Global Studies
Internship Portfolio
Fall 2013
John Crawford
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Internship Learning Goals

Skills Goals:

• **Reporting on Information:** Each day the U.S.-European Media Hub produces the EUR Early Alert to be sent to Washington, D.C. by 1:30 pm CEST. This report is a one to two page document that consists of one or two or more paragraphs containing a narrative of specific topics in the news from multiple newspapers across Europe (including Moscow and Turkey) that have been constructed in a manner that offers the reader a cohesive, succinct story. Its purpose is to provide government officials and policy makers with a short morning overview of what European print outlets are saying on a given subject and how this affects U.S. foreign policy or the impact it may have on shaping and forming it. From my exposure to this practice, my goal is to learn how to synthesize large amounts of information into short, logical, flowing reports that can be given to higher level USG officials.

  • Strategy: Under the guidance of my supervisor, I will draft practice Early Alerts in order to achieve the analytical skills needed to finally be able to contribute to the official EUR Early Alert document.

• **Communication:** Successful work at the Hub requires effective communication and excellent analytical thinking. This is a crucial skill that will be transferable to whatever endeavors I take on in the future. By assisting my supervisor in creating the Early Alert, I will acquire the competence necessary to digest, distill, and decipher 15-20 pages of raw news content. I will develop skills in the analysis of complex subject matter. This task will enhance my logical thinking and my ability to make decisions based on sound, objective judgment.

  • Strategy: Participate and collaborate in the production of the daily Early Alert during the last three weeks of my internship and concentrate on executing and sharing responsibilities, focusing on my own work, while also being aware of my supervisor’s work, to achieve the goals of the office.

• **Proofreading:** The Early Alert is sent to several U.S. government offices and is read by many officials. Therefore, it should be formatted and stylized correctly and appropriately. By participating in the production of this document I can develop my ability to spot errors, as well as learn the standard methods and writing styles used by government officials. Equally, it will sharpen my abilities in editing and drafting written content.

  • Strategy: I will assist my supervisor in the last three weeks of my internship to produce the Early Alert and will be responsible for not only checking my own work for but also checking her work to make sure that the document sent out is of a high standard. I will have to communicate progress on my work and inputs I may have for her. This will require that I offer constructive criticism when appropriate and take constructive criticism for my work maturely and professionally. I will also acquire skills in working well under deadlines and providing punctual execution of tasks assigned to me.

Knowledge Goals:
• Social Media Management: One of the Hub’s projects is to use social media, including Facebook, Twitter, and YouTube, to evolve and expand its engagement. From observing and using the methods implemented by the Hub, I hope to learn how to use social media as a tool to amplify the presence of my employer.

  • Strategy: As an intern, I will be gathering information and reporting to my supervisor on social media trends. From this, I will learn to look for relevant information and how to locate it. Additionally, I will write a social media strategic plan for November and December.

• Identifying and selecting credible sources: When writing the Early Alert, the Hub must consider which newspapers are considered reliable sources of information. Many papers, while popular among certain groups, are not always considered reliable or unbiased in their reporting. My goal, therefore, is to learn to recognize a credible news source from an unreliable one, which will aid me in the future both academically and professionally.

  • Strategy: This goal will be achieved largely through reading the daily wrap up before writing the Early Alert, as well as discussing the views expressed with the members of the Hub.

Values Goals:

• Integrity: When producing the EUR Early Alert, the employees of the Hub have to be mindful of the product they send out each day. The document must be concise, tactful, relevant, and must maintain a level of consistent quality. It cannot contain personal biases or endorse a dogma or belief. It must, however, reflect various narratives and opinion editorials of Pan-European print media that offer the reader a succinct synopsis of how journalists reflect on U.S. foreign policy. It can also contain a general viewpoint of what print outlets are saying on specific international issues. With this internship, I hope to develop the skills necessary for creating such an analysis.

  • Strategy: By improving my skills in writing both practice and official Early Alerts, I will develop a deeper sense of producing written content that is consistent in quality, and also informative and impartial in tone.

  • The value of reliable news: One of the major responsibilities of the Hub Early Alert team is its capacity to sift through a lot of raw news content and discern which sources can be considered reputable and which ones represent extremist views held by small minorities. By appreciating the nuances that make a source reliable, I hope to gain a wider appreciation of the importance of effective, credible news.

