

NHS Internship Program

Capstone Projects
Spring 2022



Research Internship: Saving the Northern Long-Eared Bat

by Viive Godtfredsen

The beginning:

Initial goal was to create artificial roosts, almost like bird houses for populations of birds on Plum Island that were approaching a decline in population. My task would be to survey all the bird species on Plum Island, map the nesting track of which ones I saw, how long they stayed, where they were spotted, and when they left. This data would then be used to figure out a management plan which we would create the cavities for. Ideally, this population of birds would use our boxes as their home and provide more alternatives for them to build their nests.

When I got in contact with Nancy Pau at the Parker River Wildlife Refuge, and she gently pushed us in another direction. We learned that research for a very similar project had already been done and there are boxes set up in a few Plum Island locations for their target species. She told us that most birds do not use artificial nesting sites, except for the Purple Martin, which is the species the other group had focussed on. Instead, she pointed us to another flying creature that might need our help more: The Northern Long Eared Bat.

My takeaways so far:

This internship has opened my eyes to the importance of a species I was unfamiliar with. If it weren't for Ms. Pau's response, we would not have known about the fungi that have killed more than 95% of a species living in our own backyard (and attics). We could have unnecessarily set up birdhouses for a population of birds that didn't necessarily need our help. Now focusing on bats, we have the potential to find a cure to a fatal disease that could spread to many more important species and dramatically impact our already suffering biodiversity.

I plan on continuing this internship until I graduate because high school is much more than an existing process and has revealed my appreciation for the world of research. It is thrilling to think about the impact our results can have on a species that could end up extinct and how it may be able to be used in other aspects of science.



Bat without WNS



White on nose - evidence of WNS



Large example of WNS

Expanded wingspan - Bat without WNS



The Northern Long Eared Bat and the reason for their endangerment:

According to the U.S. Fish and Wildlife Service, the Northern Long-Eared Bat, a bat species native to New England, was recently listed as Endangered. They face a significant obstacle that has caused a 95% loss in population over the last ten years, known as White-Nose Syndrome, which appears as a white fungus on the bat's nose. It has been seen to infect and later kill 90% of each hibernaculum.

I know what you might be thinking, didn't COVID-19 start from a disease from a bat? Thankfully, White-Nose Syndrome cannot infect a human or most other species because our body temperature is much higher than the temperature the fungi can survive in. The technical cause of death for bats infected with WNS is starvation, not the disease itself. When the bats hibernate and their body temperature is lower than usual, it becomes easier for WNS to infect them. Once infected, the bats wake up much more frequently, which uses up their energy and causes starvation before leaving hibernation. Smaller species with similarly lower body temperatures can also be infected, so preventing the disease from spreading further is critical.

Future directions:

Once our roosts are up and occupied by bats, there are a few more steps we can implement in our project. Because the overwhelming cause of their endangerment is the White-Nose Syndrome, finding a cure would be the most effective way of bringing back the population. We could try methods of capturing bats infected with the fungus and trial potential cures. One study has shown that encapsulating an infected bat with intense heat for a short duration has killed the fungi. Since it only thrives and reproduces in cool climates, a heat applied cure might be the most effective way of destroying it.

Why we changed directions:

Once we learned our bird project would not be as successful as we thought, we realized that bats might have been the better option in the first place. This particular species, the Northern Long-Eared bat, hibernates in caves during the winter. Because of Newburyport's historical past, there are many tunnels beneath us, meaning it is highly likely that these bats exist there. The Eastern Railroad, which ran underneath Newburyport in the 17th century, has been abandoned for many years. Additionally, it is speculated that there were a series of tunnels built by merchants during the same period who needed a way to get their goods to their ships without crossing the muddy streets. Unlike bats, species that perform long range migrations are more challenging to track and measure population rates. Another characteristic of this bat species is roosting in tree cavities or dead snags in forests. Luckily for us, Moseley Woods and Maudslay State Park are filled with spots like this.

What we are doing now:

Like our initial bird survey goal, the larger purpose of our bat project is to reverse the Northern Long Eared bat population, which has been declining at a dangerous rate. We have begun building artificial bat roosts, similar to bat boxes, which will provide a safe alternative to their usual roosting locations that could be infected with White-Nose Syndrome. According to a study performed by researchers in West Virginia, three types of roosts have successfully attracted this species. The three designs are organized by size: a small, single-chamber "rocket box", a slightly larger double-chamber box, and a "nursery" four-chamber box. In collaboration with Brad Balkus, the tech-ed teacher at the Black Middle School who has worked with WNS in previous projects, we have already built several of these roosts and plan to install them before the summer. We will also have small cameras inside the boxes to monitor the bats carefully and look for signs of the syndrome.

The Gulf of Maine Institute and my research advisors:

The Gulf of Maine Institute is a research institute which works to educate and prepare the coming generations to steward wisely the environmental health of the Gulf of Maine Ecoregion.

Dr. Greta Hobbs, a science teacher here at Newburyport High School has been an important resource for me during the semester and I will continue to work with her and Dr. Terry throughout the project. Her devotion to science, the environment, and her students is incredible. It has been an entertaining experience sitting in her B Block biology class. While I research costs for 20 foot ladders and look at pictures of bats, she does her best to teach an awesome (to say the least) group of freshmen. I look forward to working with her for the remainder of my time in high school and collecting exciting data to push our project forward.

Dr. Julia Terry at the Gulf of Maine Institute has been a great leader to look up to throughout my research. His expertise and experience in many other Plum Island projects has made him someone for me to ask questions and advice for how to move along. His passion for animals and the environment is unmatched. As one of the project leaders, he has greatly helped Dr. Hobbs and I brainstorm ideas for future directions. Ultimately, my internship would not be possible without him.



Viive Godtfredsen
B Block Internship 2022

Nic Chamberlain

What I Did: I had a mixture of jobs in the warehouse. Most of my time was spent "picking", this is when I take a ticket from the printer that has an order and go and pick the tools from their drawers and drop them off at the front. In some cases, I also packaged tools, labeled tools, and processed packages.



What I Gained: Not only did I gain experience working in a warehouse environment which can open up a lot of job opportunities in the future, but I also was able to build connections and secure a summer job. This company works within the aerospace industry which is the industry I plan on going into after college, so I gained some experience there too.



HARVEY PERFORMANCE COMPANY

OUR MISSION

Harvey Performance Company strives to offer unique and innovative products to solve challenging machining requirements for our customers. We are committed to providing excellent service, quality products and building long standing customer relationships. We take pride in our attention to detail and customer care and seek to have fun in our work.



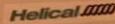
These are some of the actual tools that we worked with



Industries: Harvey supplies tools to 6 different industries. Medical, Aerospace, Automobile, Molding, Weapon Manufacturing, and Energy.



These are the brands that Harvey works with, our building only houses Harvey Tool and Helical



The Process In The Warehouse: Tools come in and go through inspection to make sure everything is how it should be. They then go to the packaging station where they are put in their capsules and labeled. After this, they will be put in their cabinets and respective drawers. Then, as orders come through, we go to the drawers and take them and put them in bins with their tickets. They are then scanned in to make sure all the correct tools are there and they are then processed and packaged to be sent out.

Ethan Estep

What I Did at Harvey Performance? Throughout my time working at Harvey, I had a couple of different jobs. My main job was "picking" various tools with Nic. But when closing time was close, I would go to the front of the warehouse to package and ship the orders. Me and Nic had a system where he processed and I packaged.



What I gained from this experience? I learned how to work in a busy warehouse environment, as well as how a warehouse should operate correctly and efficiently. I have also gained a summer job.



Social Media

- Helped take promotional photos to share on social media
- Made suggestions/decisions around the companies instagram posts
- learned about with other businesses in collaboration on social media



Harbor Creamery



Time Management

- Learned how to prepare for getting called in early - The shop gets extremely busy, and we often needed someone from the second shift to come in early, or at times work a double
- Got to work early/on time for every shift
- Worked efficiently, but accurately when extremely busy



Food Service

- Cleanliness as of Covid-19
- Sanitizing surfaces on a regular basis
- Working with allergens
- Creating a safe work/eating environment
- Being conscious of health code

Customer Service

- I learned about effective communication
- Making quick and independent decisions
- de escalating situations
- Problem solving
- Personability

Tourism

- Helped give directions about the area
- navigated language barriers
- Answered any questions tourists had about Newburyport
- Clarified cultural differences



Opina Norello

BRESNAHAN

ELEMENTARY SCHOOL

About the Bresnahan Elementary School

- The new building was built in 2014
- Teaches children from preschool - 3rd grade
- Jamie Sokolowski is the principal
- The special education wing includes 'IDC/BEST, ABA and LLD classrooms'
- Located at 333 High street, Newburyport, MA



Why Did I Choose This Internship?

- I love working with kids
- I want to work with special needs kids in the future
- Lines up with my major of psychology and social work
- I went through the Bresnahan school before the rebuilding

Personal Goals

- Secure my passion to work with kids
- Learn new skills
- Form relationships with students and teachers
- Create my own schedule to stick with

What Did I Learn?

