FRESH 2014
Required Information Meeting

FRESH Extern Office :: 210 Barnes Hall

Nancy Law :: NFL1 :: 607 255 9046
Lisa Todzia:: externprograms@cornell.edu :: 607 255 6399
I WANT YOU TO TURN OFF YOUR CELL PHONE
Please hold questions until the end

(we are recording the program)

Tell friends to listen to the recording to be eligible to apply!
This meeting is required – please be sure to drop off your “sign-in slip” to confirm your attendance on your way out.

NO READMITTANCE. If you leave early, you will need to listen to the recording and take a quiz to be eligible.
Check email regularly

Note important dates

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**Cornell FRESH Program**

**Meet with Alumni for Career Exploration During Spring Break**

**What is and Extenship?**

An externship is a short-term job-shadowing experience or information interview that provides an opportunity to learn more about a career field. Cornell’s program allows freshmen to visit Cornell alumni during Spring Break.

Through various activities determined by the sponsor—such as observing specific jobs and careers with the host’s colleagues, observing the sponsor’s daily activities, attending meetings or tours—you will learn how to initiate a deeper knowledge of the field you are exploring, how to network more effectively, and to research organizations and prepare appropriately for future opportunities or careers and employment. The FRESH Program is NOT a job search service for students interested in pursuing full-time or internship positions with an Extern organization.

Externships are available in various career fields and geographic locations across the U.S. Listing descriptions will go live in late January at career.cornell.edu (Students...Exploring Options...FRESH Program).

**Important Considerations for Applicants**

- **Eligibility**: The program is open to matriculated Cornell freshmen from all colleges.
- **Expenses**: Students are responsible for paying their own expenses and for making all arrangements, including housing and transportation. Students do not receive academic credit from Cornell or pay from the sponsor.
- **General Tips for Freshmen**
  - Add your academic and career interests to your CCNet profile (enter through the “button” at career.cornell.edu).
  - Plan to attend Spring networking workshops (see CCS Calendar “button” online for details).
  - Seek a resume critique from a career office.
- **Questions?**
  - Come to one of the information meetings in January, and see FRESH Program website.

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**Online Application Procedures**

The application instructions and externship descriptions will be available online, beginning January 21, at career.cornell.edu...Students...Exploring Options...FRESH Program. Initiate a registration, and follow your application procedure checklist to ensure timely completion of all requirements.

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**Important Dates & Deadlines**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>January 23–February 10</td>
<td>Round 1: Externship listings and applications available online.</td>
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<tr>
<td>January 26</td>
<td>Get Started! Freshmen Career Services Fair, First Floor Lounge, RPCC, 4:30-6:00 pm.</td>
<td></td>
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<tr>
<td>January 29 or</td>
<td>Required Information Session, Hollister Hall, Rm. B-14, 6:00-7:30 pm.</td>
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<tr>
<td>January 30</td>
<td>Required Information Session, Location TBD, 5:00-6:30 pm.</td>
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<tr>
<td>February 3</td>
<td>Resume Writing Workshop, RML 3330, Talbot Center, 8:30-11:30 am.</td>
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<tr>
<td>February 10</td>
<td>APPLICATION DEADLINE—Round 1, 7:00 am.</td>
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<tr>
<td>February 12</td>
<td>Open Round Info Session, required for new applicants. 165 McGraw Hall, 5:00-6:30 pm.</td>
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<tr>
<td>February 21</td>
<td>Open Round, 203 Barnes Hall. See website for details.</td>
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<tr>
<td>February 24</td>
<td>APPLICATION DEADLINE—Open Round, 7:00 am.</td>
<td></td>
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<tr>
<td>March 5 or</td>
<td>MANDATORY Orientation, Appel 303ABC, 10:00-11:30 am.</td>
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<tr>
<td>March 5</td>
<td>MANDATORY Orientation, Hollister Hall, Rm. B-14, 6:00-7:30 pm.</td>
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<tr>
<td>March 5-14</td>
<td>Contact Period. Students contact sponsors to discuss dates and logistics of externships.</td>
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</tr>
<tr>
<td>March 29-April 6</td>
<td>Externship visits take place.</td>
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</tr>
</tbody>
</table>
SESSION OBJECTIVES

Is Fresh for you?
Evaluate your participation
BEFORE you apply!

- What...why...who...where...when
- Activities...expectations
- Application and Matching
- Alumni expectations
What is FRESH?

