Dear Johns Hopkins Parents:

It certainly wasn’t a surprise earlier this month when Phil the Groundhog saw his shadow, forecasting another six weeks of winter weather. Between snow, ice, and freezing rain, I’m sure everyone at Hopkins is ready for the arrival of Spring. However, despite the uncooperative weather, the semester has gotten off to a strong start. Whether it was welcoming the new Dean of the Whiting School of Engineering, Dr. T.E. Schlesinger, to his leadership role on the Homewood campus or the launch of the lacrosse season with a 10-9 victory in triple overtime against Ohio State, it’s a great time to be at Hopkins.

And speaking of our Hopkins family, we are very excited about our incoming early decision (ED) class. These first members of the Class of 2018 are the strongest in the University’s history in terms of academic achievement, extracurriculars, and community engagement. We had a record number of ED applicants and we are very excited that 40% of the incoming class will be ED admits.

We continue to pursue improvements in our facilities and programming to support both our current and future students. The baseball field is undergoing substantial renovations that we anticipate will be completed late spring or early summer. These improvements will not only make them top notch playing venues for our teams, but will also provide great recreational spaces for our entire student body. This semester, we have also launched a new series of programming, “Live on 33rd,” in Nolan’s at Charles Commons. These Friday night events will feature music, food, giveaways and a variety of activities such as Hopkins Hold ‘Em, Trivia, gaming, and other fun.

Finally, we received great positive feedback on the changes we made in the last newsletter. As part of our ongoing efforts to improve how we communicate with parents, we have added a feature section, which highlights a timely topic. In this newsletter, we will be providing information on what makes a valuable internship experience for students. We hope you find this useful. As always, thank you for your involvement and support.

Sincerely,
Kevin G. Shollenberger, Vice Provost for Student Affairs
Carol M. Lorton, Director, Parents Programs

Summer Internships and Career Planning

Internship Spotlights

Benjamin Barsky (AS, Class of ’15, Psychology and Public Health)

Benjamin spent last summer in Geneva interning with the World Health Organization (WHO), developing the French aspect of the WHO MiNDbank and a new program in India.

Garvi Sheth (interviewer: AS, Class of ’10): What did you gain from your experience?

Benjamin Barsky: Understanding the role of international organizations in current political, social, and health issues worldwide; and the impact on me of the people with whom I’d worked, made my experience at the WHO incredibly interesting and life-changing. In addition to my work in research, translation, and development, I also developed leadership and management skills by training and working with two interns junior to me.

GS: How did the Career Center help you find, land, and fund this opportunity?

BB: The Career Center facilitated my sponsorship with the Alumni Internship Grants, and
my Second Decade Society (SDS) grant enabled me to take this unpaid internship.

GS: What challenges did you face during your internship? How did you overcome them?
BB: Living by myself for the first time in an apartment in Geneva, while working with older students pursuing advanced degrees at a prestigious organization, was initially intimidating. This propelled me toward personal growth and transformed me into a better, stronger, and more capable person.

Nikhil Gupta (AS, Class of ’15, International Studies)
Nikhil spent last summer organizing and expanding a large-scale community service initiative for the state of Maryland.

GS: What did you gain from your experience?
Nikhil Gupta: Learning about the industry, through both observation and firsthand experience, was really valuable. I also learned how to be a professional.

GS: What challenges did you face during the internship? How did you overcome them?
NG: The biggest challenge was dealing with my own insecurity as the youngest person in the workplace. Holding confidence, and making the effort to operate on my colleagues’ level, helped me to gain their respect. Also, the internship started out slow, but I grasped every task I could and did it as comprehensively as possible. That helped me develop some perspective on the larger task, which was useful when I was entrusted with more responsibility.

GS: How did you rely on your parents?
NG: They helped me edit my resume and cover letter, and during the internship, they gave me emotional support. This was extremely important, since navigating an internship is always overwhelming, especially at the beginning.

What to Look For in an Internship

- An internship allows a student to explore a career path and get exposure to a specific industry while building valuable skills. Internships can be paid or unpaid; with for-profit, non-profit, or government organizations; full-time or part-time; and can happen over the summer, winter, or during school (part-time). The Career Center guides students to take advantage of networking while at their internships: for example, career counselors work with students to develop effective networking strategies such as conducting informational interviews and taking advantage of professional association membership.

