



SPONSOR A STUDENT through the CORNELL EXTERN PROGRAMS

Shadowing opportunities for Cornell students during Winter or Spring break

A day in your life can change the life of a Cornell student

- **Would you like to help students think through their academic and career options?**
- **YOU can give students an insider's view of a career field** by providing an opportunity for them to visit you at your workplace.
- **Without a big investment of time**, you can help students by connecting for even a 1-day externship.

What is shadowing or an externship?

Students observe your day-to-day activities, discuss your job and field with you and your colleagues, and provide assistance with projects or tasks. Students make their own housing and travel arrangements and do not receive academic credit or pay.

What activities will be most helpful to the students during their visit?

Plan to provide the student with discussion and information about your career field, and about your organization and its operations. The student could attend appointments and meetings, if appropriate, and meet with other members of your organization. Other activities could include a tour of the organization, a meeting or lunch with other Cornellians, a hands-on career-related project or task, and discussion on how you have made your career decisions or changed directions during your career.

When does this happen? How long does an externship last?

You and the student choose a mutually convenient day/dates, or you can indicate the specific date(s) you would be available on the sponsor registration form.

Extern Program (Winter): January 2-21, 2004. One day or more (up to 10 days), depending on your availability and needs. Sophomores, juniors, and seniors from all colleges are eligible.

FRESH Program (Spring): March 20-27, 2004. One-day or two-day visits only. Freshmen from all colleges are eligible. FRESH sponsor forms will be mailed in the fall to interested sponsors.

How are students chosen?

You specify your preferences and Cornell will match an extern with you. You will be contacted only by the student who is placed with you. Students from all colleges are eligible, but sponsors can list requirements or preferences of college/major or interests based on your background, field, organization, or project.

How do I sign up? What is the timeline?

1. Complete the NEW on-line Registration Form at career.cornell.edu/alumni/alumvolunteer.html or return the form by mail or fax (607-255-3060) by **September 22**.
2. You will receive notice in late November with the information on your selected student(s).
3. The student(s) will contact you in early December to finalize date(s) and logistics.

Questions?

Contact Nancy Law '84, 607-255-9046, NFL1@cornell.edu. Check out career.cornell.edu/alumni/alumvolunteer.html for more information on these and other volunteer opportunities.

Please turn over for more info

Extern student comments

"I now have a firm image of what I want to do as a career. This was the best learning experience Cornell has offered me so far."

"I was hoping to get a better idea of whether or not I want to go into an environmental field and the externship definitely gave me insight into that decision."

"It has been such a wonderful experience that I feel disappointed for not trying an externship before. I hope other students take advantage of this opportunity and resource."

"My sponsor introduced me to careers I previously knew very little about, but now want to pursue. My externship was an eye-opener."

"I am very lucky to have received this particular externship. It's safe to say that I got to see things that few undergraduates are able to see."

"The experience was great! I recommend externships to everyone to explore their career options."

"This experience is something every college student should have before they choose a career. It solidified my own desire to become a pediatrician. And now I have a new role model."

"A great experience! Re-stimulated my interest in medicine for sure!"

The externship helped me decide between two options I was considering. My sponsor showed me one alternative and put me in touch with a person experiencing the other. This solidified my decision about which career path to follow."

"I gained a sense of accomplishment and confidence. It helped me visualize myself being in the workplace."

Extern sponsor comments

I think it is a great merit of the extern program that the student observes a typical work experience, rather than being subjected to a canned presentation or specially organized show." - David Unger '67

"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." - Paul Allen '65

"You do a fine job, have made excellent matches, and are providing an extremely valuable service." - Michele Korf '74

"Thanks for sending great students." - Deborah Snoonian '91

"I think 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." - Amy Josephson '87

"Love the program. Send me more and for twice as long!" - Adam Kushner '94

"It's a great program - I wish Cornell had it when I was an undergrad." - Albert Podell '58

"The program is very well-run! I always enjoy the time spent with my students." - Jacqueline Birnbaum '73

"It is always a pleasure to be exposed to intelligent and interested Cornell students!" - Marc Swerdloff '77

"I have truly enjoyed doing this over the last few years and look forward to many more visits. An excellent program - I wish I had done it when I was a student." - Whit Watson '93

"I really appreciate how students keep in touch with me after they graduate!" - Rachel Gellman '72

Partial Listing of Previous Sponsors

Over 500 Alumni Served as Sponsors in January 2003

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Entrepreneurial

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The Orlando Museum of Art
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Federal Aviation Administration
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Insurance and Actuarial

Guy Carpenter & Co.
Mogil Organization
Zurich Financial Services

International Affairs

National Endowment for Democracy
Russian & Middle Eastern Affairs

Law

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Flemming, Zulack & Williamson
Grover & Bloch
Hunton & Williams
Legal Aid Society
Manhattan D.A.'s Office
Private Practice (many areas)
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U.S. Department of Justice
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Tommy Hilfiger

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Escondido Cardiology Associates
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John's Hopkins University
Magee Women's Hospital
MetroHealth Medical Center
New England Medical Center
Pfizer Global R&D
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Howard Phillips Center for Children & Families
NYS Office Children & Family
UNICEF
Visions/Services for the Blind

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