- A career exploration program
- You get an insider's view of a career field
- Explore by visiting Cornell alumni during spring break.
IS FRESH FOR YOU?

Purpose = Career Exploration

- Determine if career field is a good fit
- Give you better direction in your field
What ARE Externships?

- Job shadowing or informational interviews with alumni, employers, or parents
- Many career fields, specialties world-wide
- No listings in your career field or your home region? We can advise you how to network and create your own externship.
Differences between Externships and Internships?

Externships = short term, observe/explore/learn first-hand about a career or work environment

Glimpse the day-to-day reality of a career field

Placed by the Extern Office
Internships =

- Longer work period, 1-4 months
- Contribute skills/tasks to the mission/goals
- Selected by organization for specific projects
WHY DO AN EXTERNSHIP?

- Provides an opportunity to develop a better understanding about a career or work environment.

- May be an informational interview only, but any interaction with an alumnus is very valuable.
Through FRESH activities you will learn how to:

- Better articulate a deeper understanding of the careers you are exploring
- Network more effectively
- Research organizations and prepare appropriate questions for contacts and employers.
Externships Can Help You:

- Explore what to do with an academic major
Exterrnships Can Help You:

- Assess your "fit" with a field or type/size of organization
- Define your next steps – continue exploring the field
Or...

Change your academic or career direction
Externships Can Help You:

Prepare, based on first-hand knowledge, for your internship or job search
Externships Can Help You:

- Learn about careers you may not know exist now, but would fit your skills and interests
Externships Can Help You:

Continue/begin to build your alumni network
EXTERN INSIGHT

✦ Making first impressions
✦ Employer info sessions: learn about industries
✦ Professors: good resources
FRESH Start

WHO is Eligible?

15th year and still growing!

- Freshmen from all colleges and
- FIRST semester sophomores (who missed the winter program)
FRESH Program Overview - WHEN?

- Externships occur during Spring Break: March 29-April 6
  ...unless specified otherwise in the sponsor’s listing:
- Some sponsors, who are not available during spring break, will offer visits between May 16-30 (except Memorial Day weekend)
- The listing will show “special or specific dates”
As of 9 AM today...

- 250 alumni sponsors
- 400 externship “slots” available

- We typically have 400 students interested
- Approximately 275 will complete an application
- Expect 220-250 will be matched with a sponsor
WHAT DO YOU DO DURING EXTERNSHIPS?

- Ask sponsor about their job and training
- Meet sponsors’ colleagues (various levels/positions)
OBSERVE WORK ENVIRONMENTS

Which will fit your personal style?
WHAT ELSE?

- Possible project
- Possible organization tour
- Keep REALISTIC expectations
Value of information interviews/lunch meetings?

Gain information, advice, connections
YOUR RESPONSIBILITIES

1. Do your homework **ahead of time**
   - Check details **before** applying
   - Speak with your family to avoid surprise trips

2. Make your own travel and housing arrangements
   - Speak with family
YOUR RESPONSIBILITIES

3. All costs related to your externship are yours
   ✷ flights, hotels, taxis, lunch, other transportation, etc.
   ✷ Your responsibility to check costs in advance
## PANELISTS - Wednesday

<table>
<thead>
<tr>
<th>Name</th>
<th>Major/Home</th>
<th>#</th>
<th>Externships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grace Gorenstein ‘15</td>
<td>A&amp;S, Econ/History, Nyack, NY</td>
<td>6265</td>
<td>Flexis Capital, NYC, 1 day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8244</td>
<td>Credit Suisse, NYC, Flexible</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5840</td>
<td>Citigroup, NYC, 2-3 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8703</td>
<td>Katten Muchin, NYC, Info Interv.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8796</td>
<td>Willett Advisors, NYC, Info Interv.</td>
</tr>
<tr>
<td>Kristen Hsieh ‘16</td>
<td>A&amp;S, Biological Sci, Lexington, MA</td>
<td>4624</td>
<td>Private Practice Dermatology, Needham, MA, Flexible</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8194</td>
<td>Endocrine Assoc of CT, Branford, CT, Flexible</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6419</td>
<td>Cohen Children’s Med Ctr, New Hyde Pk, NY, Flexible</td>
</tr>
<tr>
<td>Stephen Reisert ‘14</td>
<td>CALS, AEM, Chappaqua, NY</td>
<td>6494</td>
<td>BNP Paribas, NYC, 1 day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8229</td>
<td>JP Morgan, NYC, Flexible</td>
</tr>
</tbody>
</table>
# PANELISTS - Thursday