- Your student’s employer should provide an insider’s insight on the industry, facilitate networking, ensure that the student is learning and benefiting from the experience, and afterward provide letters of recommendation and be a reference for future employers. If regular meetings with the supervisor are not scheduled, your student should take the initiative to schedule them.

- Unpaid internships at for-profit entities must abide by federal guidelines designed to ensure that interns receive a valuable educational experience. Read the guidelines and have your student meet with their Career Counselor to look into funding resources and learn the right way to navigate unpaid internships.

How the Career Center Can Help
The Career Center can help students learn about different career options, develop and refine their career goals, develop an internship search strategy, review and edit resumes and cover letters, prepare for interviews, negotiate an offer, and finalize paperwork. Students should set up frequent one-on-one appointments with their counselor and take advantage of the Career Center's drop-in hours to ensure that they are on track. One of the greatest tools the Career Centers offers students is J-Connect, our robust online recruiting system. Students should make sure their J-Connect profiles are up to date and their settings allow them to receive the many major specific newsletters and targeted email blasts that contain information about employer visits, jobs they qualify for, and much more. In addition to one-on-one counseling, the Career Center hosts presentations and workshops for specific aspects of job searching (such as interviews), and general and specialized Career Fairs. For more information, please visit jhu.edu/careers.

What Parents Can Do
• Encourage your student to use the Career Center's services. Tell your student to fill out their J-Connect profile and use it to schedule an appointment with a Career Counselor and search for opportunities.
• If your student is not finding their internship experience rewarding, coach them to take initiative and ask for extra projects diplomatically: they can turn a lackluster experience into a chance to stand out.
• If you have any questions before, during, or after your student’s internship, contact Dawna Reeves, Interim Director of the JHU Career Center.
• Create an internship through PIN:100. Learn more about ways to get your company involved with JHU.

What if my student doesn’t have an internship?
When internship, research, or employment plans fall through, students can use a free summer to self-assess their skills, experience, and goals. The Career Center can work with students to set up volunteer or shadowing experiences to develop their skills and professional network and gain an insider prospective on the industry, create a LinkedIn profile, take classes, and train themselves versatile skills such as HTML, Excel, or digital media programs (which they can learn for free at the DMC). Students should contact the Career Center for individualized guidance.

Semester Highlights

Athletics
The Blue Jays have done well this semester! The national champion women's cross country team was named U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Division III Scholar Team of the Year for the 2013 season for their high academic achievement. Moving indoors, the men's and women's swim teams placed third at the Bluegrass Mountain Conference Championships and are strong contenders for top five finishes at the NCAA Championships. Men's and women's basketball are in the thick of the race for Centennial Conference Tournament berths. The men are currently tied for fourth place and can still earn a bye in the upcoming tournament, while the women are 13-3 in league play and control their own destiny to the top seed in the tournament.
The Blue Jay wrestling team beat rival McDaniel 24-18, in the regular-season finale, giving JHU a school-record seven CC wins this season and 10 overall victories for the first time since 1988-89 season. Women's fencing won the Eastern Women's Fencing Conference (EWFC) title, extending its league winning streak to 31.
Hopkins men's lacrosse beat Ohio State 10-9 in triple overtime and Towson 15-8 to open the season, while the women's lacrosse team opened its season with a 16-2 win over Marquette. Read more Hopkins sports stories here.

Witness Theater I-Show: Original Student Written Plays
On February 14-16, Witness Theater braved the blizzard to put on the annual I-Show: a set of original student-written one-act plays rehearsed during Intersession. Throughout the year, Witness calls for play submissions and hosts auditions and workshops for all aspects of theatre production. Encourage your students to check out Witness and other theatre and arts groups!

Upcoming Events
High Table: March 4, 2014
The annual High Table, which is fully supported by the Hopkins Parents Fund and reminiscent of Formal Hall at the Oxbridge Colleges, is a formal dinner in which faculty members are seated among freshmen, with class officers at the High Table with the President, Provost, and Deans. Freshmen enjoy the opportunity to talk to professors outside of their majors while enjoying a multi-course meal (vegetarian, vegan, and kosher options available). Encourage your students to participate in this grand tradition! Learn more: http://web.jhu.edu/studentlife/JHU_HT_QA_2012.pdf

University-Wide Tailgate and UNC Lacrosse Game: March 29, 2014
This spring’s University-Wide Tailgate is a great opportunity for students, families, and alumni to celebrate together on the Freshman Quad. The tailgate starts at 12:30 PM and the game starts at 2 PM.

