



**THE  
INTERNSHIP  
PROGRAM**

**Bethesda-Chevy Chase High School  
4301 East-West Highway  
Bethesda, MD 20814**

## The Internship Program at B-CC



Karen Lockard  
Principal

Here at Bethesda-Chevy Chase High School we value education, but realize that all knowledge is not gained within the classroom. Practical application of information gained in class is a vital part of the internship process. Students are able to make the connections between the theoretical and the real as they build relationships with professionals on the job. Internships will give students the necessary skills to transition seamlessly into the world of college and work.

The Internship Program at Bethesda-Chevy Chase High School is an integral part of the academic curriculum for juniors and seniors. Each student participating in Internship receives both academic credit and grades, and spends part of each week off campus working under the combined supervision of both B-CC and an outside sponsor at a workplace that has been mutually agreed upon by the student, B-CC, and the sponsor.

### **Internship Participants develop life-long, transferable skills, including:**

- Written and oral communication
  - Resumes and cover letters
  - Interviews
  - Follow up and thank you letters

- Responsible and productive habits working with adults in a professional environment
  - Promptness
  - Accuracy
  - Reliability
- Management and discipline of setting priorities, planning the productive use of time, and adhering to schedules
- Leadership, including project development
- Recognition of, and appreciation for, workplace dress and etiquette
- Technical expertise
- Self discovery and evaluation
- Preparation for college internships
- Preparation for summer and other jobs
- Networking

Each student participating in Internship receives both academic credit and grades.



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### **Enrollment is Easy!**

Please feel free to drop by the Internship Office (B306) to discuss Internship possibilities. Application packets are available in the Internship Office; additional information and enrollment forms are also available online at:

[www.montgomeryschoolsmd.org/schools/bcchs/academics/internships](http://www.montgomeryschoolsmd.org/schools/bcchs/academics/internships)

## What B-CC Alums Say About Their Internship Experiences

This “hands on” workplace experience has proven invaluable to many B-CC students. As many have concluded, it can be just as beneficial to discover through Internship that a career area is not what is desired as it is to confirm a preliminary preference.

For example, current college students Kenny Preston, a computer science major at the University of Wisconsin – Madison, and fellow B-CC alumnus Ted Glickman were interns in 2006 – 2007 at the Goddard Space Flight Center; through Internship, Kenny confirmed that he wanted to pursue computer science in college and Ted decided engineering was not for him and now is studying communications at the University of Southern California.

Theresa Danos, currently a student at the Culinary Institute of America (CIA), says that the experiences she gained through Internship at Centro enabled her to become a group leader her first year at the CIA; from this position, she was selected for a prestigious externship.

Two former B-CC graduates (2004) each recently reflected on the importance of Internship for them.

Sarah Gaffney, through Internship at Friendship Animal Hospital, decided that she did not want to become a veterinarian and instead went to Vanderbilt University, where an internship was a requirement for her undergraduate degree in communications.

Following graduation, Sarah was offered full-time employment by her internship sponsor, Country Music Television, where she now works in the Public Affairs Department. Sarah says that through her internships she acquired the experience necessary to guide her both in choosing which college to attend and what to study, as well as what she wants for a career.

Demar Granados, now a Compliance Officer at the United States Consumer Product Safety Commission and a graduate of St. John’s University, through Internship had a job at the Commission for each of five summers while a student at B-CC and at St. John’s. Demar writes,

*“The Internship Program helped me land a great job after graduating from college, a job I enjoy doing. My Internship experience today serves as my foundation for the career I now have. It is experience that I would not trade for anything else.”*

*“Internship is a great way to learn about and prepare for the real world beyond high school and college. The Program helped me gain a better focus on what I wanted as a career and reinforced my studies; it also helped me make professional contacts. I would definitely recommend the program to others.”*

## What Current B-CC Interns Say

In evaluating their respective experiences in Internship, some current interns have written the following:

*“My time at Bethesda Magazine has opened my mind to a world of technical and professional writing that I never knew existed; my communication skills have skyrocketed.”*

—Lisa Sullivan

*“I began working at the Office of the Public Defender with the belief that I would not contribute to a client’s life. I was shocked at the real world assignments given me by my supervisor, Mr. Delgado [Assistant Public Defender]. My experiences these past five months have changed my life forever.”*

—Felicia Xu

*“From my summer and semester at NIH working with a team including leading scientists, I have learned how important it is to be a responsible team member, which led to my being allowed to do a protocol for a dry maze experiment in behavior, a first in my lab for a high school student.”*

—Andrew Axthelm  
(National Institutes of Health – Mental Health)

*“The lawyers entrusted in me a lot of responsibility. There would have been serious repercussions for the firm if I had misplaced a file or shredded an important piece of paper. This experience will benefit me for life and I am forever grateful for the opportunity.”*

—Caroline Quill  
(David Modell, Attorney)

*“I worked at NMRC last summer and am frustrated that I can’t now spend more time there, but have learned how to manage my time with school, including Internship and sports, where I run track and cross-country. I hope to work this summer in a neuroscience lab at NMRC.”*

—Christian Frable  
(Naval Medical Research Center)

*“The first and most important tool my internship has taught me is time management and prioritizing.”*

—Zita DePetris  
(First Class Title, Inc.)



*“My internship experience has been extremely positive; in addition to learning about laboratory safety, pipetting, cell transformation, DNA purification, running gels and working under sterile conditions, I have learned the importance of making and maintaining a schedule for classes (including Internship), sports, and other activities.”*

**—Hillary Goldman  
(National Institutes of Health  
– Diabetes and Digestive and  
Kidney Disease)**

*“The past three months have provided me with more knowledge about the design field than I ever thought existed. Since starting in September I have seen a major project from start to finish.”*

**—Angelica Forbin  
(The Madison Design Group)**

*“I have reached the level of working alone at the front desk. I am also thankful to have been taken under the Manager’s wing, and I am learning so much about the renovations going on at the hotel, as well as about the industry.”*

**—Clare Becker  
(Embassy Suites Hotels)**

*“I am improving at reading blueprints and am learning to operate the Computer Aided Design software. I have also learned how important it is to wear construction boots and a hard hat when in the field at a job site.”*

**—Eric Ganza  
(Chevy Chase Contractors Inc.)**

*“By working alongside engineers in the design of medical equipment I have grown in both how I interact with co-workers and how I perform my own work. I have also grown exceptionally in the use of Computer Aided Design software and will be an aide to Ms. Molnar in her Pre-Engineering class at B-CC. Also, I will continue working at **Immersion Medical** this summer.”*

**—Jay Swift**

*“The opportunity to ‘work’ with Walt Bartman and Glen Kessler has catapulted my artistic abilities to a much higher plane, particularly in painting with oils.”*

**—Anthony Pape-Calabrese  
(The Yellow Barn)**

*“I have vastly increased my knowledge of the finance world on the bond-trading floor of **The Calvert Group**.”*

**—Jordan Fried**



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*“Not only have I learned skills one could only learn from having an office job, I have learned much about myself and have discovered my talent for doing estimates of the values of houses being listed for sale.”*

**—Claire Vieth  
(Long & Foster Real Estate,  
Inc.)**

*“Through the challenges with which I have been confronted in getting our 3Dvisualization program, Imaris, to communicate with MATLAB, the most commonly used programming language in science and engineering, I should be able to place out of at least the first year of programming at the University of Michigan, where I intend to study engineering starting this fall.”*

**—Gabriel Peal  
(National Institutes of Health  
– Child Health and Human  
Development)**

*“I have gained priceless photographic knowledge, not only in basic digital photography but also in working with the subjects of my photographs.”*

**—Spencer Li  
(The Gazette)**

*“My internship shows me the real world applications of my studies [math and science] in school. I have also learned much about the working world.”*