<table>
<thead>
<tr>
<th>Name</th>
<th>Major/Home</th>
<th>#</th>
<th>Externships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nisha Drummond '14</td>
<td>HumEc, HBHS, Sparta, NJ</td>
<td>5528</td>
<td>Mass General Hospital, Boston, MA, 2-3 days</td>
</tr>
<tr>
<td>Chardae Varlack '15</td>
<td>A&amp;S, English, White Plains, NY</td>
<td>8623</td>
<td>MSNBC/NBC News, NYC, 1 day</td>
</tr>
</tbody>
</table>
| Yixi Yang '16      | A&S Econ, Math, Newtown, PA | 6444| Thomson Reuters, NYC, 1 day
|                    |                             | 5238| Windhaven Investment Mgmt, Boston, MA, Information Interview
|                    |                             | 8828| Digitas Health, Philadelphia, 1-2 days                                     |
Manage Your Expectations

Assess what you would like to get out of an externship:

- Set your own learning goals
- Don’t expect to find the PERFECT listing.
- Externship is NOT a back door into employment with the Extern company or department
Consider Your Availability:

• What are your other obligations? (work, family, research, travel, athletics, interviews...)

• If sponsor listing notes a specific day or date, are you available? If no, do NOT apply to that listing.
Can you travel? (broaden location choice)?

YOU make and pay for all travel and housing arrangements (don’t rely on friends and family only)

Use Mapquest!
Confirm the geographical location of
The listing you choose…
Determine Your Comfort Level

- Are you exploring or more focused?
- Externships test one interest area, or help you to see options to combine interests in a new way.
Determine Your Comfort Level

Are you ready to take advantage of the expertise and interaction with the sponsor? Or will you be intimidated by the alum’s level?
What are sponsors expecting?

Top 5 student qualities from recent survey:

1. Curious
What are sponsors expecting?

2. Prepared

3. Open Minded & Inquisitive
What are sponsors expecting?

4. Good Listener

4. Interested and Appreciative
FRESH WEBPAGES

- Review guidelines and procedures
- Check for updates on FRESH website

career.cornell.edu...Students... Exploring Options... FRESH
STRICT PROCEDURES

.sms
Just like job search – learn the protocol before your job/internship search

sms
Come for advice if you have a big list and can’t decide…
Online Application Overview

Review instructions carefully!

NEW Tool: Checklist will walk you through each step of the process.
Application Overview

Plan enough time to write a complete application

- Create or update your ONE-page resume
- Review and choose externship listings
- Writing your introduction essays
  - specific to each listing you choose

FOLLOW THE CHECKLIST to be sure you meet all requirements and deadlines
FRESH Resume Writing Workshop:
February 3, 6:30 pm, Tatkon Center.

Resumaniac Resume Critiques in college career offices: January 31 and February 7, 1:30-4:15 pm
Access CCNET

- Go to career.cornell.edu
- Find CCNET logo on right hand side of screen
Application Components

CCNet Profile

- Upload your resume to your CCNet account
- Click ‘Documents’ and then select resume
Publish your resume to the Extern Round 1 Resume Book
Resume Formats

If this is your first resume, use our OptimalResume tool!
Name it: YourNetID_FR14.pdf

DANIEL JAMES

CURRENT ADDRESS:
D7D Townhouse Apartments
Ithaca, NY 14855
USA

PERMANENT ADDRESS:
1125 Broadway Avenue
Vancouver, BC V5S 5A5
Canada

EDUCATION
Cornell University, School of Industrial and Labor Relations, Ithaca, NY
Bachelor of Science in Industrial and Labor Relations, expected May 2014, GPA: 3.979
Minor: Real Estate
St. George’s School, Vancouver, BC Canada
Graduated with Honors, May 2010

WORK EXPERIENCE
Mozart School of Music, Vancouver, Canada
2009-2010
Office Administrator
• Managed confidential financial data, including teacher salaries, for a privately owned school for hand instruction
• Oversee student tuition fees and class-schedules for 150 students
• Recruited students using pamphlets and internet listings

Sony Electronics, Park Ridge, NJ, USA
December 2010
Externship
• Shadowed-alumni in corporate law department through ILR’s FEX program
• Interacted extensively with students and parents; registered students and resolved conflicts with parents