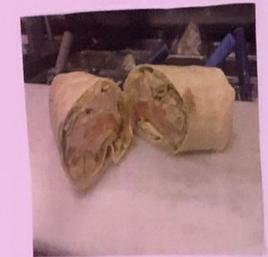
- Skills to
 - Help kids with transitions
 - Help kids regulate their emotions
 - Interact with other students during tough days
- The problems and struggles that special needs teachers face
- How to go from interacting with children to adults quickly
- Independence and leadership
- How to advocate for special needs children
- How to relate to and support my students
- How to coordinate and plan with teacher



What I Have Done This Semester

- I was paired with one student who I knew from my summer job at a camp
- We worked together on his transitions from one activity to another
- My student was able to earn 'breaks' for his behavior
- Implemented learned strategies on tough days
- Built a strong relationship with my mentor and student

Anna Jaques Hospital Work Experience



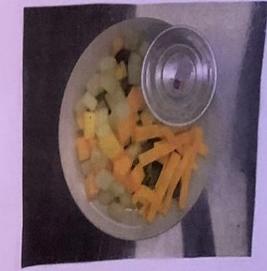
What I learned:

- Patient interaction/treatment
- Customer service
- Proper food handling skills and safety measures
- How to count and handle money/deposits



What I do:

- Deliver food to patients
- Prepare patient meal trays
- Make sandwiches/cook food
- Serve food and use cash register
- Clean work area



Takeaways:

In the future I hope to have a career in the healthcare field. From this experience I've had the opportunity to learn more about how the system works and developed the skills needed to handle hospital patients.



MY INTERNSHIP

Bob Lobster



GAINED FROM EXPERIENCE:

I work at Bob Lobster in Newbury, Massachusetts. Bob Lobster is a small restaurant that is dine in or out, where they sell a range of seafood and other meals. I mainly worked on the register, greeting customers and taking their orders, sandwich, making the lobster rolls or sandwiches, expo, setting up the trays to send out, or runner, running the food to the customers when the expo needed you.

I have learned a lot while working at Bob Lobster (and over the course of the 4 years working there). I have learned how to run a business from my four bosses and two managers who run the restaurant and how to manage the money. Also, greeting customers and how to help them, as well as learning customer service skills.

HOURS:

Last name	First Name	Site Placement	Date	Time
Anderson	Cassidy	Dingo Creative	2/14	12-3:00
Anderson	Cassidy	Dingo Creative	2/16	3-4:30
Anderson	Cassidy	Bob Lobster	2/25	3-8:15
Anderson	Cassidy	Bob Lobster	2/27	9-3:00
Anderson	Cassidy	Bob Lobster	4/1	3-8:00
Anderson	Cassidy	Bob Lobster	4/2	3-8:30
Anderson	Cassidy	Bob Lobster	4/3	9-3:30
Anderson	Cassidy	Bob Lobster	4/9	9-3:30
Anderson	Cassidy	Bob Lobster	4/10	3-8:00
Anderson	Cassidy	Bob Lobster	4/21	3-8:30
Anderson	Cassidy	Bob Lobster	4/22	3-8:00
Anderson	Cassidy	Bob Lobster	4/23	9-3
Anderson	Cassidy	Bob Lobster	4/28	1:30-8
Anderson	Cassidy	Bob Lobster	4/29	3-8
Anderson	Cassidy	Bob Lobster	5/1	9-3
Anderson	Cassidy	Bob Lobster	5/6	3-8
Anderson	Cassidy	Bob Lobster	5/7	3-8
Anderson	Cassidy	Bob Lobster	5/8	9-3:30
Anderson	Cassidy	Bob Lobster	5/12	3-8
Anderson	Cassidy	Bob Lobster	5/13	3-8
Anderson	Cassidy	Bob Lobster	5/16	3-9
Anderson	Cassidy	Bob Lobster	5/19	3-9
Anderson	Cassidy	Bob Lobster	5/20	3-9

CHALLENGES:

A challenge for me when I work at Bob Lobster is the times (each shift). I go straight to work after school (my shift would start at 3:00pm) and this is sometimes very hard because there is no time in between to go home and change, so I would have to bring my work clothes to school. Also, coming home is very hard because sometimes we get off around 9 or 10. With school this is very hard when you have to do school work or other things at home.

WEEKLY JOURNAL:

Internship Seminar F-block Weekly Journal

Name: Cassidy Anderson
Date: March 13, 2022
Week: 1
Journal Entry: I helped update the Instagram for Dingo Creative to help her get more business.

Name: Cassidy Anderson
Date: March 20, 2022
Week: 2
Journal Entry: I switched to Bob Lobster because they opened back up for the year. On Friday I worked at an expo where I set up the trays and then at the end of the night I cleaned up.

Name: Cassidy Anderson
Date: March 27, 2022
Week: 3
Journal Entry: I worked the register for the mornings and I stocked the sodas and took people's orders.

Name: Cassidy Anderson
Date: April 3, 2022
Week: 4
Journal Entry: Worked on sandwiches, made lobster rolls, greeted customers in and out, I cleaned the tables inside.

Name: Cassidy Anderson
Date: April 10, 2022
Week: 5
Journal Entry: Washed the mats outside, helped clean the restaurant as a whole. Worked on register, by taking the customers orders and putting them on the fry/sandwich board.

Name: Cassidy Anderson
Date: April 17, 2022
Week: 6
Journal Entry: Created the specials list that is posted when you enter Bob Lobster. (decorated and labeled everything). Organizing the shed outside to just help clean up, made it very neat.

AT WORK:



LOBSTER ROLL I MADE



FRIENDS / EMPLOYEES



Cassidy Anderson (senior)

ROCHESTER

ELECTRONICS

BY JONAS KENNEY

WE'RE HIRING

Warehouse Operations Shifts Available Must work minimum 4 shifts a week
4 hour shifts / 16-20 hours a week

For more info, contact Jonas Kenney at kenney@rocelec.com

16 Malcolm Hoyt Drive
Newburyport, MA 01950

At My Rochester Electronics Internship, I not only received corporate experience at an office job, but I learned valuable recruiting skills which will further benefit me later on in my career.

I successfully hired 5 NHS students.

EXAMPLE

Education

- Parker University West Lafayette
 - o First Year Engineering (FY1)
 - o Perspective Computer or Mechanical Engineering Student
 - o ChE@Austrian
 - o Society of Women Engineers
 - o Women in Engineering Learning Community
 - o Engineering Practice in Community Service Learning Community (EPIC)
- Relevant Coursework
 - o Calculus, Python and MATLAB Programming, Differential Calculus, EPIC program, Program
- Awards
 - o Kansas Scholar Award (2021)
 - o Completed the Kansas Scholars Contract, which consists of a more rigorous curriculum than required for graduate.

Projects and Experience

- Transpore - Hypothesize EPIC's Team (Fall 2021)
 - o The team is focused on designing and building an operational simulation model to collaborate with the Chemical Engineering Center. The goal of the project is to create a simulation that will help the Chemical Engineering Center. The simulation will be used to optimize the process, making it more cost-effective and efficient in the future of real time.
- Community Outreach EPIC (Spring 2022)
 - o The team is working on the production of an open to identify plants in collaboration with a university garden in Columbia. The goal of this project is to help understand the plant and its medicinal properties and to create a database of medicinal plants.
- Honors College (Fall 2021)
 - o Completed an Honors College project on MATLAB that takes over time and data analysis and machine learning.
- Article Published by Nature of Science (2021)
 - o The Honors College project on MATLAB that takes over time and data analysis and machine learning.
 - o The Honors College project on MATLAB that takes over time and data analysis and machine learning.
- Researcher's Choice Award (2021)
 - o Received the Researcher's Choice Award for an Honors College project on MATLAB that takes over time and data analysis and machine learning.

Work Experience

- National Instruments - Virtual Instrument Developer (08/2020 - 08/2021)
 - o Creating and porting instrument to lock systems, installing and recording instrument such as
- Sales Associate - 150's a Changing Store (2020)
 - o Assisted customers by helping them select their products. Responded to their best customer product suggestions.





SKILLS TAUGHT:

- writing software (C++)
- Adobe Premiere Pro
- Storyboarding
- Camera Techniques and Angles
- Plot structure and development

KEEVAN JACKSON

VIDEO PRODUCTION INTERNSHIP

GOOGLE SLIDES ↓



MY MISSION AS AN INTERN

- provide an environment that is close knit and can flow creatively
- help students become fluent in editing and video production softwares.
- develop and evolve the storytelling capacity

SYRACUSE



Things I've Learned

- ① Good communication skills
- ② Time management
- ③ Organizational skills
- ④ Customer service
- ⑤ What it takes to run a business

Organizational skills:

- ① TO NOT lose the store key
- ② Organizing appointments
- ③ Keeping the store/desk neat

MERAKI
SPA

Communication skills:

- ① How to talk to customers
- ② How to deal with an upset customer
- ③ How to sell services/products

Olivia Skibbae

Time management skills:

- ① TO get to work early
- ② Planned out my days to get the most work done
- ③ TO NOT be late for a shift

Running a business:

- ① How to do inventory
- ② How to promote/publicize a business
- ③ How to make money

Customer service:

- ① Talking to customers in a friendly manner
- ② Communicating with other employees about things
- ③ Communicating to my boss and customers when there is a problem

Overview

I am a food runner, hostess, a barback, and bussier. I also consistently am working on tasks when it's slow, filing papers, moving shipments, prepping vegetables, etc.

SUNSET CLUB

Niamh Ryan

What I learned:

I learned how to work well with others, and to understand and adapt to changing situations. I learned how to work well with others, and also I've learned to lead younger employees in the workspace. I've found ways to problem solve and find solutions to multiple situations.

SKILLS

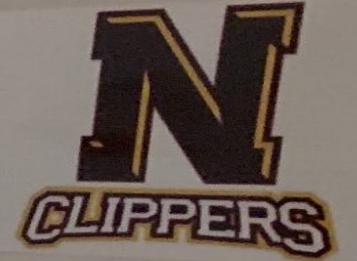
- Working under pressure
- Independence
- Patience
- Multitasking
- Mental math
- Prepping
- Cleaning
- Communication

CHALLENGES

Being consistent was a challenge. Having to continuously find my own tasks, and new things to keep me busy independently. Learning and adapting to what tasks need to be done.

