

## Sample FRESH Essays

**The FRESH application questions have changed for 2014. The examples provided here will include examples from both the winter Extern Program (upperclassmen), responding to the same questions, as well as examples from previous FRESH applicants to slightly different questions. We hope you will find these examples helpful as you craft your own application.**

These essays serve to introduce you to the sponsor and will be sent to the sponsor if you are selected for an externship. They will explain how your interests are a good fit for the externship, articulate your goals for the experience, and suggest activities that would help you attain those goals. The thought and care you take in preparing the essays reflect your genuine interest in the opportunity, your professionalism, attention to detail, etc.

- These are sample answers to specific questions, not complete sets of any one individual's introduction essays. (Also note that the samples may not have the exact same question as is currently required.)
- We recommend 2—3 paragraphs per question, to sufficiently develop each answer. Each question has a word minimum; those which do not meet the word minimum are considered incomplete and will not be reviewed.
- Remember, make your essays personal to your interests, do not copy these samples. A sponsor may have hosted the original author, or host more than one student, and could receive almost identical essays.

**EXAMPLES FROM the WINTER EXTERN PROGRAM Question 1: In 75-300 words, describe your academic and career interests, and explain how and why an externship would help you to explore them.**

### Sample 1a

I have always had a diverse cluster of intellectual interests. After much deliberation, I decided to focus on Biology and French Literature at Cornell. I chose to major in Biology upon my arrival at Cornell because I enjoy learning facts about nature, particularly about neurobiology (my concentration). I also wanted a rigorous major that would hone my analytical skills for whatever career I may choose in the future. My second major, French Literature, was chosen later. I have always loved literature, and since I grew up in Canada, we were taught French at a very young age. I wanted a major that would allow me to read and write, something the biology major lacks.

Though I enjoy both of my majors, I do not want to pursue a career in either area. In line with the diversity of my interests, I want a career that is multidisciplinary and that requires many different kinds of skills. I feel that law will allow me to do this. On the one hand, lawyers need sound logical analysis and reasoning to formulate arguments, not unlike the kind I used in biology. On the other hand, they also need to read and write a great deal, a heavy element of French Literature. Being a lawyer would allow me to continue using the same skills and characteristics I enjoy in both Biology and French Literature.

### Sample 1b

I am considering the Natural Resources major for various reasons. Since I was a child, I have been fascinated by the world around me. When I traveled to South Africa and Australia, the conservation efforts of these two countries interested me and I knew that I wanted to do something related to the environment. The summer of my junior year, I attended an environmental program at Stockton College. I learned about the problems facing migratory birds and how terrapin populations were dwindling because of human interaction. During this time, I confirmed my desire to protect the environment and find a way to balance the interaction between natural and urban ecosystems. I took a natural resources class my first semester at Cornell to see if this major was right for me. We learned about the deer problems in New York and various other situations such as the effects of dwindling numbers of horseshoe crabs on migratory birds and the tragedy of the commons. With all the problems, we analyzed various solutions and how the public reacted

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to each one. I found the decisions organizations made and how they were implemented fascinating and now know that this is the major that best fits me.

I am interested in different aspects of the environment. I love the outdoors and would like to do field research somewhere, possibly in Costa Rica. I also feel that I am interested in trying to implement solutions to various environmental problems though I have not yet taken any policy courses. I am pretty sure I do not want to be directly involved in politics, but instead work for an organization and help them to find possible solutions to the problem. One of my goals is to reconcile a problem between the environment and humans – to be able to save the environment at little cost to people. I would also love to research and work with the effects of decreasing biodiversity on our planet. I feel it is a crucial issue that is not addressed enough. I am also highly interested in working on projects of reintroduction of species back to certain environments. I would love to know that I helped re-establish a stable population of threatened animal to a site where they use to thrive.

### Sample 1c

I am in Cornell's College of Engineering and considering a major in Electrical Engineering. I enjoy every aspect of electrical engineering. Even when I was young, I used to take things apart to see how they worked. Now that I've actually started learning how these things work and getting hands on experience with electronics, I think that electrical engineering is the perfect choice for me.