Case Manager Assistant
• Assisted in work-flow coordination between employees and tracking of daily US Postal shipments
• Reviewed medical records for submission to actuaries to obtain age ratings for quoting structured annuity settlements

Millennium Settlements, Inc, Tallahassee, FL
June-August 2010
Case Manager Assistant
• Assisted in work-flow coordination between employees and tracking of daily US Postal shipments
• Reviewed medical records for submission to actuaries to obtain age ratings for quoting structured annuity settlements

LEADERSHIP/EXPERIENCE
Vancouver Model United Nations, Vancouver, Canada
2008-2010
Under-Secretary-General of Delegations Affairs
• Coordinated conference held at Marriott Pinnacle hotel in Vancouver for 250 attendees
• Managed $5,000 budget, including facility costs, marketing costs, and other miscellaneous expenses
• Made personal contact with a Canadian federal politician; organized an event for conference attendees

High School Admission Office, Vancouver, Canada
2008-2010
Tour Guide and Office Assistant
• Collaborated with school administrators to plan and organize admission events; performed administrative tasks
• Greeted prospective students and parents from around the world; led school tours for visitors

SKILLS
Computer: Basic Word, Excel, and PowerPoint
Language: Fluent in Mandarin (fluent in speaking, proficient in reading & writing)

OTHER ACTIVITIES AND AWARDS
• Atlantis Relations Chair Cornell I.S.R Sports Management Club (October 2010-Present)
• Principal Clarinetist, Vancouver Youth Symphony Orchestra (2008-2010); recorded music for 2010 Winter Olympics closing ceremony in Vancouver
• National AP Scholar Canada (2009)
• Numerous regional, provincial, and national math awards: top 25% in Gauss, Pascal, Cayley, and Fermat math contests (2005-2009); 13th in Canada; 3rd in province for CNML math contest (2005)

KIMBERLY MING

CURRENT ADDRESS:
4516 Hitch Hall
Ithaca, NY 14853-1401

PERMANENT ADDRESS:
15 Beachtree Drive
Tallahassee, FL 32300
(925) 230-0000

EDUCATION
Cornell University, College of Engineering, Ithaca NY; expected May 2014
Candidate for Bachelor of Science in Operations Research and Engineering; Minor in Urban and Regional Studies; 43 transfer credits from Advanced Placement exams and dual enrollment; Cumulative GPA: 3.86

Lawton Chiles High School, Tallahassee, FL; graduated June 2010
Florida Department of Education: Robert C. Byrd Honors Scholarship (outstanding high school seniors who show promise of continued academic achievement) • National Merit Scholarship Finalist • AP National Scholar • Department Awards: Science, AP Science, AP Spanish

WORK EXPERIENCE
Cornell Information Technologies, Ithaca, NY
August-October 2010
HelpDesk Consultant
• Prioritized and answered frequently simultaneous phone calls, emails, and walk-ins to provide solutions to client’s questions
• Communicated quickly and effectively with up to 2 supervisors at once to determine solutions

Millennium Settlements, Inc, Tallahassee, FL
June-August 2010
Lead Manager Assistant
• Assisted in work-flow coordination between employees and tracking of daily US Postal shipments
• Reviewed medical records for submission to actuaries to obtain age ratings for quoting structured annuity settlements

RESEARCH EXPERIENCE
National High Magnetic Field Laboratory, Tallahassee, FL
May-August 2009
Intern (Volunteer)
• Analyzed experimental results of glass transition temperature of polymers at room temperature and with liquid nitrogen
• Updated calculations and results online in WikiPage for Condensed Matter Science
• Demonstrated properties of polymers with supervisor for middle school students at The Mary Bogan Museum of Art and Science
• Assisted a solid state physicist in fabricating compounds with high-temperature tube furnaces, x-ray crystallography, glove boxes

LEADERSHIP
Me Alpha Theta, Lawton Chiles High School, Tallahassee, FL
August 2006-May 2010
Captain, Team Mentor, Co-Captain of Relay for Life
• Trained pre-calculus practice sessions; tutored all levels of high school mathematics and paired students with tutors
• Co-chaired at regional, state, and national levels, won 1st place regionally in statistics for individual and team rounds

ADDITIONAL SKILLS
Microsoft Office Suite, Adobe Illustrator and Photoshop • Fluency in speaking Mandarin Chinese, knowledge in Spanish • Teaching and playing classical piano, digital drawing

NAME IT: YourNetID_FR14.pdf

If this is your first resume, use our OptimalResume tool!
ONLINE APPLICATION is accessed via your checklist, NOT on CCNet

- The **responses** to the questions are your introduction of your interests and background to the sponsor.
- They will provide a **first impression** to the sponsor (make it positive!)
All applications are reviewed at the same time...