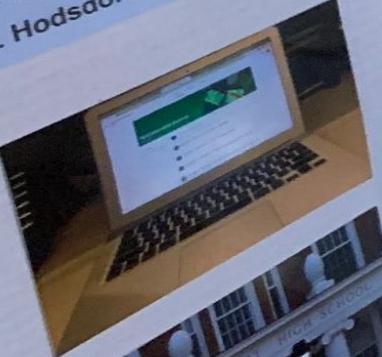


Internship Newburyport High School Front Office



Who I Worked With:

- Ms. Crupi → Administrative Assistant & Scholarship Coordinator
- Ms. Cutter → Athletic Secretary
- Ms. Dyer → Receptionist
- Mr. Hodsdon → Athletic Director



Tasks as an Intern:

Answer the Front Door



Create & Hang Posters



Sort & Deliver Mail



NEWBURYPORT HIGH SCHOOL



Organize Papers

(student schedules, scholarship information lists, athletic events flyers, the Celebration of Academic Excellence flyers, folder labels, etc.)

Takeaways:

- Communication, teamwork, respect, and organization are essential to success in a workplace
- It takes a lot of work behind the scenes to host school events
- The front office operates as a team



The People:

My coworkers at Stone Crust make the job easier and more enjoyable.



CAPSTONE PROJECT

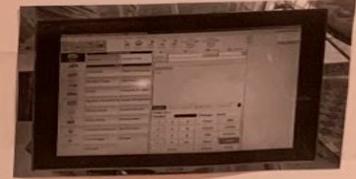
Stone Crust Pizza

The Job:

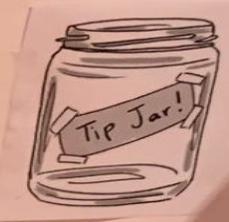
I work at Stone Crust Pizza, which is located on Pleasant Street in downtown Newburyport. I work as a counter girl about 20 hours a week: all day Sunday and Tuesday and Thursday nights. I have worked there for about two years.

My job as a counter girl means I...
take orders over the phone and in person
bag and label food
keep the restaurant clean throughout my shift and clean, final sweep, and close on night shifts

However, I also do other work such as...
fill dressings
roll pita bread
help line cooks
organize deliveries
train new employees
clean windows, doors, lights, and coolers



For me, the biggest challenge at Stone Crust was the money. I know other people that have jobs that make a lot of extra money in tips, whereas at Stone Crust I only make minimum wage because of the free meals employees get each shift.



Maddie Felts

01

Overview

Library is one of the more fun internships out of them all. In short terms as a library intern you basically are like a student teacher for the library. I totally recommend this course to anyone who is looking for a fun but slower pace.



04

Add Ons

Books

Extremely helpful with finding something that you will actually enjoy reading.

Relationship

Being an intern for them you are able to build a relationship with both of them. They are again very trustworthy and helpful women. If you have a chance to build a relationship with them, I totally would recommend it.

05

LEARNING SKILLS

I learned a few things while taking this course. One is organization is key. It's really important to stay organized, and I think that this block gave me a chance to take advantage of that and keep myself organized with my school work.

Kaitlyn DeMann

A RECAP OF

LIBRARY

INTERNSHIP



02

Projects

Project 1:

The Month of Poetry Project

- The Month Of Poetry Project was a project in which April is the month of poems.
- There were origami like flowers made, as well as little poems where printed and then rolled into scroll looking things, tied and then put in the flower - so that people can walk by and take a poem and read it.
- This was a very fun project and I had a lot of fun working on it this semester.



Project 2:

"Pin Your Face On The Map"



- "Pin Your Face On The Map" is a project that us library interns worked on to portray where the seniors are going to be going to college at.
- Maddie came up with the idea and it was an incredible process, therefore she deserves all the credit. So good job Maddie!!
- A huge map of the United States was drawn and every single senior's face was hot glued to a tack pin thing so that the seniors can put their face on the place/state where they are going.
- It was a very fun project to work on this semester.

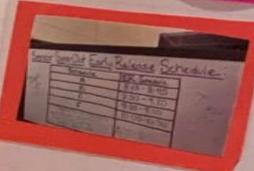
03

Librainains:

Mrs. Cote

Mrs. Ford

Although Mrs. Ford was my point person, I also saw Mrs. Cote quite a lot too. Both of them are very helpful and again another support person for you in the building. If you are having a bad day or something you can just go into the library and they will listen to you and acknowledge you. They will always encourage you and always put a smile on your face when you need it most. Really great people to be around.



04

Add Ons

Fun

Always a good laugh when being in the library.

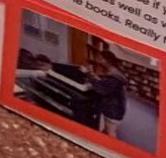
Flexible

Both librarians are very flexible with what you need to do and get done.

06

RECOMMENDATIONS

I recommend this course if you want to have a chill block but also help out with projects as well as watering the plants and putting away and organizing the books. Really fun and chill class, totally recommend it.



Sydney Turner
Internship
G block

MARKETING

What is Marketing?
Marketing educates many people about a certain product. Companies use different marketing strategies to increase business profits.

My Marketing Experience
One of the projects I did for my internship was to listen and take notes on a podcast about how Lexus is starting to receive more young buyers because of the companies new methods of marketing to attract the younger population. Then after listening, I created a google slideshow presentation on the podcast and presented it to my internship supervisor (via zoom) before she presented it to her own marketing class at Boston College.

What I learned

-Just using digital media attracts more of the younger generation than the older generations (this includes commercials during football games, movie premieres, etc)
-The app TikTok (social media) helped promote the Lexus car brand a lot in the past few years and younger generation.
-The more an advertisement looks like a meme, the more more attention from younger generations.

My Slideshow:

Lexus Goes For Younger Buyers
All Age Marketing's Brief Document

Why is Lexus targeting younger buyers?
Gen Y is about to be the largest consumer of luxury vehicles. Other car companies were doing a better job than Lexus connecting to Gen Y's.

How Lexus is using Digital Platforms
Advertising advertising isn't for the new releases/features of the brand during seasonal high points.

Lexus's new campaign (Emotional Sparks)
Produced an authentic advertisement campaign using a variety of digital platforms to promote the brand. The campaign was designed to be a multi-channel effort to reach the target audience in a more direct way than traditional advertising.

Examples of Lexus' New Campaign
Lexus' new campaign is designed to be a multi-channel effort to reach the target audience in a more direct way than traditional advertising.



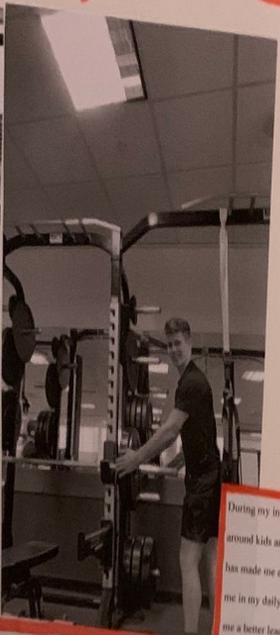
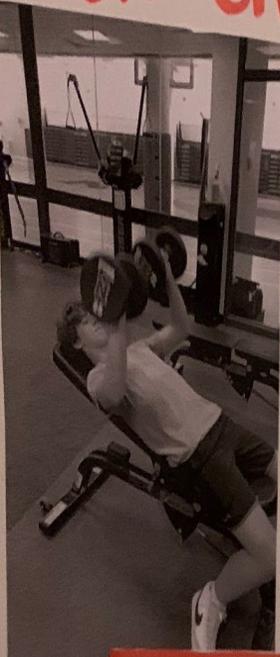
What I learned About Careers In Marketing
Marketing is a variety of different jobs. It can be creative, analytical, or a mix of both. It's a great career choice for people who are interested in advertising, sales, and public relations.



What I learned from my internship
I learned a lot about marketing from my internship. I learned how to create a marketing plan, how to use social media, and how to work with a team. I also learned how to communicate effectively and how to manage my time.

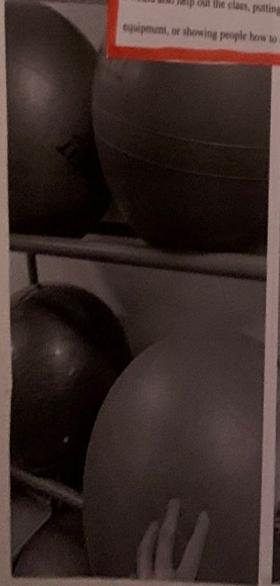
Jon Groth Capstone 2022

This is me helping out, outside in the gym class. I would offer help to students and make sure everyone was having fun.



During my internship this past semester I learned what it was like to be around kids and students almost daily. Instructing kids, and helping them out has made me appreciate the teachers' work throughout the year. This helped me in my daily life, being able to explain things to people better, and made me a better leader on my athletic teams. I am grateful for the experience and hope to take on more internships in the near future.

I would also help out the class, putting weights away, different athletic equipment, or showing people how to do certain exercises.



These are pictures of me cleaning equipment in the weightroom. One of my daily tasks was to make sure everything was clean and in close to perfect condition.



T & M

LAWN MOWING

What I did...

- helped manage schedules
- reached to new customers
- answered phone calls & emails

IMAGES



MARIA MUTTS

What I learned...

- Time Management
- company Expectations
- customer Services
- Scheduling Appointments
- organizational Skills

Hannah Steinberg

Weightroom

CLEANING UP

Every few weeks everything had to be cleaned



Helping out



I helped people learn the correct, safe form to avoid injury

Attendance

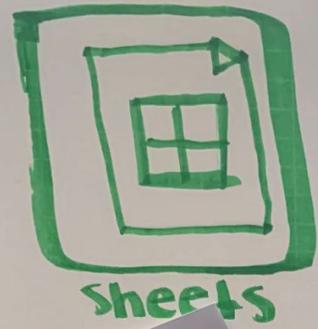
on days when Mr. Yameen was out, I took Attendance



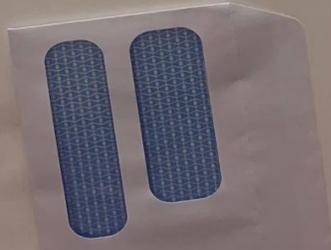
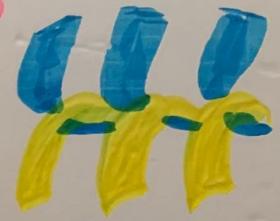
Putting things Away



At the end of class I put away everything that had been left out



emilie Buckley's internship with Glanola



GLANOLA NORTH AMERICA, INC.
Accommodating the Changing Consumer
GREAT TASTE. LESS WASTE.