**—Cody Seibert  
(Naval Surface Warfare Center)**

*“I now know from Internship that I want to become a chef and someday to have my own restaurant. I’ll continue to work at **Red Dog Café** this summer.”*

**—Edgar Hernandez**

*“Any doubt I had about pursuing my interests in the medical field is gone.”*

**—Kate Dimsdale  
(Suburban Hospital)**

*“The experiences I have had through working both as a camera operator and preparing for AFI’s festival, SILVERDOCS, have confirmed for me that filmmaking is what I want to do.”*

**—Carly Loman  
(American Film Institute)**

# What College Admissions Officers Say About Internships

B-CC juniors and seniors may want to consider the importance given to internships by their tentative college choices in deciding whether to take Internship, another academic course, or participate in another activity.

The following comments from admissions officers at several universities attended by significant numbers of B-CC graduates reveal the importance their respective institutions accord an applicant's internship experience in the admissions process.

## **American University — Colleen Newman, Assistant Director of Undergraduate Admissions**

*"American University employs a holistic review process when making admission decisions. While we are focused on students who demonstrate a strong commitment to academics, experiential learning opportunities, such as internships, are highly valued by American. These experiences are one way applicants can differentiate themselves during the college admission process."*

## **Cornell University — Kyle Downey, Associate Director of Admissions**

*"At Cornell, most admission candidates present excellent academic profiles and we have many more worthy applicants than available spaces in our entering class. While there is no magic formula for admission, one way that applicants can distinguish themselves in our highly competitive applicant pool is through experiential learning. Research, internships, and job-shadowing can be great ways for students to enhance their knowledge, strengthen their resumes, and illustrate their passions."*

## **Johns Hopkins University — Jameel A. Freeman, Associate Director of Undergraduate Admissions**

*"We, of course, think it is wonderful for students to take part in internship opportunities that are available. Ideally, each student will do an internship/research in a field in which the student is interested, but the sheer fact that a student wishes to involve himself or herself in the opportunity demonstrates academic and, to a degree, social maturity. The best students aren't doing [an internship] to look good for colleges or put on their resumes (although they should, of course!), but they are acquiring these opportunities because they are all TRULY interested in what they are doing and could possibly see themselves in these fields as professionals. That's the mark of a young scholar."*

## **Pennsylvania State University — David A. Gildea, Assistant Director of Admissions**

*"While not a factor in admissions decisions at Penn State, a significant internship experience can be a definite plus in a student's preparation for college."*

## **University of Southern California — Ashley R. Mathias, Assistant Director, Office of Admission**

*"Quality academics and extracurricular activities are certainly instrumental in our admission process. However, I find it refreshing when students challenge themselves by taking on an internship. At the collegiate level, internships are no longer optional; rather, they are a necessity to be competitive in the workplace. Internships not only serve as a powerful preparatory tool, but they generally foster a fun networking climate as well."*

## **Vanderbilt University — Jason McGrath, Assistant Director of Undergraduate Admissions**

*"At Vanderbilt, we make admissions decisions based on the collective academic and personal strengths a student demonstrates throughout their high school years. A student who seeks out an internship of a truly scholastic nature certainly helps us to see their fit and interest in a specific academic area. We will see many applicants who have taken the top curriculum and have strong testing, but not everyone will have a scholarly internship to help set them apart."*

## **Virginia Tech University — Amy Wydner, Public Relations Coordinator, Office of Undergraduate Admissions**

*"We look favorably upon strong students who add to their activities by participating in internships. We are increasingly looking for students who, in addition to high grades in challenging courses, are taking advantage of outside-the-classroom activities that strengthen their resumes and indicate an ability to juggle a rigorous course schedule with their school work and an internship."*

*"We see the ability to 'juggle' as described above a predictor of success at a university known for rigorous academics along with a robust, vibrant student life experience."*

NOTE: Requests for comments on the importance accorded internships in the admissions process were made to other universities traditionally favored by B-CC families. Admissions officers from some institutions were not able to reply by our printing deadline. Additional responses will be posted promptly at <http://www.montgomeryschoolsmd.org/schools/bcchs/academics/internships>.