My interests are varied. I am extremely interested in electronics, but that interest does not stop at just electronics; it extends to computers. I have always been very strong in the area of computers. From software to hardware I have a natural inclination to understanding and operating computers. But I have always been more interested in the hardware side of computers, so I am more interested in digital electronics.

As far as my career goals, there are two areas in which I would love to work. First of all, I would love to work for NASA on their space probes. I feel that I would find that type of research and problem solving oriented work interesting. You have to come up with creative solutions to very hard problems presented by the environment of space. On the other hand, I would like to work as a project manager in a high-tech company where I would have to lead my team through challenging projects. This high-tech company work is very similar to the work at NASA.

### Sample 1d

I am considering a major in psychology because I have always enjoyed working with others. I was trained and worked as a peer counselor during high school, and found a niche for myself working with people one-on-one. As a volunteer at the Rockland County Center for Alcohol and Substance Abuse, I manned a hotline, answering questions and offering advice to teens in need. As a volunteer for an organization called TOUCH (Together Our Unity Can Help), I was trained as a peer educator, and presented educational workshops to students and church groups throughout the country about HIV, AIDS and STD's.

One of my long-term goals is to earn my PhD in clinical psychology. After getting my doctorate, I feel there are so many opportunities to fulfill my dreams of helping others. Right now I am considering opening up a private practice. I am also interested in working with students – possibly working as a psychologist on a college campus. The transition from home life to college can be a very difficult one for young people. I have seen first hand the toll that the pressure of college life can take on one's mental health. If I were to become a psychologist on a campus, I would hope to be able to help students cope with the academic, social and family pressures.

Family counseling may also be a satisfying career choice. Problems within the family unit can make it difficult for individual members to have a functional and productive life. Also, family structures are

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changing with the times. As a family counselor I could see myself helping family members to understand each other, cope with difficulties, and open their lines of communication.

### Sample 1e

I am considering a major in biology with a concentration in Molecular Biology because of my interest in research. In the past year and a half I have worked continuously at a laboratory, first at University of Massachusetts Medical School and then at Cornell. At UMass, I became interested in molecular biology because of the work I was doing with the maturation of B-lymphocytes. Because of the educational atmosphere of UMass, I became very involved with the graduate students and was on the cutting edge of research. Everyday I spent at that lab I was contributing to a major breakthrough in the understanding of B-cells. That, to me, what the most exciting environment I could be in. At that point I decided that I wanted to study molecular biology. My interest in molecular biology has been enhanced by my work at Cornell on an edible vaccine for Hepatitis B out of plant tissue. I am also very interested in animals and have considered being a veterinarian for a long time. I was also directed towards biology for that reason.

I am also considering a double major in communications. I became interested in communications through my ongoing interest in the music industry. Recently I have become involved in the promotion of several new artists. This led me to an intense interest in marketing and the communications major. The communications major could add to my education in biology because I plan to try to be an executive in a pharmaceutical company. Knowledge of communications and marketing could help me in this facility.

My career goals are to become an executive in a pharmaceutical company. I like the application basis of a pharmaceutical company. Most of my experience is in academia however, so I would be interested to get a more of a behind the scenes look at research and management at a pharmaceutical company, and the FRESH Program would enable me to do that. Also I would possibly like to work for a pharmaceutical company as a patent lawyer. I am considering becoming a DVM/PHD and developing drugs for animals. This would be ideal because it would relate my interest in animals and medicine in general. On the other end of the scale I am also interested in animals and my interest in research. This would be ideal because it would relate my interest in animals and my interest in research. However, I am also interested in a career in veterinary medicine in general. On the other end of the scale I am also interested in a career in marketing and advertising, particularly in the music industry. I have only begun to explore all the careers available to me and my interests are highly varied and can be used in many different fields. So far I only have experience in the areas of academic biological research and as time goes on I am increasingly concerned that I am being pinholed in a certain career because all my experience and connections are in that area. The FRESH Program gives me an opportunity to explore other possibilities and to confirm my interests in my career path.