Caroline Wahl

Nick's Pizza



Background



What I Learned

This experience working at Nick's pizza was beyond beneficial to me in not only the professional world but also personally. I received the opportunity to understand the work environment and what employers expect of their workers, while also managing to dictate situations based on what may be right or wrong. I have definitely benefited through gaining the ability to explore possible career options, increase my maturity and thinking level, and strengthening independence and self-confidence.

My Experience

I got hired at Nick's Pizza about a year ago. Throughout my time there, I have worked as a counter girl. This means I am in charge of answering questions or taking orders on the phone, writing down orders for the kitchen staff, making boxes, filling drinks, waitressing, cleaning, and other various tasks. I have made lots of friends and become familiar with the system and definitely enjoy my time working at Nick's.



Nick's Pizza was founded in 1948, owned by a family who immigrated straight from Italy named the DePalma's, growing in popularity right when the idea of pizza was emerging. The LaBarbra's then bought the business from them and have been running it ever since.



CAPSTONE

Makenna Word
B-Block

(Mr. Hodson) NBPT ATHLETIC INTERNSHIP

WHY I CHOSE THIS INTERNSHIP:

- To be close to the athletic role in our school
- I play sports at our school and felt it was a good fit for an internship because I would be active and interested in it.
- I have an interest in sports management and also in seeing the time and organization it takes to run our athletics in our school



WHAT I LEARNED:

- I learned it takes a lot of organization and time to pull off scheduling games and practices for so many sports at our school all around the same time and locations.
- I learned that communication is very important in this job because of the amount of teams and other athletic directors Mr. Hodson has to talk to on a daily basis to make sure all games are running smoothly and everything goes according to plan.
- I also learned that you have to be flexible in this internship. There are always mess ups with buses leaving on time or our referees not showing up to a game on time, so you have to learn how to go with the flow and be a problem solver on the spot.
- I also learned the job is rewarding because you get to see how all your work off the field and games are reflected on those matches and games and it is exciting to see your teams win and have fun!



WHAT I DID:

- Made photocopies of rosters and schedules of games and contracts for coaches and players.
- Moved old/new equipment into storage unit
- Sorted out uniforms from winter to spring sports and also folded and sorted t-shirts and clothing for our school teams that were sold.
- Moved new trophies down near the basement to update the outdated trophy case and show off the accomplishments our school teams have made.
- Put up the 2021-22 CAL league winners from the past seasons this year
- Set up the turf field for games being held
- Listened into some meetings about scheduling games and gear orders.



NHS LIBRARY G-block INTERNSHIP

MADELEINE RUBINO
2022



My personal additions to the May "Senior Futures" bulletin board! my HPU buoy and senior picture track!



Reshelving and organizing books!
Covering (like 3D laminating) new books to add to the library's collection!



Writing up schedules, announcements and creating bulletin board designs!



The April Bulletin Board...



with its poems... and the tulips I created!



Other odd jobs done throughout the library!



The May "Senior Futures" Bulletin Board with new faces added throughout the month!



A J H Ana Jacques Hospital

Where Did I Internship?

I did my internship at Anna Jacques Hospital over the course of the last 4 months. While I was there I did my work in the surgical day care unit, the pre-op ward, and the post anesthesia care units. In addition to this, I spent a portion of my internship with the transport department, which took me all over the hospital, and into just about every ward and area of the hospital.

Reason for Participating

I chose to participate in this internship because I want to pursue a career in nursing. I went to work at the hospital because I believed that it would expose me to the world of nursing and healthcare in such a way that would help me to truly understand the profession and what I was potentially going to get into. As it turns out, I was correct, and it gave me an excellent opportunity to get some exposure to my future career and some great advice from people who have already gone through the process.

What Did I Do At My Internship?

While I was working at the hospital, I did several jobs. In the day surgery ward, I spent most of my time working as a volunteer version of a certified nursing assistant. In this role I changed sheets and cleaned bedding on the stretchers that were being used in surgery. I stocked the carts with various different material needs, and I cared for patients after their surgeries by giving them food and drink while they waited for their rides to arrive and take them home. In the transport department, I spent my time fulfilling various different transport requests from the various departments around the hospital, which included transporting patients around the hospital, and in the wait area for pick-up, as well as taking various pieces of equipment around the hospital and transporting medications to the different floors for long-term patients.



What Did I Learn?

During my internship I learned the basics of what it is like to be in the nursing field and generally work in the medical field altogether. The majority of the work that I did at my internship was all based on a routine that is very regular for the majority of medical and support staff in a hospital setting. All of what I learned was largely based on the medical field and the basic requirements of said field.

Austin Huer

MY LAS OLAS INTERNSHIP

What do I do?

My job title is server, which basically entails being on the line, expediting, working register and clearing. At Las everyone is trained to do everything besides cooking that's left to our chefs. Working on the line I have learned to prep food and execute making orders and relaying information to the register. The register is pretty self-explanatory. Finally everyone and I mean everyone participates in closing clean up. It is all our responsibility to take of and maintain a clean/presentable restaurant.



What I Learned

1. How to work with a team of people: The food service industry can be very stressful and having to work along side 5+ other people can become very stressful. Yet our team has learned how to work with each other to effectively and efficiently complete our tasks while still having fun.
2. Time management: If we want to get out on time we have to complete our closing tasks in a timely manner. This means watching the clock to complete your secondary closing tasks while still being able to complete the jobs that need to be done at that instance.

Abby Dwyer F

What Is Las?

Las Olas is a small locally run taco company with 3 locations in Hampton New Hampshire, Exeter Maine and Wells Maine. I have worked at the Hampton location since January. The management staff is extremely well run and super supportive, this has been the best team I have worked with. As well as there being good people overall the job is fun and most definitely my favorite out of my past 3 jobs.



Pollinator Project

Writings

https://www.newburypartners.com/blog/primary-planting-a-garden-can-help-save-the-planet/article_383a664d-850c-11e6-8b88-000119080000
Commentary: Planting a garden can help save the planet
Commentary by ACES Pollinator PowerWorks members
Feb. 4, 2017



ACES says:

Editor's note: This is one in a continuing series of guest opinions about fostering environmental stewardship with an appreciation for our surroundings and the wellbeing of future generations. The series is coordinated by ACES, the Alliance of Climate and Environmental Stewards.

PowerWorks
the Pollinator PowerWorks planting 'bee friendly' gardens

field work



Drawings



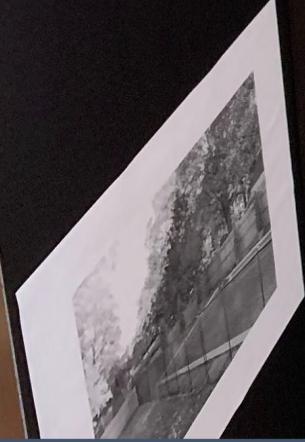
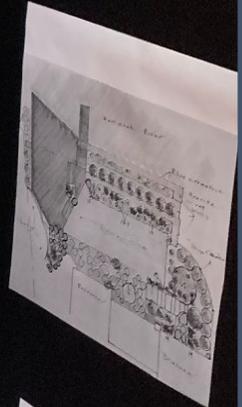


LU|HA

Luke Carey

What I learned

- Coordination between client and contractors is very important
- Selecting materials can be part of landscape designers job
- Usually a few passes before plan is ready to be quoted
- Determining needs of client based on location, existing conditions of land, and gathering information about site is crucial



BEN BLASER

METZYS
CANTINA



WHAT I DO

I work as a line chef at Metzys Cantina in Newburgh, a Mexican restaurant near the old train station. I have been line cook for roughly seven and a half years and it has been one of the best experiences of my life. I arrived at work after school and I shower in my gym and get straight to work, prepping each station making sure it has the necessary ingredients to get us through the night. When the orders start coming in, they probably won't see you and when you see them in the kitchen I think they know making and preparing food, sometimes the best and sometimes the worst. I've remembered dozens of recipes and I can make anything from burritos and quesadillas to salads and nachos.



LEADERSHIP

While the amount of time spent working in the kitchen is great, I have found my true passion in leadership. I have worked in the kitchen for seven and a half years and I have found my true passion in leadership. I have worked in the kitchen for seven and a half years and I have found my true passion in leadership. I have worked in the kitchen for seven and a half years and I have found my true passion in leadership.

THOROUGHNESS

Thoroughness is a key trait for a chef. It means taking the time to ensure every detail is perfect, from the quality of the ingredients to the presentation of the dish. In a fast-paced kitchen, it's easy to rush, but taking the extra step to double-check everything ensures the best possible outcome for the customer.

HARD WORK

Working in a kitchen is hard work. It's a fast-paced environment where you're on your feet all day, often in a hot environment. It requires a lot of energy and a strong work ethic. Despite the challenges, the satisfaction of creating something delicious and seeing it enjoyed by customers makes it all worth it.





Internship Reflection

Gym & Wellness - Mr. Guthrie

Personal Objectives:

My objectives for my internship in the Athletics & Wellness Dept:

- To assist Mr Hodson & Mr Guthrie as needed
- Understand the role of Athletic Director
- Learn how to use social media to support the HS sports teams
- Learn how to structure a gym class
- Learn how to make gym class fun!