  • Strategy: I will pursue this goal by having conversations with the Hub EA team, who have had not only exposure to European news, but also to how journalists function.

Career/Personal Development Goals:

• Building professional relationships: My internship will be one of the first times that I have had to treat others and be treated in a professional manner in a U.S. government establishment. As
such, my goal is to become better acquainted with general practices in the work place, how the U.S. State Department functions, and more notably, the Publics Affairs section and the Office of International Media Engagement. I will learn how to build trust and integrity as a professional in an office environment.

- **Strategy:** This goal will be met through my interactions with fellow coworkers and will be measured in the growth of relationships between us.

- **Insight into future career path:** My plan has been to join the U.S. Department of State as a Foreign Service Officer (FSO) after finishing school. Because I will be working with U.S. government employees, though not all of them FSOs, I want to gain a better understanding of what this career path is like. For example, what are the costs and benefits of serving the government overseas?

  - **Strategy:** This will be achieved primarily through conversations with employees of the Tri-Mission in Brussels. There are federal, as well as local, employees in various departments here, each with a different perspective on my desired career path. In addition to conversations and interactions, I will supplement my learning with observations of those around me.

- **Familiarity with professional landscape:** For my entire life I have been a student and, even though I have a part time job as a tutor, I am unfamiliar with what it means to be a professional, as opposed to an academic. Therefore, my goal is to learn the differences between academic and professional life, including but not limited to the responsibilities and behaviors relevant to professionalism and the responsibilities full-time employment entails.

  - **Strategy:** This goal will be achieved through the practice of simply going to work each morning and learning the different demands I will encounter. Although I will be an intern, and therefore have fewer responsibilities than a regular employee, I will observe through participation and conversation what can be considered professional, especially when there are people of different nationalities and backgrounds working together.

Supervisor Signature: _______________________________ Date: ______________

Advisor Signature: _______________________________ Date: ______________

Student Signature: _______________________________ Date: ______________
Week 1 - Journal Entry (15/10/13-18/10/13)

My internship in Brussels with the U.S.-European Media Hub began on Tuesday, October 15th. We had Monday off because of Columbus Day. I came at an interesting time, two weeks into the U.S. government shutdown. Because of this, activities in the Tri-Mission, and in nearly all government departments, have been restricted, resulting in a lot of frustration on the part of the employees. There are four employees in the Hub: Ourania (my de facto supervisor), Laurens, Timmy, and Sharon (who works part time). I'm the only intern in the department and one of the few at the Mission. The Hub's director transferred to a different office in July and since then there has been no director. While one has been appointed, she could not leave Washington due to the shutdown and now she has received notice that she will have to undergo surgery. So we don't expect to see her for several weeks, possibly until halfway through my internship.

The first two days of the internship were spent showing me around the various buildings and offices that are part of the Mission, getting me an e-mail account and security badge, and going through general introductions. After that I began to work.

The Hub's primary product is the Early Alert, which is sent to D.C. every workday at 1:30 pm (arriving around 6:30 am PST). This document is a brief (usually two or three paragraph) synopsis of what the European news outlets are saying about the U.S. and its foreign policy. The alert is meant to give policy makers a brief piece of reading for the start of their workday to inform them on discussions in Europe.

Ourania has had me write several practice Early Alerts. The alert's information is gathered from the wrap-up, a document usually between eleven and fifteen pages that includes newspaper highlights from European papers sent from London, Paris, Madrid, Rome, Berlin, Athens, Ankara, and Moscow. Going through the wrap-up document, I've had to select what has struck me as important and weave it together with what other newspapers are saying. In a sense, I've had to put together a puzzle from pieces that sometimes fit together but not always. Another way of looking at it is that I'm telling a story without introducing any new information.

The first two practice exercises I did went well. Ourania says that I picked up on the format immediately. The goal is to get me to a point where I can write Early Alerts that will be sent to D.C. The exercises that I performed this week have helped me work on my goal of reporting on information. I've started learning how to move quickly through information to report on the highlights and condense them into a short narrative. This has been helping me achieve my goal of synthesizing and reporting on information.