### EXAMPLE FRESH QUESTION 1: WHAT MAJOR(S) ARE YOU CONSIDERING, AND WHY?

#### Sample 1a

I am considering a major in Nutritional Sciences because I have always been interested in health and maintaining a healthy lifestyle. Since I am also interested in how people interact with and relate to their surroundings, and Nutritional Sciences is mainly a social science, I feel that this major would be of great interest to me. In my junior year of high school, I was allowed to do a project on an area of interest, and I explored food politics as well as the obesity “epidemic” that exists in America and other countries. I am also currently involved in HealthNUTS, which is the Health and Nutrition Society at Cornell.

While I have a great interest for nutrition, I am also currently Pre-Med (this is not a major at Cornell). I enjoy interacting with and helping others and hope to help others improve or maintain their health. In high school I volunteered at White Plains Hospital Center in the Labor and Delivery Department. I was able to observe not only the interactions and relationships between the staff members and the staff members and patients, but was also able to witness a birth, which was initially shocking but was an overall rewarding and remarkable experience.

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I enjoy engaging in activities that involve helping others. I am currently a member of BIGS, which is a Big Brother-Big Sister program at Cornell. I have attended the Saturday Program, which involves about two hours of playing with children in the Ithaca area. While this may seem to be a stretch from medicine, I hope that my interactions with the children were helpful to them and perhaps may influence their health and lifestyle, even if in a minimal way. I feel that enjoying helping others is a large part of any career in healthcare, so I feel that this experience has been quite useful.

### Sample 1b

I am considering a major in applied economics and management with a specialization in business because I have always had a passion for following the financial markets and current business news. As a child, I had the opportunity to observe my father work in the business world. He works for a small multimedia company where he specializes in sales and marketing. By growing up around the business atmosphere and going to work with my father on many occasions led me to develop a strong liking for the industry as a whole. I watched my dad plan and execute various strategies, pricing schemes, promotions and distributions of ideas, and goods and services for his clients in and around New York City.

Even though I took a strong liking to the world of business, I was still undecided on what area of business I had the strongest interest in. An economics and financial markets course my sophomore year in high school, not only taught me extremely valuable information, but made me realize that finance and investing were the sectors of business that suited me best. This course was filled with commodities trading, equities trading, and learning about some of the many leading economic indicators for the financial markets. The class gave me the opportunity to actually trade equities in an online stock market game. This game lasted weeks, and forced me to listen, learn and research different stocks to see which equities could earn the most money. The game gave me valuable hands on experience with trading stocks, ETFs, and mutual funds. After taking this course, I realized that I had more than just a liking for finance and investments. I decided that I wanted to study business even more at a top business school and one day work in the financial services industry.

Since I decided to further my studies of business, I have been trying to learn as much as possible about many areas of business: marketing, banking, investments, finance, economics, accounting, and management to make sure that finance and investments are definitely the two best business areas for me.

### Sample 1c

I am considering a major in Biometry and Statistics because I have a real interest in numbers. Ever since I learned about numbers, I have always wanted to use them in a special way that can explain many more things about life. My interest in numbers gradually led me to being interested in the field of mathematics, except I like analyzing numbers and applying them in an interesting way far more than simply doing repetitive calculations.

Many times, when I come across interesting statistical data and show them to others, I always feel as if I am using numbers in a way that can help build others' knowledge about the world. Numbers are not just simple characters that can be written on paper, they have intricate meanings, and can be used to benefit the general human population if analyzed carefully.

I have been the treasurer for at least one organization ever since elementary school. Though it has a strong association with financing and money values, being a treasurer enabled me to further develop my interest in organizing numbers. I believe I can use statistics and the power of numbers to make suggestions or even explain phenomena that can potentially better other peoples' lives.

### Sample 1d

At this point I am considering a major in biological sciences with a concentration in neurobiology and behavior because it has intrigued me from early in my high school career. After working in a biology

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preparatory lab and taking an honors biology course in high school, I discovered a general interest in science. That summer I also participated in a fruit fly genetics/HIV research program at the Mount Sinai School of Medicine which further introduced me to the laboratory and clinical setting, an experience that opened my eyes to the practical world of biology. The following year I pursued independent research in Long-Term Potentiation (neuropharmacology) with Robert D. Blitzer Ph.D. who was recommended to me by my honors biology teacher. Concurrently, I volunteered at the Elmhurst Hospital Center on weekends which provided me further first-hand experience in the clinical world. Being in that setting and completing various tasks with the other volunteers and interacting with patients and hospital staff was always an educational and fun experience. From the middle of my sophomore year in high school I intently pursued various opportunities performing independent research, joining pre-medical oriented clubs, attending lectures given by prominent scientists and medical figures, and spending various breaks further learning about medicine and biology, specifically in the field of neurobiology.