Achievements:

- Helped organize several in-class tournaments - Spikeball & Basketball.
- Reorganized the sports storage closet.
- Kept score of matches and brackets during in-class tournaments so the classes ran smoothly.
- Learned everyone's name!

Daily Tasks:

- Take Attendance
- Set up the gym with the correct equipment (like badminton nets, pickleball nets, volleyball, etc)
- Pick up and clean away equipment
- Make sure kids are engaged and on task
- Make sure they stay in the gym and not in the locker room

Reflections:

I really loved working in Gym & Wellness and helping out in the sporting environment. Throughout the internship I made myself useful and was proactive at finding tasks to do. Sometimes I would join in with the games the students were playing. I tried to be motivational for the students and brought some extra competition with me. I got to know everyone's names after it switched from sophomore to freshman half way through the semester. I had a lot of fun!



By James Forrest-Hay



LEARNED

SEACOAST PROPERTIES

PORTSMOUTH, NH

HISTORIC HOME

ential Zoning Tables:
 o this internship, I had absolutely no idea that there
 en such a thing as a residential zoning table. Now I
 they're provided by local authorities to establish some
 of control over land regulation.

ne of the things that I believe to be one of my bigger design
 ontributions was the stairs.
 hown in the images on the right side of the board are the
 stairs. The top image is the stairwell being taken down as it
 was inconvenient and uneven. Below that is the construction
 of a new stairway that I came up with the have a curved
 design at the end so that it can open up the space a little more.
 In addition not walking right in the front door and being met
 with the stairs right in your face.

In Portsmouth, NH the property is a historical home.
 Throughout the past few months I've seen first hand how
 much of a pain it can prove to be. There's a commission that
 regulates the activity allowed to take place at historical homes
 as well as the obtaining of permits proves to be a lot more
 difficult. Even getting a dumpster for the driveway (as
 pictured bottom right of the board) required gaining special
 permission.

One of the important things learned throughout this
 internship was being able to use the home design software. If
 real estate, home design, etc. is something that I choose to
 as a possible career path; knowing the basics in the
 will put me ahead of the game. As shown in the
 by me but by professionals) it's the home
 are developed by MPG for the

Residential Zoning Table

USE	District	Lot Area	Frontage	Height	Lot Coverage*	Open Space**	Front	Side	Rear	Parking
Single-Family (101)	Agri/Com	400,000	300	30	3%	75%	50	50	50	2 per dwelling unit
	HSR-A	60,000	100	35	12%	85%	75	25	300	
	HSR-B	30,000	75	35	15%	70%	30	20	50	
	R-1	20,000	125	30	20%	50%	30	20	30	
	R-2	10,000	90	35	25%	40%	25	10	25	
	R-3/B-3	8,000	80	35	30%	35%	20	10	20	
Two-Family (102)	WMD	10,000	90	25	25%	40%	25	10	25	2 per dwelling unit
	PCO	12,000	120	35	20%	35%	20	20	20	
	R-2	15,000	120	35	25%	40%	25	20	25	
	R-3/B-3	12,000	100	35	30%	35%	20	10	20	
Multi-family (103)	WMD	18,000	120	25	25%	40%	25	20	25	2 per dwelling unit for the first two units and 1.5 for all subsequent units.
	HSR-A	60,000	100	35	12%	85%	75	25	300	
	HSR-B	30,000	75	35	15%	70%	30	20	50	
Over 20 units (104)	WMD	20,000(a)	120	35	40%	40%(b)	20	10	20	2 per dwelling unit for the first two units and 1.5 for all subsequent units.
	WMD	20,000(a)	120	25	40%	40%(b)	20	10	20	
	WMU	20,000(a)	120	25	35%	40%(b)	20	10	20	

(a) The lot area requirements for multifamily developments are twenty thousand (20,000) square feet for the first four (4) units and four thousand (4,000) square feet for each additional unit. In addition, the total maximum number of units allowed per structure is six.
 (b) Except for the R-1, R-2, R-3 and WMD Districts, the minimum open space shall be one thousand (1000) square feet or a minimum of one hundred and fifty (150) square feet per dwelling unit, whichever is greater.
 *That percentage of the lot area which is devoted to building area.
 **The space on a lot unoccupied by buildings, unobstructed to the sky, not devoted to streets, driveways or off-street parking or loading spaces and expressed as a percentage of total lot area. Open space areas shall be used for landscape areas and for active or passive recreation including but not limited to decks, patios, pools or tennis courts.
 A detached accessory building or structure within the side or rear-yard setbacks shall conform to the following provisions:
 (a) It shall be set back from the public way the required front yard distance for the district in which it is located, at least six (6) feet from any side or rear lot line or ten (10) feet from any principal building or structure on an abutting property; and not exceed twenty-two (22) feet in height, nor exceed fifteen (15) feet in height. Changes or other such accessory structures, whether attached or detached, that exceed the above dimensions shall conform to the height, front, side and rear yard setback requirements applicable to accessory buildings or structures in the zoning district where located. In-ground and aboveground pools shall be located in the side or rear yard and are subject only to the six (6) foot lot-line restrictions as herein stated.

Messina Residence
 21 Forrester Street



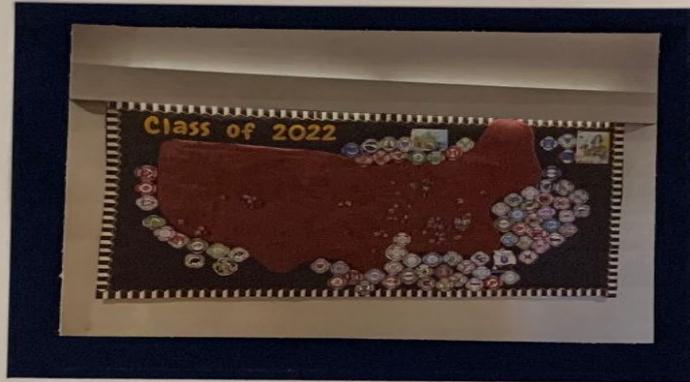
LIBRARY INTERNING

BY: CAMPBELL PEARCE

What I Have Done This Semester

Some of the activities and projects that I have done in this semester of interning at the library include:

- Putting away returned books
- Organizing and setting out displays of new books
- Helping to make signs to advertise new books
- Helping with all the bulletin boards on display outside of the library
 - Usually includes cutting out lettering, putting up new borders/backgrounds, stapling up the new pieces for the board, and doing any other additional prep work as needed
 - This semester there were three different bulletin boards on display, one for JARP and EXPO, one for poetry, and one for the seniors' plans for next year.
- Wiping down the bookshelves and cleaning the glass windows of the Mac and PC labs
- Moving book collections to new areas
- Consolidating notes and teacher comments into an organized doc from freshman activities
- Any other organizational tasks as needed by Mrs. Ford and Mrs. Cote

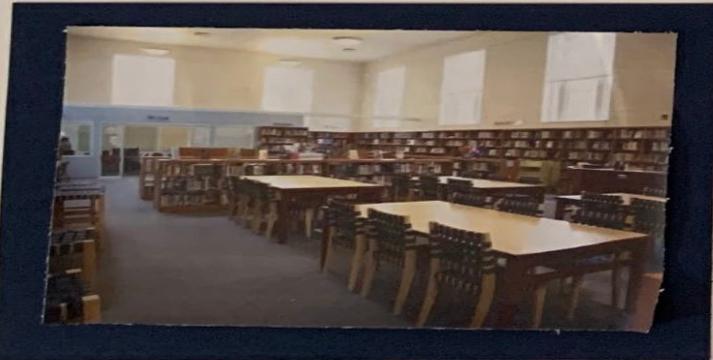


The latest library bulletin board showing the seniors' plans for next year. This is definitely the biggest project I have worked on this semester. I helped to put up the border and map, and I have been slowly putting on the pins and stapling on life savers as people have finished them!

Realistic
fiction



These are images of example labels for some of the genres of fiction books in the library. A big part of my internship was learning how the books, both fiction and nonfiction, are organized in the library and putting away books in their correct spots after they were returned by students.



The library! I did a lot of work this semester to help Mrs. Ford and Mrs. Cote keep the library clean and organized.



This is another bulletin board that I worked on during my semester of interning. I helped to trace leaves, cut out the lettering, and cut out and roll up the little poems that were placed inside of the flowers.

What I Have Learned This Semester

It has been a really fun semester of interning for Mrs. Ford and Mrs. Cote, they are truly the best! I learned a lot throughout the course of this semester, probably the most important being how to stay super organized. Mrs. Ford and Mrs. Cote both keep the library really clean and organized, so it was super cool to see how much work they actually do behind the scenes to keep it such a nice work space for everyone. I learned how books are organized throughout the entire library and am now able to locate a book pretty easily based on its genre. I also learned a ton about how to create something that is visually appealing and how to organize things spatially so that they are attractive to viewers. Because the majority of my internship was working on the bulletin boards that were outside of the library throughout the semester, I learned a lot about how to be neat and how to create something that looks good. Another big thing that I learned through this internship is to be willing to do anything that is asked of me, no matter how big or small the task may be. Overall, it was such a great experience and I loved every minute of it!

Internship At School of Rock Wakefield

Andrew Connolly

The Experience

The experience of interning at School of Rock Wakefield has certainly been an enlightening one. I've had the opportunity to take a leadership role among the students there and to help put 2 shows together, including selecting, casting, and directing songs in said shows. It's an opportunity I'm grateful to have and did everything in my power to be successful at it. It presented new challenges and forced me to think outside the box and take on new responsibilities and was very interesting and fun.



