

Internships enhance student's education and career outlook



Caroline Francis

Senior Allie Spalding is a Legacy student from St. Louis majoring in human health sciences. Both of her parents (Ruth Hocker Spalding '87 BE and Hugh Spalding '86 EN) attended UK, and she always wanted to go to the same school they did. This summer she interned in Sydney, Australia, with the Sports Medicine Institute. She gained exposure to sports physicians, surgeons, massage therapists, podiatrists,

physical therapists and exercise physiologists. At the state-of-the-art facility, she learned how to use specialized equipment and help patients meet goals. The institute supports the Australian Rugby Games and the Cronulla Sharks doing all of the physiotherapy, sports taping and onsite sports medicine-related duties.

According to Spalding, a benefit of doing an internship is gaining hands-on experience and getting ready for life after college. "It definitely felt like a big transition when I first started my internship because I was not used to the typical 9-5 workday. Another great benefit, and one specific to being abroad, is that I was able to learn about another country's health care system. Instead of just reading about it in a book or online, I got to see how it works and plays out in a real-world setting," she says.

Sophomore Rachel Mooney from Lexington is working toward dual degrees in neuroscience and Spanish. She decided to attend UK largely because of the strong neuroscience program. She says she felt that UK would also give her access to medical clubs, organizations and a more diverse population where she will have many opportunities to volunteer and shadow doctors in the UK Health-Care system. Her summer internship was in Lisbon, Portugal, with the Atlantis Fellowship. Her internship duties included shadowing doctors on different specialties for a month. "Some benefits of completing an internship include providing patient-contact hours that will help with strong talking points during future medical school applications and interviews, and the chance to explore specialties that could be of interest," she says.

According to Sarah Montgomery, assistant director, Experiential Education at the James W. Stuckert Career Center, "Internships are extremely valuable today as graduate school admission and job markets are becoming more competitive. Students can use internships to connect with companies, seek out future mentors and develop a wealth of skills to add to their resume. It is a great space for students to learn more about their skills and interests, as well as test potential careers and industries."

Additionally, she notes that employers who host interns get to meet young talent that may bring new and innovative practices to their workplace. Employers also have the opportunity to mentor and observe future hires before they officially hit the market.

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