Involving myself in all these activities made it apparent that I had a sincere interest in medicine and medical research that pursuing it as a career would both be gratifying and the challenge I was looking for. I think my choice of biological science with a concentration in neurobiology and behavior will allow me to completely explore various aspects of biology and medicine, to build a stronger foundation for my career goals as well as to pursue things that interest me outside of neurobiology and behavior. Currently taking introductory courses in the sciences is providing me with a plethora of information that is exciting to learn and to apply to society and every day activities. Constantly learning new things and pursuing this track of medicine and research has proven to be exciting and greatly rewarding after things such as obtaining positive results for an experiment. In addition to general coursework, I am pursuing research in neurobiology and behavior which is broadening my knowledge of the field and providing me with additional experience that will help me achieve my career goals. As well as research, I have involved myself in various premedical, health, and service oriented organization which have persistently increased my interest by giving different perspectives on the field.

### Sample 1e

After speaking with an alumna in my major about my career goals, I established my goal to become an actuary. Though the demanding and difficult path of becoming an actuary may keep many people away from this career, it is indeed one of the reasons I want to become an actuary – to challenge myself. Actuaries have a lot to do with numbers, especially with the analysis of data to apply it to their projects – whether it is designing health and benefits plans for companies, suggesting insurance plans, or calculating risk factors in the financial industry. Actuary is also a field that not very many people are familiar with, unlike accountancy. I also have interests in accountancy because it has a large connection with my treasurer background and it also has intricate connections with the actuary field. When I asked an alumna what makes a successful actuary candidate, she said that it is the dedication, commitment and willingness to sacrifice one's personal time. Those are the exact words that can also be used to describe myself. Communication is also a key in the field, because actuaries are often times consultants for different companies. I really enjoy communicating with other people; no matter if it is written or oral. In my free time, I like to talk with different people about their thoughts and feelings in general while also communicating my thoughts to them. I am an extremely patient listener and explainer. When other people don't understand my words, whether it is academic or philosophical, I am always very willing to explain them in clearer words until others understand what I really mean. I believe communication to be an essential element to being an actuary.

### EXAMPLE FRESH QUESTION 2: WHAT CAREERS ARE YOU CONSIDERING OR EXPLORING, AND WHY?

#### Sample 2a

Though I am unsure of an exact career field that I wish to pursue, I feel that a major in Nutritional Sciences allows me to consider many options. Since I am Pre-Med, I am interested in becoming a doctor, though I am not entirely sure what type of doctor. I am curious to learn more about any medical field that is somehow related to nutrition, especially gastroenterology, obstetrics, and cardiology, as the foods one eats

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plays a major role in the proper functioning of the gastrointestinal tract, the proper development of a fetus, and one's cardiovascular health, respectively. However, because I am unaware of other branches of medicine that are related to nutrition, I am open to learning about other medical fields.

Although I am Pre-Med, I am also considering a career in dietetics or working with a corporation that deals with nutrition or food. I would be interested in working with a company that deals with food, such as with food advertising, or food policy and politics. Since I am concerned about the current poor eating habits of this country, I would be interested in working to help improve people's nutrition and health.

### Sample 2b

A long-term goal of mine is to one day manage and own my own financial services company after I work in the financial and banking sectors for many years. From Cornell University, I plan on going directly into the work force. After several years in the business world, I plan on returning to graduate school to earn an MBA.

I am considering and exploring the fields of finance and banking because of the two economics courses I completed in high school. The equities trading and the valuable economic information that I acquired from the classes transformed me into an individual who follows the financial markets daily. I have also started researching and trading stocks, mutual funds, and ETFs for my own portfolio. I also had the opportunity to go to both the New York Stock Exchange and the New York mercantile Exchange on business trips during my senior year of high school. On these trips I had the opportunity to observe trading on the floors of both exchanges, take part in learning activities, and listen to presentations about how the exchanges operated. I also attend meetings and actively participate in three different investment groups at Cornell. These groups allow me to learn even more information on current macroeconomic news, along with allowing me to acquire new skills and terminology relating to the financial markets.