Spring Fair: April 25-27, 2014
This year’s Spring Fair theme is Superheroes and Supervillains! Every year, the Spring Fair, also supported by parent giving through the Hopkins Parents Fund, unites JHU and the Baltimore community with kickoff fireworks, live music, fair food, dozens of local vendors selling art and handmade crafts, a children’s carnival, and more.

Pre-Finals Programming (Reading Period: May 3-6; Finals: May 7-15)
Remind your student that it’s not healthy to study without taking breaks! This May, students can attend the Picnic on the Beach, Nest Fest (free outdoor concert at Pier 6), Smash-a-Car, and many concerts and shows by student dance, music, theater, and comedy groups. Check events.jhu.edu for details about upcoming events.

Stress Management
Encourage your student to learn about the many services offered by the Counseling Center, hang out with peer listeners at A Place To Talk, relax with a free back rub from Stressbusters, and enjoy The Hop’s events.

Creative expression can provide wonderful stress relief. The Digital Media Center (DMC’s) workshops and equipment are free to full-time students. Students can take workshops to learn skills like Photoshop or complete specific projects like electronic Valentine cards. The DMC also hosts gaming events, lends equipment like cameras and Google Glass, and offers one-on-one help with projects. Student plays, local concerts, and other shows are also a great study break! Check out the Homewood Arts events calendar.

Mindfulness-Based Stress Reduction (MBSR)
Mindfulness is a form of awareness cultivated by non-judgmentally focusing attention on what’s happening in the present moment. Last year, JHU launched its own MBSR program, based on the 8-week program designed by Dr. Jon Kabat-Zinn of UMass School of Medicine. The program offers instruction in mindfulness meditation, yoga, and the mind-body connection. MBSR has been shown to improve mental clarity and performance and reduce stress and pain. All interested full-time students can contact Stephanie Bryant at sbryan22@jhu.edu.

Getting Involved
SOHOP (April 10-11 and 17-18)
Encourage your Blue Jay to host a student for the Spring Open House and Overnight Program (SOHOP)! SOHOP gives admitted students a taste of campus life. Freshmen and sophomores can host students; all undergraduates can help plan events. Email hhs@jhu.edu or visit http://hhs.jhu.edu/ to register by February 22nd!

Center for Social Concern Student Groups
The Center for Social Concern oversees ~60 student groups that enable students to use their skills and interests to improve their community. They can tutor Baltimore City students, grow sustainable food through Hopkins Farmhands, learn to cook while supporting a local women’s shelter through Cooking 4 Love, gain medical experience by providing patient care to homeless people with the Baltimore Rescue Mission Clinic, and much more.

Johns Hopkins in Action
The Johns Hopkins in Action arm of the Rising to the Challenge campaign enables parents to join in with JHU alumni, faculty, students, and staff in projects that serve local communities while furthering Rising to the Challenge goals of enriching the human experience and opening new frontiers of knowledge. We have been thrilled with the involvement of parent volunteers. Check out the calendar for upcoming events in your city!

Parent Engagement
Get involved through the JHU Parents Programs and feel more connected through your volunteerism and support. Parent Ambassadors will be reaching out to Class of 2018 incoming parents with Welcome Calls, and Summer Student Send-offs. Hopkins Parents Council members will convene in April for their spring meeting while helping the Hopkins Parents Fund reach its $1.1 million goal to support your student and all undergraduate student life experiences on the Homewood campus. Contact Parents Programs at http://parents.jhu.edu/ to learn more, get involved, and participate in the good work of the Hopkins Parents Fund.

Kevin G. Shollenberger
Vice Provost for Student Affairs
Carol M. Lorton
Director, Parents Programs
parents@jhu.edu

3400 North Charles St., Garland 123 | Baltimore, MD 21218 US
This email was sent to mcarney5@jhu.edu. To ensure that you continue receiving our emails, please add us to your address book or safe list.

manage your preferences | opt out using TrueRemove®.

Got this as a forward? Sign up to receive our future emails.