- Can go back and update until the deadline

- Application Instructions PAGE 2 for an outline of what we are looking for in your responses

- LINK to these expectations and SAMPLE Introduction Essays online through the resources center
SPONSOR REQUIREMENTS

You must meet them!

✨ Personal preferences of the sponsors

✨ For those who they feel will benefit the most from the externship

Cornell Extern Program - Current Listings

Extern Listing for Mercer U. School of Medicine
Listing #: 4414
Status: Filled
Company: Mercer U. School of Medicine
Career Field: Medicine & Medical Research
Career Background:
Title: Assistant Professor of OB/GYN
College: CALS
Major: Statistics
Class year: 89
Business city: Savannah
Business state/country: GA
Date/Duration: 1-2 days, Jan. 8 - Jan 10
Externs Requested: 1

Requirements: Major: Pre-Med
Preferences:
Special Requests: Other Requirements: Extern will need a copy of up-to-date immunization record for participation in hospital activities with the sponsor.
Location Information: Located in Savannah, GA

Externship Description:
The sponsor is an obstetrician/gynecologist in private practice in Savannah, GA. The sponsor spends long days in the office seeing a wide range of female patients for pregnancy, annual gynecologic care and personal problems. Once a week the sponsor is on-call and then covers the delivery room as well. This would be the best day to shadow the sponsor. The extern may have an opportunity to observe the delivery of a newborn (if the patient agrees). Women are encouraged to apply.
OTHER REQUIREMENT or OTHER PREFERENCE

- MUST write this extra essay OR application is incomplete
- Explain HOW you meet the request (few sentences or more)
- OR state that you understand and can meet the request (short response)
Don’t leave essays for last minute!

Finish your essays by Saturday night to avoid server freezes and slow downs.

Save a copy of your essays in a Word doc.
NEW Externship Worksheet

When reviewing listings online...click button to save to your worksheet!
HOW TO SELECT AN EXTERNSHIP

- Move listing to your worksheet, note listing number
- Look for interesting positions, NOT company names
How to Narrow Down your Choices

- Review Extern listings carefully
- Apply only to listings you **WANT** to complete
- Try something new, what you love, even if not connected to your major
Look at many career field sections – do not limit yourself. Keep an open mind.

We can only pick ONE career field – externship may be related to several different fields and NOT categorized where YOU think it should be.
Review **online snapshots** - previous extern evaluations describing that listing’s externship activities!
Prioritize your choices

Note the listing number AND organization name (some organizations have more than one listing!)
# COMPARING EXTERNSHIPS

<table>
<thead>
<tr>
<th>Timing, length</th>
<th>Special date(s) or flexible?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location/Cost</td>
<td>YOU are responsible for knowing and paying</td>
</tr>
<tr>
<td>NEW listings show immediately</td>
<td>Alumni are still responding!</td>
</tr>
<tr>
<td>Check VARIETY of field headings</td>
<td>Listings may NOT be where you would expect!</td>
</tr>
<tr>
<td>Search by Keyword</td>
<td>Health, environment…many jobs cross multiple career fields</td>
</tr>
<tr>
<td>Review all web pages, guidelines…</td>
<td>Ensure you are not missing required items, and understand what you are committing to!</td>
</tr>
</tbody>
</table>
WHICH EXTERNSHIP TO PICK

✱ Don’t apply to ONLY big hospitals and investment banks in NYC

✱ Be TRUTHFUL in your essays
Strategy

- Note the number of extern places available and the number of completed applications per choice

- **Keep checking** as deadline approaches, you can change your choice(s)
Strategy

Be sure to **proofread** your essays

Especially if you change your choices...for references to a former choice organization!
Round 1 Deadline

February 10, 7:00 AM

If you miss Round 1, you can apply for the first time in Open Round (but fewer options within each field are available)
Deadline

- All portions much be submitted **ON TIME**, no extensions.
- To avoid server delays, submit essay questions before Saturday midnight.
YOU ARE FOREWARNED

🌟 Technical problems are NOT an excuse – start EARLY.