Taking into consideration all of my interests and extracurricular activities, I believe that the areas of finance and banking are the two fields I not only plan on pursuing both inside and outside of the classroom, but as potential career choices as well.

### Sample 2c

After speaking with an alumna in my major about my career goals, I established my goal to become an actuary. Though the demanding and difficult path of becoming an actuary may keep many people away from this career, it is indeed one of the reasons I want to become an actuary – to challenge myself. Actuaries have a lot to do with numbers, especially with the analysis of data to apply it to their projects – whether it is designing health and benefits plans for companies, suggesting insurance plans, or calculating risk factors in the financial industry.

Actuary is also a field that not very many people are familiar with, unlike accountancy. I also have interests in accountancy because it has a large connection with my treasurer background and it also has intricate connections with the actuary field. When I asked an alumna what makes a successful actuary candidate, she said that it is the dedication, commitment and willingness to sacrifice one's personal time. Those are the exact words that can also be used to describe myself.

Communication is also a key in the field, because actuaries are often times consultants for different companies. I really enjoy communicating with other people; no matter if it is written or oral. In my free time, I like to talk with different people about their thoughts and feelings in general while also communicating my thoughts to them. I am an extremely patient listener and explainer. When other people don't understand my words, whether it is academic or philosophical, I am always very willing to explain them in clearer words until others understand what I really mean. I believe communication to be an essential element to being an actuary.

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### Sample 2d

The main career goal I am considering is pursuing a combined MD/Ph.D. degree in areas of neurology/neurobiology that I believe will provide me with an opportunity to fully realize my interests. I believe that this career path will allow me to work both in the clinical and laboratory setting, hopefully working on neurodegenerative diseases as well as other neurological disorders which constantly devastate the lives of people and their families alike. I also believe that by pursuing this path, I will be able to pursue opportunities to teach and work with students of some sort which also greatly interests me. Personally having the opportunities to explore the field up to this point has been an invaluable experience. I think that on top of the clinical and laboratory work that would be in itself rewarding and a great pursuit, teaching and passing on knowledge about the field further makes it enticing.

Pursuing the degree would definitely open up the doors for me to work with patients, other doctors, and researchers in an attempt to reach breakthroughs which would help thousands of people. The potential for solving neurological or at least mitigating symptoms and other negative aspects of disorders is indescribable. Personally I have experienced the extreme effects of Alzheimer's disease on my grandmother as well as our family and believe that delving into this field would at least allow me to pave the ground for breakthroughs in research if not help people avoid these situations altogether. In essence, this path will allow me to pursue and apply all of my interests in a position where I would be able to further understand disorders.

### Sample 2e

A long-term goal of mine is to one day manage and own my own financial services company after I work in financial and banking sectors for many years. From Cornell University, I plan on going directly into the work force. After several years in the business world, I plan on returning to graduate school to earn an MBA.

I am considering and exploring the fields of finance and banking because of the two economics courses I completed in high school. The equities trading and the valuable economic information that I acquired from the classes transformed me into an individual who follows the financial markets daily. I have also starting researching and trading stocks, mutual funds and ETFs for my own portfolio. I also had the opportunity to go to both the New York Stock Exchange and the New York Mercantile Exchange on business trips during my senior year of high school. On these trips I had the opportunity to observe trading on the floors of both exchanges, take part in learning activities, and listen to presentations about how the exchanges operated. I also attend meetings and actively participate in three different investment groups at Cornell. These groups allow me to learn even more information on current macroeconomic news, along with allowing me to acquire new skills and terminology relating to the financial markets.

Taking into consideration all of my interests and extracurricular activities, I believe that the areas of finance and banking are the two fields I not only plan on pursuing both inside and outside of the classroom, but as potential career choices as well.