The other main activity of the Hub is managing social media. Due to the government shutdown, we were not allowed to post anything on social media sites. Now that the shutdown has ended, we can resume that duty. Ourania has asked me to monitor discussions on social media that pertain to the Mission's work in Europe.
Week 2 - Journal Entry (21/10 - 25/10)

I'm making progress in my goal to synthesize information but I'm still meeting several barriers. My supervisor says that I find the right quotes to use in the Early Alert but that the sequencing I use is off. Additionally, we're supposed to open the reports with short facts that set up the narrative before going into analytical commentary but the facts shouldn't be of the 'broadcasty' news type. The good news, though, is that I have the general format down and tend to select the right information to include. Now I have to focus on how I order them.

On Friday afternoon as we were winding down at the office I had a long talk with my supervisor, Nia. The conversation informed me a lot on my options of becoming an FSO, or possibly joining the navy. She joined the military when she was just out of high school so she had her own personal stories that she was able to tell me. Additionally, she said that we can try to arrange for me to speak with someone over at the NATO compound (on the southern side of the city) about how my expectations and reality might not always be the same.

We also talked about some of the challenges of working for the government. She believes that to rise up the professional ladder one has to do a lot of sucking up and "brown nosing." This was already something that I had heard before but the more comfortable I become with working in a professional environment, the more I think that I would rather be rewarded for my hard work and not for the fact that I profusely complimented my superiors.

This conversation helped me work on my goal to gain insight into a potential career with the Department of State. I can't really say that I used a particular strategy to work on this, however, because our conversation was rather impromptu. But, I've been working to encourage conversation with her and everyone in the office to prompt these kinds of conversations, so I suppose that I could describe that as my strategy. So far it has been effective.
Even though it is my third week here at the U.S.-European Media Hub, I still feel anxious and uncertain about my presence here. Everyone treats me respectfully and with kindness but I still feel that I have been put in a context where I know nothing and understand nothing. Sometimes I feel that my colleagues might as well be speaking to me in Arabic.

My responsibilities have been fairly light so far. Because of this, I chose this week to continue to focus on building professional relationships, seeking continued insight into my future career path, and growing familiarity with the professional landscape. To accomplish these goals I actively engaged my colleagues in conversation when they were available to talk, asking them about their previous work experience and their views on the work of the Tri-Mission, and the Hub in particular. Additionally, I spoke with several Officers on the career path that they have chosen and how they feel about the decisions they have made.

I’m still feeling torn about whether I would want to try to work for a couple years and then pursue my masters degree or if it would be more advantageous to do it in the opposite order. Obtaining a graduate degree is important to me, even though it may not be necessary for my future job.

We had off on Friday because it was a local holiday for All Saints’ Day. It amazes me how one day off from work can make the entire week feel short.
My goal for this week is to work on producing results quickly so that I can give my supervisor the information that she asks me to research.

On Monday I was asked to come up with tweets and links for Facebook to talk about Secretary Kerry's Forum on Youth Employment that happened in Brussels this week. My supervisor, Ourania, wanted me to think of posts that were not being made by the U.S. Mission to the EU so that there wouldn't be so much repetition on social media. This gave me the opportunity to produce something quickly. I am finding that it's easy to get distracted if there are too many things going on so it's in my best interest to not have a lot of projects open in front of me so that I can focus on one particular thing until it's completed. For this, I did my research and writing, sending it off to her in about an hour. This activity also helped me work on my knowledge goal of social media management.

On Tuesday I was given the chance to observe the forum and was asked if I wanted to take pictures of the event. I saw this as an opportunity to involve myself in an activity that wasn't necessarily part of my internship but that would allow me to continue to learn. So I spent the next three days photographing the event, which gave me the chance to listen to conversations while working on my personal development goal of gaining familiarity with the professional landscape.

On Friday, our part time worker Sharon wasn't in to help my supervisor Nia produce the Early Alert. So Nia asked if I wanted to help her, which was very exciting. This allowed me to address several goals: reporting on information and communication. Since Sharon was sick and I couldn't have planned for this opportunity, I couldn't really plan a strategy to implement the goals. The final Early Alert that we sent out included a synopsis on the European news concerning U.S. affairs and featured some of my work in it.
Week 5 - Journal Entry (12/11 - 15/11)

This week we had Monday off because of Veterans Day, so it felt like a very short week.

My goals to work on this week were reporting on information, communication, and building professional relationships.

