

**Sarah Tedesco**, Senior

(Communication: PR)  
**Public Relations Intern** Brooks Memorial Hospital

Dunkirk, NY

After switching my major numerous times throughout my college career, I finally found something that felt right for me. Declaring my major as public relations during my junior year, I had a lot of catching up to do with the program. After learning a great deal in the classroom, I decided it was time for a more hands on experience so I began searching for an internship. Attending presentations from the Career Development Office on campus, I had knowledge of how to use their online tools to search for an opportunity as well as build a successful resume and cover letter. I was surprised at how easy it was to find something through the Quest database. After looking through some options and finding one that really interested me, I went to the CDO for some final advice on applying. Shortly after, I had an interview and was offered a position in the community relations department at Brooks Memorial Hospital.

Through this internship, I gained skills needed for this field of work. My professors would always stress the importance of gaining hands-on experience and my internship allowed me to take what I had learned in the classroom and apply it to real life situations. A typical day at Brooks included writing news releases and various other articles. I also spent a lot of time interviewing and talking with the many different staff of the hospital. This internship prepared me for a future career in PR as it helped me improve my research, writing, and communication skills. I have always been a very personable person, but working in a serious hospital setting, I was able to understand the importance of effective professional communication.

I assumed this position during my final semester senior year while managing an eighteen credit hour course load. My site supervisor, Sheila Walier, was extremely flexible with my schedule and I was able to work eight hours a week while having plenty of time to dedicate to my classes. I strongly suggest this internship for any communication major as it is a good way to see how a community relations department operates. Sheila is a very kind and insightful mentor who lets you work on your own but is always there to help. Regardless of major, I suggest that all students pursue multiple internships. Internships are a great way to gain the experience you will need for future careers.

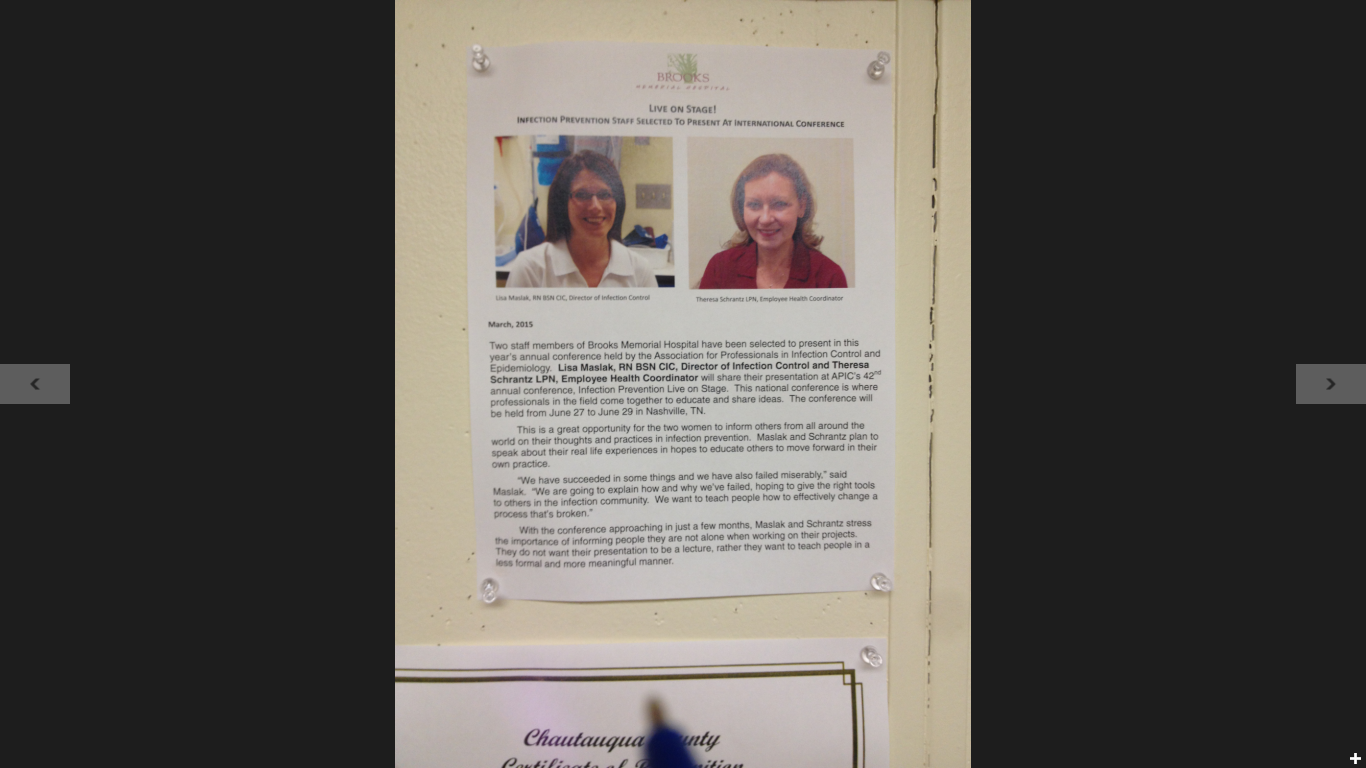
The Career Development Office is always available to help students with any questions about their future. I strongly suggest taking advantage of what the CDO has to offer not only during your time at Fredonia, but once graduated as well.

The CDO helped to guide me every time I switched my major, had a question about my resume and cover letter, and even offered me advice on what to include on my LinkedIn page. They have a number of different resources on their website and in their office, which are very helpful for future careers. Every student should utilize what the CDO has to offer because it will benefit your future career.





Sarah was recently featured in the first issue of *On Track to a Healthy Community* distributed by mail and social media throughout Chautauqua County.



Within her first month of the internship, Sarah prepared an article distributed hospital-wide announcing staff achievements.