**EXAMPLES Question 2: In 75-200 words, what do you find appealing about this specific Externship/Information Interview and how does it relate to your interests and goals?**

### Sample 2a

I have selected an externship with "Extern Organization Name" because the sponsor is the Head of Litigation at a large law firm. As I stated above, law is an area that I am interested in but, unfortunately, have not had much first-hand exposure to. My parents studied biology and engineering in college and we

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have no lawyers in the family. By shadowing this sponsor, I would, first of all, be able to see up-close what law is all about, specifically litigation, and also see the day-to-day functioning of a prominent NYC law firm. Since this is a very large law firm, I imagine I would also have the opportunity to interact with lawyers with other specializations as well. In addition, I am curious to know why the sponsor thinks the practice of law is a splendid way to spend one's working life.

I see an externship as a quick and clever way to experience life as a lawyer without actually going to law school. Law is a long and difficult path and while I am interested in it, I do not want to take the path unless I have seen for myself what the result is like. By shadowing a real lawyer and speaking to him about his experiences, I would get an insider's edge to help me make my decision. I feel that this is much more valuable than anything I could learn from books. This experience would help me decide whether this area of law, or even law itself, is what I truly want to do for a living.

In addition to personally observing the practice of law, I would also be able to ask my sponsor his or her opinions about many aspects of law, law school, and career options since he or she has likely been in my situation before.

### Sample 2b

The FRESH Program will help me extremely in my career exploration. I know that I want to work with the environment, but I am not quite sure how. An externship with the EPA will expose me to one way of involving myself in the environment. It will expose me to the political side of environmental issues and how these decisions are implemented. If I find that I am extremely fascinated and excited about their work, I will take more policy, economics, and statistics courses in later semesters and follow the idea of joining an organization and helping the environment through policies and regulations. I may also find that I am more inclined to the actual scientific and research side of the environment, in which case I will focus more on biological and ecological courses in later semesters. The FRESH Program will also give me much needed exposure to my field of study, letting me see how environmental organizations run and confirm my interest in environmental management.

### Sample 2c

While I am confident about my plan to get a degree in clinical psychology, I am still unsure about how I want to apply my education. By talking to someone in the field, I will be able to get a good idea of the career possibilities out there. I am also hoping to get a handle on what my options are based on what level of degree I attain (BS, MA, or PhD). Moreover, I realize that the only way to gain a true understanding of what a job really entails is to talk to professionals in your field of choice. Hopefully, by shadowing a psychologist, I will gain a clearer view of what life is really like in my dream job.

While I know that privacy laws might prevent me from observing a psychologist treating a patient, I would like to get an idea of what a clinical psychologist's daily schedule is like and the kinds opportunities that are available for psychologists outside of clinical psychology – in both public and private sectors. I would also be interested in an informational interview. As the top of my list of questions: What personality traits must a good psychologist possess? I want to know how psychologists cope with the stresses of their profession, and manage to separate themselves emotionally from patients while treating them with compassion.

### Sample 2d

A few years ago, I was flipping through a TIME magazine, and I came upon a two-page photo that sent a chill through my body. It made me feel and think about my life and ultimately the lives of the unfortunate. The title of the article in which the photo belongs is entitled "Death of a City", and is about the Civil War in Afghanistan. The photo, framed and sitting right in front of me, as I write, depicts a woman covered almost entirely in a black sheet kneeling in a dreary, desolate cemetery. The only part of her body that can

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be seen is her wrist and hand resting upon the grave of her brother – killed in a rocket attack. The photo had such an impact on me because it was not a photo of the past, but a photo of the present, and it hit me that there were so many horrible things going on in the world today. It made me feel petty for all the little complaints that I had in life, such as getting pimples or having too much work in my calculus class. (The photo still has this affect on me, and I am feeling really petty right now for getting frustrated over my housing situation for next year.) More significantly, it sparked my concern for the welfare of the unfortunate in our world today. Being that my mother is Asian, I must admit that I am slightly biased towards the welfare in Asia today. One of my main concerns is human rights violation.

The reason why I am applying to this externship is because I am a sophomore in college and I am really trying to figure out what I want to do for the rest of my life. I want to help the unfortunate in our world today, but I am not exactly sure hot I would like to do this. I am considering being a doctor and getting involved with Doctors Without Borders. However, I am also considering getting involved in law and politics, specifically dealing with international affairs. I have some experience in the medical field, but I really have no experience in law or politics. Therefore, any bit of experience would be greatly beneficial to me.