My supervisor Nia asked me on Tuesday to help her write the Early Alert once again. This time she asked me to write a piece on Iran entirely by myself while she worked on a piece for TTIP (Transatlantic Trade and Investment Partnership). The final Early Alert that we sent out featured my piece in its almost original form (with a few formatting changes and a few inserts for clarity). This made me feel proud that I was getting the hang of how to do the job and that Nia asked for my input on what quotes we should use, how we should structure the pieces, and so on. It makes me think that practice writing has helped me develop the skill more.

Additionally, we had to communicate a lot to put the piece together. This including e-mailing drafts back and forth with additional commentaries throughout the entire morning.

To continue working on my communication skills, I’m forcing myself to respond to e-mails as soon as I see that they appear in my inbox. Additionally, I’m reaching out to the interns in the other departments to make sure that I know when events are happening at the Tri-Mission so that I can try to participate in them.

On Wednesday we had Chris Medalis, the Regional Education Advising Coordinator for educationUSA, come in to speak to European interns that are working at the commission about the Fulbright Program and other options for studying in the U.S. After his speech, we brought him over to the Media Hub to record an interview with him. My supervisor Nia did the interview and once she was finished she asked me if I wanted to be the person to interview Erica Lutes, the Executive Director of the Fulbright Commission in Belgium. The obvious answer was that ‘Yes, I would love to!’ so I got to do that.

Like a lot of my work at the Hub, this interview was a spur of the moment kind of experience so there was no strategy that went into achieving a particular goal through it but I think it was a positive experience nonetheless.
I had previously agreed to meet with a foreign service officer, Elizabeth Martin from the Public Affairs office of the U.S. Mission to the EU, and several other American interns for coffee in the cafeteria this Wednesday. The purpose of this was to discuss Elizabeth’s ten years of work in the foreign service, how she got where she is, what her advice she might have for us in our pursuit of joining the foreign service, etc. Therefore, my explicit goal this week was to gain as much information from Elizabeth as possible in the short amount of time that we would have to talk.

The discussion was incredibly enlightening and I’m thankful that she was willing to take time out of her schedule to meet with us. She made me feel more at ease about my concerns that life in the foreign service, which she and many have emphasized to me is a “lifestyle,” is not as restricting and rigid as I had imagined it to be. I had some concerns about being openly gay and having earrings but she stated that in her experience the foreign service has been very welcoming and progressive. In fact, two of the first gay Americans to be married were foreign officers working at the Vatican.

I was also previously unsure about when to join the foreign service, if perhaps I would need to develop a certain skill set in order to be qualified for a job, but Elizabeth has led me to believe otherwise. She is of the opinion that if someone wants to go into the foreign service then the should just do it and that no advanced training is really necessary. In fact, coming in with certain skills and backgrounds could potentially set you up for difficult situations and frustrations, particularly because you may not be guaranteed a position which would involve these skills.

Additionally, each new FSO has to perform a year of consular work, which is not exactly the most stimulating work in the State Department. Elizabeth recalled PhD recipients working alongside recently graduated undergraduates and feeling a sense of indignation that their education did not elevate them to a higher position.

I would say that my goal of gaining greater insight into my desired career path was worked on a great deal this week. I have a much better idea of what to expect from a life in the foreign service and I have a better idea of how I want to proceed after graduating.
This was a very short week because we have the Thanksgiving holiday approaching. We had Thursday off and I had requested off on Friday because a friend of mine was visiting me. In fact, of the five people currently in our office, only Nia was in on Friday.

So because I had such a short week, I focused on my goal of social media management. I was responsible for preparing for our coverage of the NATO Foreign Ministerial that will happen from December 3rd to 4th. As such, I updated our Social Media Strategy Plan as new information was made available to us. Unfortunately, it can be difficult to plan very far ahead when working with sensitive individuals, such as Secretary Kerry.

Additionally, I was responsible for transcribing a conversation between Nia and Deputy Cynthia Guven from the Agriculture Department. While this proves to be a fairly simple task, it required that I pay close attention to the subtleties of their speech and exercise appropriate judgement in how I transcribed the dialogue.

