in her internship was picking up in a project where another intern had left off. Nicole had to

make sense of another intern's work that spread over multiple years. She made a specific effort to communicate with her supervisor concerning the project, as well as leave the project in a condition that would be understandable to the next intern. When asked how the internship would help with her professional goals she said, "I've done some community outreach, I've worked with the youth... and data analysis all in an office setting over one summer."

Tiffani Begay is a grant writing intern at SWEHSC for the "Stop Burning Pilot Project" with the San Carlos Apache tribe. She is a Diné graduate student at

the University of Arizona and pursuing a Master's in Public Health (MPH) degree. Like Nicole, Tiffani's internship is part of a requirement for her degree. She found out about the internship by inquiring various contacts if they knew of any internships with grant writing experience. As for professional skills, Tiffani has learned a lot about the grant writing experience, in general, as well as how to be flexible and overcome unexpected obstacles. She said that she enjoyed learning more about the San Carlos Apache tribe and making connections with her co-workers in the SWEHSC office. When asked about the biggest challenge thus far, she said, "My biggest challenge was just writing the proposal in general because I didn't have a lot of knowledge about the environmental aspects of it." What helped her overcome this challenge and complete the grant was dedication and time management. Along with being a full-time student and a SWEHSC intern, she holds a full time job with the Partnership for Native American Cancer Prevention. As a Project Coordinator, she had to compromise some of her hobbies to complete the grant. Yet, this experience was very beneficial. She said, "A lot of public health departments are looking for individuals who have grant writing experience and as an undergrad you don't get that... I knew I needed this experience so even though it took personal sacrifices, it was well worth it."



"It is possible to have fun while working hard towards your educational goals, no matter what field of study you are in" - Tiffani Begay

Major: Masters of Public Health
 Expedited graduation: December 2017