### Sample 2e

I have yet to work in a private law firm, so my main goal is to see what practicing law is like for an attorney who works in a private firm as opposed to a government agency or for a corporation. Another goal is to learn about cases dealing with environmental, product liability, commercial and labor law because I do not know what actions these particular types of cases require on the part of attorneys. I want to come out of the externship knowing how the job of one type of attorney differs from that of another who specializes in a different field or who works in a different type of law, and what type of setting, I ultimately want to practice.

Talking with attorneys in the firm would best help me to attain my goals. Specifically, asking about the specialties will help me to get a clearer understanding of what exactly each type encompasses. Learning about the average day activities for the attorneys would tell me that processes that certain types of cases require of attorneys. Thus talking with and observing a handful of attorneys would give me a better understanding of what litigating for a private firm involves.

**List 5-7 specific questions (beyond the basic ones) you would like answered during your externship or information interview.** 50-word minimum Go beyond the basics, those questions that sponsors expect you to ask (their academic/career background, or daily activities).

### Sample 3a

1. How do you balance your work/career with other activities such as family, social gatherings, and sleep?
2. What type of training is involved (i.e. degrees, years of graduate or medical school)?
3. What are your goals for the rest of your career?
4. What are three of the most challenging tasks that you have had to do?
5. What are three of the most enjoyable/least enjoyable aspects of your career?
6. How much daily interaction do you have with other people (i.e. patients, co-workers)?
7. How would you compare your grad school time and work life to life at Cornell in terms of workload, social life, overall health and enjoyment?
8. Are there any tasks that you wish you had done, either at Cornell or during your career, that would have improved your career or happiness?
9. What types of internships do you recommend? How did you spend your summers during college?
10. Were you able to study abroad as a Cornell undergraduate, and if so, how did this experience help you in your career?

### Sample 3b

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1. What classes at Cornell were most useful in preparing you for your career?
2. What internships did you do, and which type of internships would you recommend?
3. What led you to decide to go into the financial/banking industry?
4. What qualities must someone in your profession possess to be successful?
5. Does your job require more of a group or individual effort?
6. What extracurricular activities do you recommend being involved in at Cornell, and why?
7. How many hours do you work a week, and what is a typical day like on the job?
8. I want to learn what type of analysis you use when deciding whether or not an investment is the right one or the best choice in a given situation?
9. What is the best advice you could give me in learning more about the industry and the financial markets as a whole?
10. Do you have any regrets or anything you would have done differently in pursuing your career?
11. What does the daily work entail for an investment banker?

### Sample 3c

1. What really makes a good actuary? What are the required skills or traits that an actuary must possess?
2. What are some of the most common troubles that actuaries face in daily work?
3. What is the process of analyzing associated risk to perform actuarial functions?
4. What classes do you recommend to build knowledge about the functions of the profession?
5. What types of internships are beneficial to a future career as an actuary?
6. What extracurricular activities are helpful for preparing for such a career?
7. How much is a graduate school degree valued in this profession?
8. What classes do you wish you had taken that may have better prepared you for this career?

### Sample 3d

1. What does a normal day as a medical professional entail?
2. What type of experience would be most beneficial if I want to pursue the field?
3. How would one go about searching for places to gain the aforementioned experience?
4. What was your original goal when entering Cornell?
5. If the goal was something other than medicine, what caused the change? And if it wasn't medicine, what motivated you to pursue medicine?
6. How did the college experience sculpt the basis for your future endeavors?
7. Do you find that you have control over the time you spend at work and at home?
8. Is there anything you wish you had done at Cornell that you didn't? (either in terms of current profession or in general)

### Sample 3e

1. What classes at Cornell were most useful in preparing you for your career?
2. What internships did you do and which type of internships would you recommend?
3. What led you to decide to go into the financial/banking industry?
4. What qualities must someone in your profession possess to be successful?
5. Does your job require more of a group or individual effort?
6. What extracurricular activities do you recommend being involved in at Cornell?
7. How many hours do you work a week and what is a typical day like on the job?
8. I want to learn what type of analysis you use when deciding whether or not an investment is the right one or the best choice in a given situation?
9. What is the best advice you could give me in learning more about the industry and the financial markets as a whole?
10. Do you have any regrets or anything you would have done different