Finally, our part time colleague, Sharon, will be leaving for the U.S. this weekend and will not be in the office for the eighth and ninth weeks of my internship. As such, I will be assisting Nia in drafting and producing the EUR Early Alert.
Week 8 - Journal Entry (2/12 - 6/12)

This week saw a slight shift in my daily work schedule. Our part time colleague, Sharon, is back in the U.S. for two weeks of holiday and so she'll be back on December 16th. This means that Nia would be writing the EUR Early Alert alone, so she asked me to assist her in drafting the EA during Sharon's absence. Additionally, our director, Mireille, was finally able to join us here in the Hub. While I am sad that she was not able to be present for the first seven weeks of my internship, I am excited to have the energy and direction that she brings to the office.

So my primary focus this week was on producing the EA. As the news briefings came in throughout the morning I was responsible for taking the reports and sorting them into our wrap-up document by their topic. So when Paris sent us excerpts from French news on the demonstrations in Ukraine, I would put the information in the Ukraine section. So each day I put together the wrap-up and sent Nia updated versions as we received new information, and sending the final version to both her and Mireille.

Each day I worked on proofreading what Nia produced and on Tuesday she gave me the responsibility of producing my own pieces for the EA. Each day I wrote a piece, which varied in topic from protests in Ukraine to Assistant Secretary Toria Nuland visiting Europe.

The new responsibilities that I took on this week required a slight shift in the goals that I focused on. Because I needed to be in constant communication with my supervisor, I had to exercise good judgment on when it was appropriate to send her new information. Additionally, I had to draft a document which required me to scan through ten to fifteen pages of raw material and condensing the salient points into a single paragraph. Finally, I had to practice my proofreading skills, given that I was not only responsible for revising my own piece but Nia's as well.

In conclusion, the goals that I focused on this week were: document drafting, proofreading, communication, and working under pressure with a deadline.
This week I continued to assist Nia in drafting and editing the EUR Early Alert. Each morning I put together the wrap-up from information sent to us by our correspondents in the various offices around Europe. Then I wrote a piece almost each day, the topic of which depended upon what Nia instructed me to do. Monday was a very slow day so only Nia wrote something, covering the protests in Ukraine. On Tuesday I wrote on the NSA controversy, on Wednesday I wrote on the media coverage of the handshake between Obama and Castro at the memorial service for Nelson Mandela, on Thursday I wrote on the commentary on U.S. and UK suspension of aid to the Syrian rebellion, and on Friday I wrote again on the speculated impact of the suspension of aid.

As the week progressed I became more and more in-tuned to the demand of having a deadline to produce something each day. Additionally, the work became easier as I became more familiar with practices and standards, such as appropriate stylizations and spellings.

Because my work was similar to that of last week, I continued to focus on my drafting and proofreading skills. Additionally, because I was extracting information from the raw content, I had to exercise good judgment in selecting commentary from reliable, reputable news sources. Also, I had to take into consideration how the news in a particular country might express bias on a given issue, such as the German view on NSA wiretapping given the fairly recent revelations of Chancellor Merkel’s phone being tapped.
My last week here at the U.S.-European Media Hub in Brussels was a quiet one, with my supervisor and I wrapping everything up. Nia left for her holiday vacation on Wednesday, so we finished my evaluation on Monday and Tuesday. Our part time colleague, Sharon, returned from vacation on Tuesday and resumed helping Nia draft the EUR Early Alert on Tuesday. Because we are approaching the Christmas holidays, there has been very little for us to write about and so the office has not been as busy as in previous weeks.

Because it was my last week of my internship, I decided to focus on solidifying my relationships and contacts with the people in my office. I've connected with several of them on LinkedIn and have asked if it will be okay to write them in the future for a letter of recommendation. My supervisor, Nia, wants some time to think about my letter of recommendation for the internship portfolio, so I will e-mail her when she gets back to the office on January 7th, also the day before I return to the U.S.

I've had a very productive internship here and I'm pleased with the progress that I've made as an individual. I came into the internship with several expectations and while some of them held to be true, many seem misguided at this point. One thing I anticipated was that everything to be rigid and strict, with little room for jokes and comfortable moments, but I've found that with the appropriate amount of professionalism a little good humor can be entirely welcomed, provided your colleagues are of the same mind. I'll write about this more in my reflection paper for my portfolio.