Priest/Maiden Show Rehearsal



KISS Show Rehearsal

The Songs

- Run to the Hills- Iron Maiden
- The Trooper- Iron Maiden
- Wasted Years- Iron Maiden
- 2 Minute to Midnight- Iron Maiden
- Dance of Death- Iron Maiden
- Where Eagles Dare- Iron Maiden
- Invaders- Iron Maiden
- Moonchild- Iron Maiden
- You've Got Another Thing Coming- Judas Priest
- Breaking the Law- Judas Priest
- Living After Midnight- Judas Priest
- Painkiller- Judas Priest
- Electric Eye- Judas Priest
- Rising from Ruins- Judas Priest
- The Sentinel- Judas Priest
- Blood Red Skies- Judas Priest
- Rock Hard Ride Free- Judas Priest
- Lightning Strike- Judas Priest
- I was Made for Lovin' You- Kiss
- Rock and Rock All Nite- Kiss
- Detroit Rock City- Kiss
- Love Gun- Kiss

The Achievements

Between the Iron Maiden/Judas priest show and the Kiss show, there are a total of 22 songs (list below) that we have rehearsed relentlessly and are now sounding very tight and miles ahead of what they were when we first started on them. They will be played at the end of season show on June 12th and I'm very excited to see how that goes. I've worked hard to see to it that both these shows go as well as possible, and I'm proud of the work we've done in the last few months.

The Challenges

I'll preface this by saying none of it was easy, in music every detail counts and there are a million things that can go wrong. Iron Maiden and Judas Priest songs are no easy feat for a young musician and this show definitely pushed us all to our limits of technical capability and musical understanding. These challenges were exacerbated among the younger kids in the Kiss show. There were also multiple complications involving COVID and crucial people being out which can set us back. Perhaps the MOST challenging of all was assigning people their parts on songs, a task I didn't take lightly. Casting to me is a puzzle in which I must put the right people on the songs that they best fit, both technically and stylistically, while giving a fair equal amount of parts without personal bias, a very tricky task.

The People

The group of 3 students in the Kiss show were certainly a couple characters. Cristiano: a talkative and eager, ~~kid who liked to loud and a solid~~ bass player, Brandon: a no BS business oriented drummer and singer, and Max: The doing both simultaneously with little effort and certainly lad, and Max. The respectability individual who despite his struggles on guitar, he has worked hard to accomplish his goals in the show and has impressed me overall. The Priest/Maiden show has too many students to list, but they've all been a fantastic experience and even better friends and have made the show a fantastic experience all around. And of course, the directors Brian, Chris and Joe have been a tremendous help and source of motivation who I couldn't have done any of it without.

ive

and amplify positive customer relationships and interactions through an optimistic customer service tone

About my Internship:

Location: Life is Good Newburyport MA
Supervisor: Heather Schwab

Life is Good works to spread the power of optimism using positive language. "Every morning, we each wake up with a choice: to focus on the obstacles in our lives, or to focus on the opportunities."

By acknowledging obstacles and opportunities—optimism enables us to explore the world with open arms and an eye toward solutions and growth.



Water table 1 merchandise 1 organized



What did I learn?

- Social and organizational skills, including:
- Welcoming and engaging with customers as they enter the store
 - Assessing customers' needs and suggesting solutions to their problems
 - Working with cash registers and processing payments
 - Giving customers advice about sales and promotions
 - Using upselling techniques to increase store sales
 - Recommending the best products to customers
 - Cleaning and restocking the store throughout the day, before opening and after closing



Takeaways

- Positivity is key
- Rude customers will come in, but interacting patiently is super important
- Having confidence in your abilities helps, people can tell if you are nervous or don't know what you are doing. They tend to respect you more if you seem like you know your job more if the back of your hand.

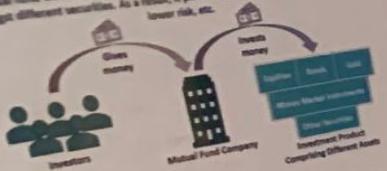


0 Black Internship Radio Gordon

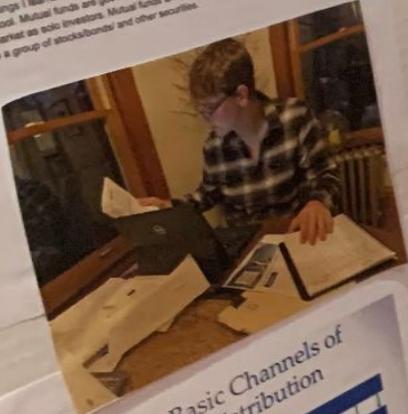
During this semester was with my father, David Ford, who is a senior vice president for Transamerica mutual funds. This company is based primarily on the West Coast, but my father covers the Boston area sales territory and has an office at home. Here are some of the things I learned and some of the things I did during my internship.

Mutual Fund

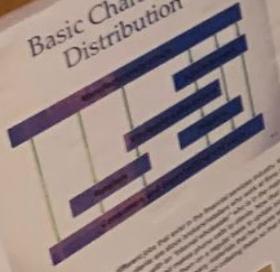
A mutual fund works by pooling money from multiple investors and then investing it amongst different securities. As a result, it provides greater liquidity, diversification, lower risk, etc.



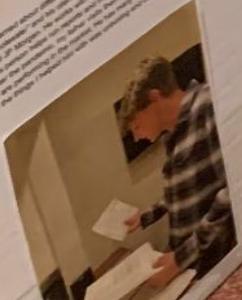
One of the things I learned was how mutual funds work and what their purpose is as an investment tool. Mutual funds are good for people who don't want to take the risk of investing in the stock market as solo investors. Mutual funds are purchased by a group of investors and invested in a group of stocks/bonds and other securities.



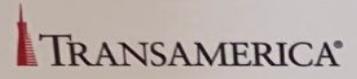
Basic Channels of Distribution



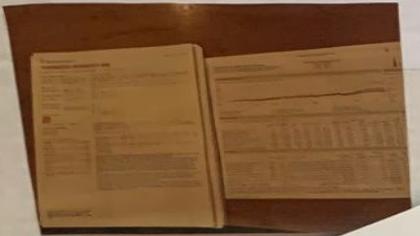
In this internship, I learned about different types of mutual funds and how they are distributed. I also learned about the different channels of distribution and how they work. I was able to see how the funds are sold and how they are managed. I was also able to see how the funds are invested and how they are managed. I was able to see how the funds are sold and how they are managed. I was also able to see how the funds are invested and how they are managed.



Brady Ford Internship at



Semester 2 2022



OUR INVESTOR FIRST PROCESS

ASSET ALLOCATION	FIXED INCOME	EQUITY	CASH
60%	30%	10%	0%
...

REVENUE ALLOCATION

FIXED INCOME	EQUITY	CASH
...

RESPONSIBLE INVESTING

FIXED INCOME	EQUITY	CASH
...

FUND REFERENCE GUIDE

INVEST WITH CONFIDENCE

BROKER DEALER

TRANSAMERICA



There is a TV in my father's office that is always on CNBC while the stock market is open. He watches the stock market to see how it fluctuates and if this will impact the funds that he is selling to his clients. He is usually on the phone most of the time with clients or with people from his firm. I became interested in watching the market and seeing if the Dow is up or down on any given day. Sometimes my father would ask me to look up different stocks and let him know their status for the day - up or down.



Sometimes my father asks me to look up some investments and other client assets. This is a process where I look into the market to see how it is doing and if there are any opportunities. I was able to see how the funds are sold and how they are managed. I was also able to see how the funds are invested and how they are managed.

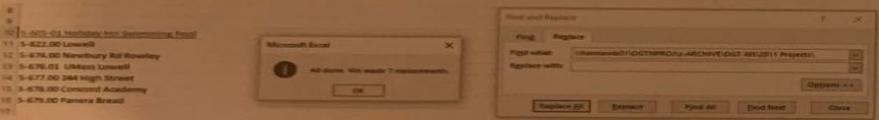
HANCOCK ASSOCIATES ENGINEERING INTERNSHIP OWEN ROBERTS

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 11 \\hannco01\G01\PROJECTS\ARCHIVE\G01_ARCH\G01_PROJECTS\5-622-00\Lowell
 12 \\hannco01\G01\PROJECTS\ARCHIVE\G01_ARCH\G01_PROJECTS\5-674-00\Newbury Rd Rowley
 13 \\hannco01\G01\PROJECTS\ARCHIVE\G01_ARCH\G01_PROJECTS\5-676-01\UMass Lowell
 14 \\hannco01\G01\PROJECTS\ARCHIVE\G01_ARCH\G01_PROJECTS\5-677-00\244 High Street
 15 \\hannco01\G01\PROJECTS\ARCHIVE\G01_ARCH\G01_PROJECTS\5-678-00\Concord Academy
 16 \\hannco01\G01\PROJECTS\ARCHIVE\G01_ARCH\G01_PROJECTS\5-679-00\Panera Bread

PASTE the copied highlighted projects into Excel.



Use CTRL+F to open up "Find and Replace." Choose "Replace" and put the File Path to the Folders in the "Find What" field. Hit "Replace All" and then Press "OK" on the message when it says that the replacements have been made.



At Hancock Associates, I was responsible for organizing their land surveying archive folders. This allows them to use the archives to help with future projects at those same properties. Specifically, these archives pictured on the board were used to put onto a digital map of all the properties that Hancock has serviced.