## Sample FRESH Essays

**IF AN EXTERNSHIP HAS “OTHER REQUIREMENTS” OR “OTHER PREFERENCES,” YOU ARE REQUIRED TO PROVIDE A RESPONSE TO THE FOLLOWING QUESTION: *EXPLAIN IN DETAIL HOW YOU MEET THE SPECIFICATIONS STATED AS “OTHER REQUIREMENTS” OR “OTHER PREFERENCES” IN ORDER TO BE CONSIDERED FOR THE EXTERNSHIP.***

**This sponsor requests that you meet or agree to certain other requirements and/or preferences to participate in this externship.** (You can use phrases such as, “I am willing to..., I understand I must..., I can provide proof of..., or I meet this requirement/preference by...”)

### Sample A

**The student should have an interest in writing, reading, the US Civil War, and a good sense of humor. Student should have a pronounced interest in answering the question: Why is the practice of law a splendid way to spend one’s working life?**

When I read this description, I was delighted. As an English major, I have a great interest in reading and writing. I love history. I write for the Cornell Lunatic – the descendant of what was in this alumnus’ day the Cornell Widow – Cornell’s only humor magazine.

Furthermore, I find that the author of these preferences and I would complement each other very well. My particular field of interest within the English major is Modern Poetry, not simply literature. My favorite eras of history are Ancient Greece and Rome, as well as recent American history. Our interests are related, but slightly different, indicating that we would have much to discuss. We would learn and benefit each other.

### Sample B

I have demonstrated an interest in foreign affairs and government, as reflected by my independent research in France and Italy on political debates around immigration law, media and politics, and secessionism. I have also pursued an interest in journalism by writing for the Cornell Chronicle as a student reporter, and by contributing articles to the Cornell Political Forum.

### Sample C

**The Nordoff-Robbins Center for Music Therapy at New York University externship has requested that the extern have some music background and psychology and child development coursework.** I have an extensive music background, which includes 8 years of voice lessons as well as 7 years in flute and 4 years in piano. I have had two years of child development in high school. I have also completed psychology 101 and 102 at Cornell.

### Sample D

**To be considered for this externship, the student needed to respond to this request: “Serious interest in medicine.”**

Since I am Pre-Med and am interested in helping others as well as to improve the overall health and nutrition of people, I feel that I meet this request. Also, in high school I volunteered at White Plains Hospital Center in order to learn more about patient and staff interactions and get a better understanding of a hospital atmosphere. I feel that medicine can help improve the overall quality of life of many people, and as I hope to encourage people to lead healthier lives, I feel that the field of medicine can help me to accomplish this task.

## Sample FRESH Essays

### Samples E-I

**Student must have access to a car, and coursework in accounting.**

I confirm that I have access to transportation by car. I have completed Introductory Accounting, and am in the process of studying Financial Accounting this semester.

**Student will need to provide proof of vaccinations, and dress in professional attire when in the hospital.**

I will bring proof of my immunizations, and can provide the information in advance, if requested. I understand that I am required to wear professional attire, shirt and tie, business slacks and shoes.

**Student will be required to sign a confidentiality and liability release in order to visit and participate in activities on-site.**

I am willing to sign both confidentiality and liability release forms, as requested.

**To be considered for this externship, the student needed to respond to this request: “Willingness to wear appropriate business attire and commit to a full week maximum, and 2-3 day minimum visit.”**

I definitely will accommodate appropriate business attire, including a suit if necessary. In addition, the externships calls for a full week, or at least 2-3 days, and I definitely would be available and eagerly willing to participate for the full week duration.

**To be considered for this externship, the student needed to “have coursework in calculus and probability/statistics”**

I have waived two semesters of calculus and one semester of statistics upon entering Cornell through my AP Calculus BC and AP Statistics exams. I have also completed Linear Algebra and Differential Equations, Biological Statistics I last semester. I am currently taking Multivariable Calculus and Biological Statistics II this semester. On the other hand, I do have a flexible schedule over spring break since I do not have any other plans aside from the extern opportunities.