My tasks this week included drafting and proofreading the EUR Early Alert on Monday, transcribing a video podcast for Commerce and NATO on Tuesday, and continuing work on the EUR Early Alert on Wednesday through Friday. Working with Nia for two weeks on the document and then for half a week with Sharon showed me how the two women have their own methods of approaching drafting the document. I was pleased to see that it was easy for me to transition from working with Nia to working with Sharon, especially when Sharon showed confidence in my abilities and respected my opinions. In fact, Sharon made very few edits to the pieces that I drafted.

My last day in the office was bittersweet. On the one hand, I am sorry to leave such a fun work environment that I believe still had much to offer me, whereas on the other hand I am excited for the prospect of the future and I am grateful for the opportunity I have had and for all that I have learned.
U.S. – European Media Hub

Brussels, Belgium

The U.S. – European Media Hub connects European audiences with U.S. policies and perspectives through broadcast interviews, video production and social media. Based in Brussels, the Hub is part of the Department of State’s Bureau of Public Affairs and works in partnership with Public Affairs Offices at U.S. Embassies throughout Europe.

The Hub:

- Produces the EUR Early Alert, a daily media analysis product highlighting European narratives and commentary on U.S. policies.

- Manages full-service TV and radio studios that provide U.S. officials with a platform for engagement with European journalists. The Hub connects media based in Europe with senior policymakers in Washington through broadcast interviews, teleconferences, and digital programs such as LiveAtState, the Department of State’s online virtual press briefing platform.


- Provides media training for U.S. officials at Embassies across the region, strengthening their ability to engage effectively on-camera. Additionally, the Hub provides video production training to Public Affairs Sections interested in developing additional tools that amplify their messaging.

- Serves as a regional office in Europe for the Bureau of Public Affairs and as a resource for Embassies on global and regional issues.
December 10, 2013 – Continued coverage of demonstrations in Ukraine, as President “Yanukovych tries the path of dialogue.” Ongoing commentary on NSA disclosures.

UKRAINE

“Yanukovych attacks and proposes talks” (Rzeczpospolita).
The Times leads, “Ukraine told world is watching as police surround protesters,” with Die Presse reporting, “Ukrainian police cleared demonstrators’ barricades in Kiev’s government quarter.” The Guardian headlines, “Demonstrators dig in as authorities vow to storm buildings in an effort to retake Kiev,” as Süddeutsche talks of “a state of emergency in Ukraine right now.” Meanwhile, Rzeczpospolita says, “Yanukovych attacks and proposes talks,” and Il Sole 24 Ore leads, “Yanukovych tries the path of dialogue.” But according to Wiener Zeitung, “it’s doubtful whether President Yanukovych has a strategy to deal with the problem. His actions are driven by the current unrest – he often disappears and seldom addresses the crisis that the country is facing.” Gazeta Wyborcza speculates, “Perhaps Yanukovych intends to only feign his readiness to play the round-table game in order to buy time to strike a deal with Russia or with the West.” Still, Le Monde notes, “The opposition refuses to see Ukraine ‘sold’ to Russia,” yet Die Welt thinks that “Ukraine is still a Russian satellite state.” For Vedomosti, however, “It is not that the protest movement was largely motivated by the desire to accept the European standards. It is that the Ukrainians felt insulted by their authorities suddenly changing their mind about integration and not caring to explain the reasons for doing so.” La Vanguardia holds, “the real solution for the future of Ukraine would require a broad commitment with the participation of Russia and the EU, who are unlikely to reach an understanding on this regional issue.” Finally, Rzeczpospolita indicates, “It is not known whether negotiations would lead to anything. But it is better to negotiate than find out right away that the Soviet Union rose from the dead.”