## B-CC Parents' Evaluations of the Internship Program

Parents are full partners in each student's Internship experience and see first-hand how their son or daughter is affected by it.

The following comments from parents of B-CC interns, although not exhaustive, are thought to be representative of parents' evaluations.

*"I wholeheartedly support the B-CC Internship Program because I have witnessed first-hand the positive impact and confidence boost that this program has had on my daughter's personal and academic life. High academic achievements in AP and IB classes at B-CC and volunteer opportunities in the community have been extremely valuable to my daughter over the past few years, but neither of these important elements have singled her out and touched her in such a direct way as her work experience in this Internship Program. For several months she was able to observe, train, and participate as a student intern at a local veterinary clinic. It was not glamorous. It was often hectic. It was a real life experience with a lot of hard work. Having taken full advantage of this opportunity, she emerged with the first-hand knowledge of this profession, a sense that 'yes, she really could reach this career goal with a lot of hard work,' and a new-found confidence that evolved immediately into action."*

—Susan J. Clermont  
(Emily Odenwald, '09)

*"Thanks so much for the Internship Program; the experience has really inspired Kate to pursue pre-med."*

—Helen Dimsdale  
(Kate Dimsdale, '09)



## About B-CC Internship Sponsors

There would not be an Internship Program without the myriad contributions made by our many Program sponsors. Their willingness to share their expertise in a constructive and nurturing manner in a real-world atmosphere is most commendable, and for which all of us at B-CC are EXTREMELY appreciative.

As even a casual perusal of the many Internship sponsors listed in the following pages reveals, the participation of the many non-profit organizations, government departments and agencies, and private enterprises has afforded B-CC students a plethora of opportunities from which to choose for what, in most instances, has proven to be a most rewarding Internship experience.

## Some Sponsors' Comments

Although not exhaustive, the following comments are thought to be representative of feedback provided by Internship sponsors.

*"Working with B-CC interns has been mutually beneficial. As a scientist, I enjoy being reminded of the curiosity that is fundamental to this field. Explaining one's research to a student forces one to make explicit the value of investigative efforts. In addition, the students' naiveté can provide a fresh perspective on one's work in ways that are both surprising and illuminating. In turn, allowing students to gain real-world experience can only help as they make important decisions about their future studies and careers."*

—Kimberly Christian, Ph. D. and Postdoctoral Fellow  
(National Institutes of Health – Mental Health)

*"We think the world of the B-CC Internship Program – and of our B-CC interns. The Program gives students invaluable real-world experience in fields in which they are interested. And the two interns we have had have been top-notch – mature, responsible and reliable. They've both become like part of the staff. We try to make sure that the interns have a well-rounded experience, and our hope is that the time they spend with us will pique their interest in a publishing career. You can count on our participating for a long time to come."*

—Steve Hull, Editor and Publisher  
(Bethesda Magazine)

# Partial Listing of Internship Sponsors (2004 - 2009)

## Artistic, Charitable and Civic Organizations

### Arts

- American Film Institute
- Arena Stage
- Folger Shakespeare Library
- Hillwood Estate, Museum and Gardens
- Imagination Stage
- Round House Theatre
- Shakespeare Theatre

### Civic and Community Services

- A Wider Circle
- Bethesda Cares
- Days End Farm Horse Rescue
- Greater Bethesda-Chevy Chase Chamber of Commerce
- United Way of the National Capitol Area

### Education

- Children's Learning Center Inc.
- Our Lady of Lourdes Elementary School

### Health Care

- Montgomery County Mental Health Association
- National Research Center for Women & Families
- Sibley Hospital
- Suburban Hospital