🌟 Only completed applications are accepted and reviewed

🌟 Pay close attention to requirements and “other requirements and other preferences”
MATCHING PROCESS

✨ Matching is done at Cornell, unless sponsor mentioned prescreening

✨ Majority of applicants will be placed

✨ Last year **98% overall** were matched
THE MATCHING PROCESS

GOAL = match as many students as possible

NOTE: main indicators of placement are:

- # who apply to the same listing
- # externs requested by the sponsor

AND

Resume format/accuracy and depth of essay responses
(be sure to answer all questions)
IMPORTANT FACTORS

♦ Thorough essays/statements
  ♦ Make it CLEAR: how/why are you interested in that listing?

♦ Professional-looking resume
♦ Published in the Resume Book
♦ Typos in documents?
Key to matching review...

Are you a good fit?

If the computer process suggests you, and there are other applicants, we review the resumes and essays to determine interests (if it is an appropriate match).
What could derail your placement?

✨ Following directions: if others published their resume and you only uploaded yours to your CCNet account, this can make a difference if all else is equal.
What could derail your placement?

- We review essays and resume for **depth** and **appropriateness**, and if not acceptable, we will match another applicant.

**THIS IS UNACCEPTABLE**
What could derail your placement?

- Typos and awkward or incomplete answers may cause you to be unmatched

- Proofread Essays AND Resume!
UNMATCHED

You have FOUR options:

1) 6\textsuperscript{th} choice option:

You complete variables and I suggest open sponsors. If you accept, you update your essays based on that assignment.

2) YOU review the open sponsors and email NFL1 your ranked list of new choices before Open Round.

3) Come discuss how to network and develop your own externship.

4) Wait to apply in September for Winter externships (you would have priority over other sophomores applying).
WHAT IS OPEN ROUND?

Sign-up to fill open externships…February 21, 2:00-4:30

Status determines your time – see FRESH website after Round 1 deadline

ONLY in 203 Barnes Hall [NOW number is 210]
OPEN ROUND SIGN-UPS

MAKING A COMMITMENT to complete the externship

COMMITMENT
You’re either in or you’re out. There is no such thing as life in between.
STEPS AFTER APPLYING

 Placement email
 Placements announced February 17th
 Acknowledge Day
 Must click to acknowledge assignment by February 19th, or will equal a cancel
WHEN KNOW THE DATE?

🌟 Some specify in listing – must be available
  🌟 A few “veterans” are in mid-late May

🌟 YOU be flexible – want to visit on exciting day

🌟 Many sponsors will negotiate

🌟 Fit into Sponsor’s schedule
Downsizing, Travel or meetings

Be gracious, may be postponed to May

May coordinate info interview or “virtual externship”
CHANGES

Dependent on Sponsor Volunteers

⚠️ Do Not apply to externship thinking

you can ask sponsor to change date

and/or time (RUDE)
CANCELLATIONS=CONSEQUENCES

If you withdraw or CANCEL after you are placed, you will LOSE future eligibility for the winter Extern Program. Hard for:

- Alumni who are excited to help students
- other students interested in that externship
Use FRESH to **GAIN knowledge** you cannot get from other non-class activity

Use FRESH to **SUPPLEMENT information** learned from classes or research projects

**ASK sponsor’s opinions** - they’ve been in your shoes, learn from their past and present experiences
Liability & Insurance

You participate in FRESH voluntarily and separate from the University and thus the University is not responsible in the event of injury, accidents, personal loss or other occurrences during the externship.

Signing the FRESH HOLD HARMLESS Form will be required at the Orientation.
COMMUNICATION

Watch Email closely
(check junk mail)

Need to respond to
questions ASAP
REMEMBER…

✱ Extern Program… **one option** to make choices based on hands-on observation/reality

✱ Don’t expect **perfect** match. Get experience, gain insight into one field of interest is **key**.

✱ Check Email regularly – including spam box
FRESH Program

Questions?
You have come to the end of the FRESH Info Session Recording

Next steps in order to be eligible to apply to FRESH:

a) Take the info session quiz **no later than Monday, February 3** at:

   https://cornell.qualtrics.com/SE/?SID=SV_0DO4IQm7nyuGGkI

   You will hear from the FRESH Office to come in to see us if your responses to the quiz are not acceptable.

b) Complete the application by the Round 1 deadline.