NSA

“Internet giants exert pressure on Obama” (Tagesspiegel).
Frankfurter Allgemeine reports of “an appeal by 560 international authors…protesting against the mass surveillance of cell phones, e-mails, and social networks,” and notes that “a society under permanent surveillance is no longer a democracy.” Austria’s Wiener Zeitung echoes, “[A]n open letter to U.S. President Obama by Google, Facebook, Microsoft, Apple, Twitter, LinkedIn, Yahoo and AOL,” calls on Washington “to provide better data protection and reduce surveillance.” The Guardian underscores that “more than 500 of the world’s leading authors…have condemned the scale of state surveillance revealed by the whistle blower Snowden and warned that spy agencies are undermining democracy and must be curbed by a new international charter.” However, die tageszeitung asks, “Is this a hypocritical campaign?...[T]he fact that the large internet companies are now advocating less surveillance does not mean that they want less surveillance. They are only afraid of losing users.” Similarly, Tagesspiegel contends, “The NSA scandal is about to damage their balance sheet,” as Süddeutsche comments, “The more people worry that all the data logs they leave with Apple, Google, and Facebook, could be used against them in the future, the more people will pull the plug.” Moreover, Liberation holds that “investigation committees should look into this issue... and put forward proposals to put an end to these practices that are dangerous for democracy,” and Daily Telegraph believes, “Our security services do a great job, but any intrusions into privacy must be within the law.” Finally, according to The Guardian, “This week the world of the internet…has been forced to respond to what Snowden unleashed. Facing a crisis about the potential collapse of data privacy… some of the world’s leading tech companies…have banded together to demand sweeping new controls,” and concludes, “[T]he letter to the Obama administration tends to assume that the U.S. can solve, as well as create, the world’s problems.”
December 20, 2013 – Media highlight violence in the Central African Republic, some say the U.S.’s “strong signal,” while others discuss possible European intervention. Broad coverage of Putin’s “pardons,” many call it an “attempt to gain a better image” before the Sochi 2014 games.

CENTRAL AFRICAN REPUBLIC

“European defense tested in Africa” (Le Figaro 12/19).

Italy’s ASCA highlights UN Ambassador Samantha Power’s surprise visit to Central African Republic, writing that she arrived “to urge the leaders to put an end to the violence,” and underscores “this is the first time a senior U.S. official goes to Bangui since the beginning of the fighting between Muslims and Christians….” France Inter radio comments, “Ambassador Power’s visit to Bangui is a strong signal on the part of the U.S.,” while France’s AFP affirms it is “a strong U.S. signal to help the country end inter-religious violence….” Le Figaro discusses the possible “solidarity of Europe in terms of external operations,” but worries “[I]f soldiers from European countries were to be sent… it would very likely be a contingent of very limited size…..” Meanwhile, Der Standard points out, “EU leaders have used their last summit of the year in Brussels to step up military cooperation…,” and Rzeczpospolita continues, “Washington actually encourages Europe to be more engaged financially and militarily in global security…. Further, Le Figaro (12/19) notes, “Francois Hollande will try to convince his counterparts among the 28 to finance the EU’s external operations,” but Liberation holds that “Europe supports France but only through words.” Yet Le Figaro opines, “Europe is constrained by its budgetary issues and its social priorities… Some countries are still resting on the comfortable wing of the U.S. umbrella… Yet, the U.S. is disengaging from Europe to turn towards Asia…,” and concludes, “If Europe renounces its military power, it will have to lower its international ambition and will not be able to enforce its values outside the continent.”

PUTIN / SOCHI 2014

“Putin pardons his biggest enemy” (El Mundo).

El País leads, “Putin pardons… Khodorkovsky after 10 years in jail,” but an editorial in The Guardian highlights, “Mr. Putin’s forked tongue.” Le Figaro notes, “The surprise announcement comes on the eve of the Sochi games, which threaten to end up as a Western political platform for those who are critical of Putin’s regime,” while Corriere della Sera writes, “Putin wanted to do away with as much criticism as possible internationally.” Meanwhile, Süddeutsche accuses, “Given that he picked his annual press conference… to say so many merciful words demonstrates how much it is calculated,” and Nezavisimaya Gazeta opines, “The big press conference did not add much to Vladimir Putin’s political image.” However, Kurier thinks, “Ahead of the Sochi games, the Russian President makes efforts to gain a better image,” though Vedomosti holds the reasons for Putin’s actions “include Russia’s image,… stagnation in the economy, and the poor investment climate…,” and adds, “[I]t is hard to believe that pardoning Khodorkovsky will cure the wounds inflicted upon the economy and society in the past ten years.” Moreover, Frankfurter Allgemeine asserts, “Putin’s announcement unintentionally demonstrates what is missing in Russia… is the rule of law,” while The Guardian believes, “The beauty of this strategy is that you are able to dispose of opponents and critics under cover of the law, but you can then get credit later for a measured clemency.” Die Welt concludes, “With toughness, he managed to get his country under control… He managed to keep Syrian dictator Asad in power and, thus, maintained Russia’s position in the Middle East… Putin’s system has never been so solidified. This is the bad news behind the humanitarian gesture.”
Social Media Strategic Plan – Media Hub

November 18th – December 2013

Overview of our objectives

- Inform our audience about the latest news and events relevant to Pan-European interest
- Increase and maintain engagement in showcasing and amplifying USG foreign policy issues of interest to our audience
- Continue to evolve and expand our social media presence impacting a larger number of European journalists, think tanks, etc.
- Continue to spread the word about the U.S. European Media Hub.