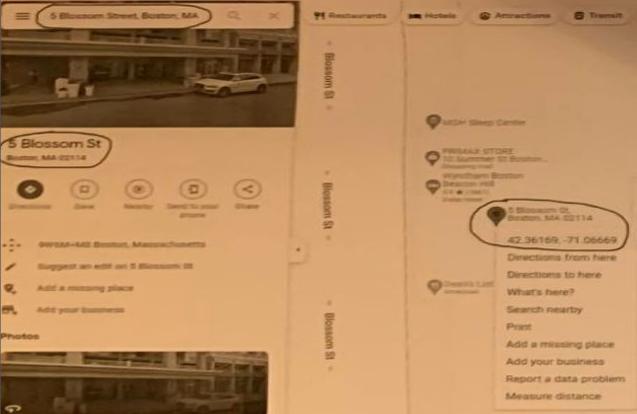
10	5-605-01	Holiday Inn Lowell
11	5-622-00	Newbury Rd
12	5-674-00	UMass Lowell
13	5-676-01	244 High Street
14	5-677-00	Concord
15	5-678-00	Panera Bread
16	5-679-00	
17		

You should now have the Project Numbers separated.

As stated before, please double-check to make sure these numbers are correct in case a number got cut off.

Job Number	Client	Address	Lat	Lon
10		Holiday Inn Lowell		
11		Newbury Rd Rowley		
12		UMass Lowell		
13		244 High Street		
14		Concord Academy		
15		Panera Bread		
16				
17				
18				
19				
20				

The information will then need to be separated into columns as seen above, as this way said information can be easily plugged into the Digital Archive Map. Said information will most likely need to be gleamed from searching for the relevant information within the corresponding Project Folders themselves. As far as Lat (Latitude) and Lon (Longitude), we'll use GoogleMaps...



After searching for the relevant information on Project Number S-605-01, we find that it was a project for Charnas Law Firm (Client) and was at 5 Blossom Street, Boston, MA 02114 (Address).

Plugging said information into GoogleMaps, we find the corresponding address and then right-click on it to get the Latitude and Longitude, in this case: 42.36169, -71.06669

Select these numbers in the right-click menu in this case. Then, return to Excel...

Job Number	Client	Address	Lat	Lon
10				
11				
12				
13	Charnas Law Firm	5 Blossom Street, Boston, MA 02114	42.36169069	-71.06669433
14		Lowell		
15		Newbury Rd Rowley		
16		UMass Lowell		
17		244 High Street		
18		Concord Academy		
19		Panera Bread		
20				

Paste the Latitude and Longitude numbers into their corresponding columns.

You should have also filled the Client and Address columns with their information by now too.

Once you have done all the above, you will have completed the first entry.

Now, just rinse and repeat with the rest!

B BLOCK

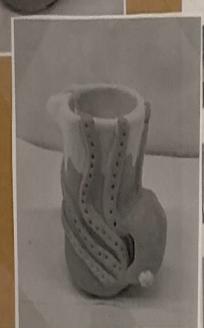
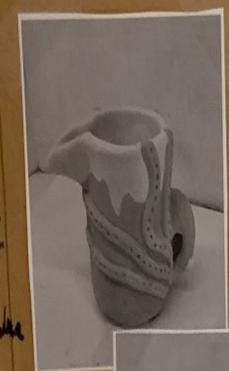
Mr. Smith

From this internship experience I learned that I love working with clay. I made two projects that I'm very happy with and practiced the skills I'd worked on last semester in Ceramics II.

My favorite part was the independence to make whatever I wanted. My least favorite part was glazing very detailed. I hope to find a way to work making vases at college.

INTERNSHIP

2022 [capstone] Ella Posey



(ceramic works are unfinished)

ANNOUNCEMENTS

05/16/2022 02:35 PM
Don't forget to check out the Youth Art Walk... [Read More >>](#)

05/11/2022 09:20 AM
With the warmer weather, it's time to start... [Read More >>](#)

05/02/2022 12:21 PM
We are pleased to bring back the NPS... [Read More >>](#)

04/15/2022 09:07 AM
post by Ella Posey For the whole month of April... [Read More >>](#)

04/01/2022 10:57 AM
Newburyport Public Schools Secure Gun... [Read More >>](#)

F BLOCK

Ms. Furlong

From this internship experience I learned how to reach out to people to interview as well as how to take large amounts of information and make it concise for people to read.

My favorite part was writing and knowing that it would be published on the school's website. I also loved having the opportunity to write for the superintendent's newsletter and sharing my own opinion about student voice. My least favorite part was finding time to meet up with people to interview them.

I hope to continue writing in college, but may not try to do it in a journalism way but a more personal way.

What I Learned:

- Communication skills
- basics around what it takes to be a school nurse (schooling)
- working with children
- organizational skills



Where?

Nock/Main nurses office
with Mrs. Rybiki

Things I did:

- scoliosis, hearing and vision screenings
- distributed covid tests
- Educated 5th graders (puberty video)
- worked with students
- listened to nurses perspectives in IEP meetings

Reflection:

I really enjoyed this internship. I want to go into nursing so it was good exposure to one potential field I could go into. I enjoyed working with the kids and Mrs. Rybiki was really good at talking to me about the different paths and opportunities with the nursing process.



Made informational bulletin boards surrounding different health months for students to see in halls.



College and Career Counselor Intern

In my internship I helped you with whatever needed to be done, hung up posters, made outlines of things that you needed me to do, and researched colleges.

College List to reach out to

A1	B	C	D	E	F
1	Allegheny College	Danielle Nespor	814-332-8234	dnespor@allegheny.edu	
2	American Musical and Dramatic Academy	11/2/2020		AdmissionsTeam@amd.edu	
3	American University	Jesse Tomczak	202-885-6051	tomczak@american.edu	admissions@american.edu
4	Amherst College	Matthew L. McGinn	(413) 542-2328	admission@amherst.edu	
5	Anna Maria College	John Hamel	508-849-3306	jhamel@annamaria.edu	
6	Arkansas State			academicpartnerships@astate.edu	
7	Art Institute of Chicago			admission@saic.edu	
8	Assumption College	Allyson Martin	508-767-7000	am.martin@assumption.edu	
9	Assumption University	Anastasia Hagerstrom	508-767-7008	ahagerstrom@assumption.edu	
10	Auburn		(334) 844-6428	admissions@auburn.edu	
11	Babson College		781-239-5522	ugradadmission@babson.edu	
12	Bald State			askus@bsu.edu	
13	Bard College	Tessa Greenhalgh	8457567472	tgreenhalgh@bard.edu	admission@bard.edu
14	Barnard			admissions@barnard.edu	
15	Barry University		305-899-3100	admissions@mail.barry.edu	
16	Bates College		(207) 786-6000	admission@bates.edu	
17	Baylor University		(254)710-3435	admissions@baylor.edu	
18	Beloit			admission@beloit.edu	
19	Bennington College		(802) 440-4312	admissions@bennington.edu	
20	Bentley University	Viviana Suavita	781-891-2244	vsuavita@bentley.edu	ugadmission@bentley.edu
21	Binghamton University	Christlaine Frischrisen	607-777-4784	cfriech@binghamton.edu	
22	Bishop's University (QC)	Eric Gendron	9-522-9800 ext. 205	egendron@bishopsgate.qc.ca	
23	Boise State University	Howard Singer	208-426-1156	admissions@boisestate.edu	admission@bc.edu
24	Boston College	Owen Grover	617-552-3100	howard.singer@bc.edu	
25	Boston College	Zoe Carter	617-552-4945	ogrover@bc.edu	admission@bc.edu
26	Boston University		617-353-2300	zoe@bu.edu	admission@bu.edu
27	Bowdoin			bervin@bowdoin.edu	

searched for college contacts to fill in the spreadsheet.

College and Career

College
<ul style="list-style-type: none"> College Board Naviance Common Application Student Financial Aid <ul style="list-style-type: none"> Financial Aid MEFA Pathways Scholarships Early College College visits College Fairs NCAA
Career
<ul style="list-style-type: none"> Internship Jobs Gap Year Program and Planning
Info
<ul style="list-style-type: none"> Class of - Contact

made an outline of the school College and Career website

College and Career

- Career and Part-Time Jobs
- Career Programs and Planning
- Class of 2022
- Class of 2023
- College and Career Search
- College Board
- College Fair
- College Guidance Network
- College Matriculation
- Common Application
- Donors
- Early College
- Financial Aid
- Gap Year Programs
- Internship & Career Fair
- Internship Opportunities
- Internship Program Information
- MEFA Pathways
- Naviance
- NCAA
- NHS College Visits

High Schools	Websites	Notes
Amesbury High School	https://schools.amesburyma.gov/Page/4549	
Friton High School	https://www.fritonschools.org/high-student-services/lhs-guidance/	
North Reading High School	https://www.north-reading.k12.ma.us/high-school-news/nrbs-public-affairs-department-counseling-staff	Really good layout
North Andover High School	https://nahs.northandoverpublicschools.com/student-life/guidance	kinda of the layout you want
Winchester High School	https://www.winchesterns.org/schools/winchester_high_school/guidance_department.php	
Lexington High School	https://sites.google.com/lexingtonma.org/lhs-counseling-department/home	
Marblehead High School	https://www.marbleheadschools.org/domain/200	Nice layout
Ynnfield High School	https://www.lynnfield.k12.ma.us/high/about-the-high-school-schoolcounseling/	Have their college stuff on slides
Andover High School	https://www.aps1.net/1266/College-Counseling-Resources	Not enough info
Beverly High School	https://bhs.beverlyschools.org/apps/pages/index.jsp?REC_ID=2088949&type=d&pREC_ID=2136733	
Peabody High School	https://peabody.k12.ma.us/departments/guidance/	Quick Links
Saugus High School	https://www.saugus.k12.ma.us/schools/amhs-complex/guidance-grades-9-12	
Swampscott High School	https://sites.google.com/swampscott.k12.ma.us/shsguidanceandcounseling/shs/home	
Salem High School	https://www.sau57.org/lhs-guidance	

made and looked for a better College and Career website.

CAPSTONE PROJECT

Internship w/ AD



WHAT?

- Counted Money
- Updated team pics
- Dressed fields/courts
- Organized equipment room
- cleaned sports vans



WHEN?

