

## Tips and Comments from FRESH Sponsors

### TIPS AND ADVICE FROM ALUMNI SPONSORS

- Take time to review the organization's website as well as the other materials forwarded to you prior to the externship.
- Researching the field provides you with an understanding of what is happening in the office and organization, and this understanding serves as a good foundation for being able to participate in daily activities and ask questions. Have a clear understanding of the sponsor's company's field, products, and services.
- Indicate ahead of time the types of staff you want to meet to give the sponsor enough time to make those arrangements.
- Be open minded and get rid of any preconceptions to enjoy the experience
- Come prepared to take notes and show that you are interested in the experience.
- Be ready for anything- some sponsors may not be able to tell you ahead of time what they have planned out.
- The student's attitude and creativity were the best preparation.
- It is very important for students that participate to be very well prepared. Have a clear idea of their interests and an understanding of the mentor's company's field, products and services.
- Communicate with your sponsor. Speak on the phone ahead of time to make arrangements, set parameters, and collaborate on appropriate schedule and content provides for a positive experience.
- They should think about their educational future and try to elicit advice on how to best prepare for the workplace. By junior year it is almost too late to modify one's curriculum.

### Sponsor Comments

"I think it is a great merit of the FRESH program that the student observes a typical work experience, rather than being subjected to a canned presentation or specially organized show."

"My extern learned about many intangibles – the work environment, company philosophy, and where the company fits in the overall banking industry – and thus will have broader questions and more concerns when evaluating job opportunities."

"The opportunity to provide realistic information about my field was a very positive experience. Colleague interest was also surprising. The chance to give bright young students career information is more than worth the time and effort required."

Our FRESH extern was so terrific we invited her to apply for a summer job

I am in awe at the maturity of the students...even the freshmen. They come prepared, are very serious, and spend time with me talking about real world situations they may face.

"Sharing Cornell memories, giving my extern some history, learning how things have changed, and making a friend of a very energetic, intelligent young woman were just a few highlights of my experience hosting and extern."

"A freshman is less focused vis a vis career goals. FRESH gave me an opportunity to expose my extern to a variety of options; consulting, audit, accounting, and even an entrepreneurial small business."