## Government

### Federal

- Beltsville Research Center
- Bethesda Naval Medical Hospital
- Consumer Product Safety Commission
- Food and Drug Administration
- Goddard Space Flight Center
- Library of Congress
- National Building Museum
- National Institute of Standards and Technology
- National Institutes of Health
  - Cancer
  - Clinical Center – Recreational Therapy
  - Child Health and Human Development
  - Diabetes and Digestive and Kidney Diseases
  - Mental Health
- Naval Medical Research Center
- Naval Surface Warfare Center
- Nuclear Regulatory Commission
- Office of Representative Chris Van Hollen
- Uniformed Services University of the Health Sciences

### Maryland and Montgomery County

- Bethesda Elementary School
- Gwendolyn Coffield Center
- Families Foremost Center
- Maryland National Capital Park and Planning Commission
- Maryland (Montgomery County) Office of the Public Defender
- Montgomery County Police Department

- Rock Creek Forest Elementary School
- Rosemary Hills Elementary School
- Waverly House
- Westland Middle School

### District of Columbia

- Ross Elementary School

## Private Enterprises

### Advertising

- Gura Katzker Associates
- The Madison Design Group

### Architects

- Alan Hamm Architects
- GTM Architects
- Muse Architects, P.C.

### Art and Dance

- C-Unit Studio
- DC Dance Collective
- Yellow Barn Studio and Gallery

### Attorneys

- Bulman, Dunie, Burke & Feld
- David C. Gardner
- Esteban Gergely
- Lerch Early & Brewer
- The Mason Law Firm, LLP
- David Modell
- Ward & Klein

### Banking and Financial Management

- The Calvert Group
- Chevy Chase Bank

### Child Care and Education

- The Children in the Shoe

### Culinary Arts

- Centro
- CityZen
- Red Dog Café

### Custodial and Security Services

- Red Coats, Inc.



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### Engineering and Information Technology

- Chevy Chase Contractors Inc.
- Hilltop Consultants Inc.
- RioRey, Inc.

### Health Care and Medical Equipment

- Bradley Care Drugs
- Capitol Orthopaedics & Rehabilitation, LLC
- Martha T. Cole, M.D.
- James R. Clarke, P.T., P.A.
- Immersion Medical
- Stanley O. Mayer, D.D.S.
- Metro Orthopedics & Sports Therapy
- Marcus Tappan, D.D.S.

### **Hospitality and Travel Services**

- The Bolger Center (Dolce International)
- Embassy Suites Hotels
- Esprit Rainbow Travel
- Hyatt Hotels

### **Interior Design**

- Interior Impressions

### **Language Transcription Services**

- Advanced Communication & Translation

### **Political Consultants**

- Stones' Phones

### **Print Journalism and Photography**

- *Bethesda Magazine*
- *The Gazette*
- *Washington Woman/Washington Parent*

### **Radio and Television Broadcasting**

- Columbia Broadcasting System
- Mobile Video Services, Ltd.
- Video Action

### **Real Estate Investment and Services**

- First Class Title, Inc.
- Long & Foster Real Estate, Inc.
- Washington Real Estate Investment Trust

### **Retail**

- Aveda Spa and Salon
- Bethesda Florist
- Bethesda Pet Shoppe
- PetSmart
- Pierre Deux
- Spring Mill Bread Co.

### **Veterinary Services**

- Benson Animal Hospital, Inc.
- Friendship Animal Hospital
- Monocacy Equine Veterinary Associates, P.A.



NOTE: Photographs appearing in this booklet are from photography stock, and are not B-CC students.



**FOR ADDITIONAL INFORMATION,  
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**Please visit the B-CC Internship Program  
website @**

**[http://www.montgomeryschoolsmd.org/schools/  
bcchs/academics/internships](http://www.montgomeryschoolsmd.org/schools/bcchs/academics/internships)**

**for additional information and to obtain  
Internship Program application forms.**