- F BLOCK
- DAY 1 + 3
- Monday - Friday



WHY?

- experience for future career

MY TAKEAWAYS?

- what it takes to run a successful athletic program
- responsibility/accountability

CAPSTONE PROJECT

Internship w/ STONECRUST

WHAT?

- 2 shifts/week
- DT NBPT
- delivery

WHEN?

- 11-4
- 4-9pm

WHY?

- WORK experience
- ~~HA~~

MY TAKEAWAYS?

- customer service
- adapting
- work well w/ others

MAIN OBJECTIVE

- To experience what it is like in a workplace
- Learn how to do certain things that tie into my marketing major for college
- Challenge myself with new opportunities
- Learn how to be a leader and take initiative amongst others
- Learn how to send professional emails to potential customers
- Learn what appeals to potential customers (logs, colors, persuasive emails)

PURPOSE OF MABLE

Mable's goal is to promote small businesses. When you buy a product from a small business, you are supporting the local economy. Mable is for these businesses to get their name and products out to the public. To face this issue, we created Mable. Mable is an online company that assists small businesses by giving our logo, website to sell their products. Think of it as a sponsored online market for original, unique and ethical brands.

Thank you to the Mable team for this internship opportunity.

MABLE

Class of 2022

INTERNSHIP
AVERY KELLER

WHERE?

Location:
Home--Newburyport, MA
Office--Boston, MA

Supervisor: Arik Keller

WHAT?



SCAN ME

HERE IS AN EXAMPLE OF A MARKETING EMAIL SENT TO CUSTOMERS...

Hello Paradise Customers!

Our team cannot thank you enough for sticking with us throughout this past year. As you know, this season has been full of some pretty fun and crazy things! There is always more to get some spring riding in, and we look forward to seeing some familiar faces on the road again. We've made a list of some of our top selling products and wanted to share a few favorite picks with you to grab next time you stop at Paradise.



Rose Sisters Chips

From generation through generation, these chips are not only a healthy, organic snack, but they're also delicious. Rose Sisters Chips are made with locally sourced ingredients and are packed with flavor. They're the perfect snack for any occasion, and we're proud to support the local economy. Grab a bag today and enjoy the best of Paradise.

Annie's Ginger Elixir

Annie's Ginger Elixir is straight out of Paradise, VT. Annie's Elixirs are made from the best ingredients for the highest quality, most potent, and healthy drinks. And who wants to share it with you?



Hot Date Kitchen

Hot Date Kitchen started off with an experimental cookie recipe that we have for our customers, and we have found an incredible treat consisting of whole wheat, chocolate, and dates. We are so glad to share this treat with you. It's a delicious snack and a great treat for your family. We are so glad to share this with you. It's a delicious snack and a great treat for your family. We are so glad to share this with you.

Our team cannot thank you enough for sticking with us throughout this past year. As you know, this season has been full of some pretty fun and crazy things! There is always more to get some spring riding in, and we look forward to seeing some familiar faces on the road again. We've made a list of some of our top selling products and wanted to share a few favorite picks with you to grab next time you stop at Paradise.

An absolute treat for you to get your hands on today. Grab a bag today and enjoy the best of Paradise.

Thank you to the Mable team for this internship opportunity.

WHAT DID I LEARN?

I learned various things throughout this internship but some important ones that stood out are:

- How to write a marketing email
- How to photograph certain products
- The use of color schemes to attract certain audiences
- Why copywrite is important
- How to give schedules to each person on the team in order to maximize work

ADVICE:

- Always ask questions
- Be open to critique
- Find time to take notes and utilize websites or other things to help you learn the technical side of the company
- Do your research on the company itself, know what you are interning for and what type of effort or time you need to put in
- Organize a schedule that helps you produce the best work you are capable of
- Make the most out of this internship--> have a motive to learn things

HOW WILL THIS HELP ME IN THE FUTURE

- Assisted me in learning some of the things my future major can lead me to
- Helped me learn how to learn and adapt in a workplace
- Helped me improve my communication skills with others, taught me how to write and edit professional emails
- Gave me experience that I can put on my resume for future jobs or opportunities
- Showed me potential career opportunities

Wburyport Youth Services
(NYS)

What I Do!

At the Rec-Center I help to organize activities for the middle schoolers to participate in. I am mostly there to oversee and have conversations and interactions with the kids, and redirect and help the kids correct their wrongdoings with clear supportive and constructive feedback.

At the Enrichment Center I also help to organize and take part in games and activities with the different ages of kids from about first grade, to some in their early years of high school. I am there to have meaningful conversations and have fun with the kids. I also take the responsibility of making sure that the younger kids are being respectful and are being fair and kind with one another.

Parker Byrnes' Internship Capstone Project



NYS Rec-Center



NYS Enrichment Center

What I've Learned.

By doing this internship class I have learned what it really takes to have more serious responsibility at a job. Both positions have allowed me the opportunity to manage, delegate responsibilities and oversee groups of kids. And has helped me improve my social skills and how to work better with people of all different ages and personalities.

Basic Video Internship



A student editing a project

What I Do!

In Basic Video I act as the TA (teachers assistant), I help the students with everything that comes with film, I help them with editing, filming, and all other technical questions that may come with using the equipment. I also help to give advice on shooting certain shots, story elements, and dialog suggestions.



Cinematic Arts/Video P

MENTAL

CAPSTONE PROJECT

BY: Christian Su

PHYSICAL

Mental Health- Relationships

In life you will make relationships with everyone you meet. With every relationship comes problems, disagreements. Some disagreements can end relationships or change them majority, when you have a major disagreement with someone that isn't being resolved well that could end the relationship you have to think about if you value that person. If you do then you have to think about if you value the person or your side of the argument more.

I have been interning with Dr. Mark Su, a family practice owner. I have been learning about health, mental and physical. The ways to live a healthy life with the foods you eat, motivation you need, and the activity you do.

Remote Internship



The main cause of obesity is snacking and overeating, that is the main problem in America right now, but I more learned that we don't realize how much we overeat. The other part to obesity is obviously the contents of our food. The reality is that with the contents of our food these days the odds are depressing. When eating you can easily consume 500 calories in 5 minutes which takes 4-6 hours to burn off. Of course our bodies naturally burn off calories without working out but the calorie intake vs burn is very hard to realize.

We might not think we overeat but then when you take the factor of how many more calories are in the artificial foods that we eat daily every bite is so much more and a smaller amount of overeating in the long term is a lot more than we realize.

Everything has fat sugar and salt, the three things we all crave. The 3 things that are bad for you when consumed in larger quantities which is the only way it is consumed these days. If you can avoid these 3 things in general you will be healthier, it is very simple but a fact no one wants to accept.

Do you value the relationship you have with the person or your value that you're arguing for than you have to realize you can just drop it for the greater point of view that you value that relationship too much.



Mental

Physical

Health

Motivation

Motivation is a cycle. It comes from doing an action, but action takes motivation to overcome this you have to make small actions, and eventually you need motivation for what come, but easier said than done.

INTERN UNDER MR. SMITH

{ = _ = }

(* = *)

What did I learn?

I learned many things, some having to do with ceramics, others with animation, some about life. But if I have to be specific I can list a few:

1. When creating a sculpture consisting of multiple parts that must be combined, wait to fire them until it is put together with the help of some super slip.
2. In animation, squash before the jump.
3. Be smarter when estimating the time it will take to complete something.
4. When lighting strikes something, it also illuminates it.

Projects:

- Chameleon sculpture
- Foosball Mural
- Comfort and nature's masterpiece animation
- The joy of a storm animation
- The great Hercules beetle sculpture
- The Kungfu master and Praying Mantis' lesson animation
- Boy and frog animation

Why did I want to do it?

I wanted to learn how to animate better and also work on projects and such. I became interested in animation over the summer, so when the animation/ceramics teacher contacted me about an internship, I excitedly agreed. Of course another reason is because it looks good on college apps.

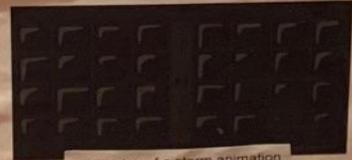
Was it a good experience?

yes, it was lots of fun.

How will this benefit me later?

I improved my skills in art and design, blossoming my creativity. I learned how to work with a boss, and work with someone and compromise to get to an end result we both like. I imagine both these skills/attributes will be useful somewhere sooner or later.

Foosball Mural



The joy of a storm animation



The Kungfu master and Praying Mantis' lesson animation



Comfort and nature's masterpiece animation



I work 8.5 hrs per week!

JOBS

- Barista
- General crew
- Shift Manager



What I Learned

I have learned how to work well under pressure and in stressful situations. Over my years working at Changing Tides Cafe I have experienced customer service, food preparation and drink preparation. This past summer I was trained on the espresso bar, and now work regular Sunday shifts making drinks.

What I do

I work as a barista, and occasionally as a general crew member. This means I am at the bar making drinks. The drinks can be anywhere from espresso drinks, to iced coffee, to tea. When there is no manager working, I work as a shift manager—making sure the shift runs smoothly.



SKILLS

- Trained on bar
- Food Prep
- Register

By Anna Fortner



View offer - 20% Off Your Order



SARA THURSTON DESIGNS

Why I chose this Internship

I chose this internship because I want to create my own company in the future. It was also interesting to observe what goes into starting a new firm and the efforts that must be taken to ensure its success.

What I Did

- Organized her office
- Went to the tory burch trunk show to help set up and pack up
- I participated in the photoshoots
- I packaged orders

What I Learned

- I learned what goes into starting a business promoting the brand, advertising, social media, etc
- I learned that being organized is important for everything to run smoothly
- I learned what goes into a photoshoot
- I also learned how to package orders

by: Hannah loomes