November

International Education Week, Global Entrepreneurship Week, TTIP

- November 11th-22nd: The nineteenth session of the Conference of Parties (COP19) in Warsaw
  - UNFCC: [https://www.facebook.com/UNclimatechange?v=wall](https://www.facebook.com/UNclimatechange?v=wall)

- November 18th-24th: Global Entrepreneurship Week
  - @unleashingideas
  - @StateDeptOES Bureau of Oceans & International Environmental & Scientific Affairs
  - @StateYouth U.S. Department of State's Office of Global Youth Issues
  - #GEW2013
  - Innovation Generation @innovgen [https://www.facebook.com/CoNx](https://www.facebook.com/CoNx)
  - Génération Innovation [https://www.facebook.com/geninnov](https://www.facebook.com/geninnov)
  - eJournal USA: Entrepreneurs: The Next Generation
November 20th: Universal Children’s Day
   o @UNICEF
   o http://www.savethechildren.org/site/c.8rKLIXMGIpI4E/b.7869959/k.5C54/Universal_Childrens_Day.htm

November 25th: International Day for the Elimination of Violence Against Women
   o # IDEVAW
   o @UN_Women
   o 16 Days of Activism follow (ending on Dec 10th: Human Rights Day)
     ▪ Theme: “Orange the World in 16 Days” #orangeurworld

December

World AIDS Day, NATO Ministerials, International Human Rights Day, TTIP

December 1st: Word AIDS Day
   o @PEPFAR (President’s Emergency Plan for AIDS Relief)
   o US to host Global Fund Replenishment

December 2nd: International Day for the Abolition of Slavery

December 2nd-10th: A/S Victoria Nuland Travel to Belgium, Moldova, Ukraine, Georgia, and Russia
   o December 3rd-4th (Brussels): accompany Secretary Kerry to NATO Foreign Ministerial
     ▪ Then to Chisinau w/ Sec. Kerry to meet w/ senior Moldovan officials and discuss bilateral issues, as well as Moldova’s path toward European integration.
   o December 5th (Kyiv): w/ A/S for South and Central Asian Affairs Nisha Biswal participate in Ministerial meeting of OSCE, as well as bilateral meetings w/ Ukraine officials, parliamentary leaders, and civil society
   o December 6th (Tbilisi): to meet w/ senior government officials and opposition leaders to discuss bilateral and regional issues and Georgia’s path toward Europe. She will also participate in a disability rights event.
   o December 8th-10th (Moscow): to meet w/ Russian government officials to discuss the range of bilateral relations and global issues. She will also meet with foreign policy experts and civil society groups.

December 3rd-4th: NATO Foreign Ministerial
   o http://www.nato.int/cps/eu/natolive/events_105210.htm?selectedLocale=en

December 3rd: International Day of Disabled Persons
   o Theme: “Break barriers, open doors: for an inclusive society for all”

December 5th: International Volunteer Day
- December 5th-6th: visit Daniel Mattern, PAO Ljublyana
- December 7th: National Pearl Harbor Remembrance Day
- December 9th: International Anti-Corruption Day
  - #actagainstcorruption
  - UNODC print materials http://www.actagainstcorruption.org/actagainstcorruption/
- December 10th: NATO Post 2014
  - 8:50 am CDT: Ambassador Lute arrival and greeting at the entrance by Karl Lamers and D. Stewart
- December 10th: International Human Rights Day
  - @State_DRL, @StatePRM, @USAID, #HumanRights
  - humanrights.gov
  - https://www.facebook.com/stateDRL
  - http://www.state.gov/j/drl/hr/
- December 16th-20th Third Round of TTIP negotiations in D.C.
  - @USTradeRep
  - @CommerceGov
  - @CommerceSec
  - Stakeholders conference live stream press avail out of State Department

Twitter Handles and Hashtags

1) November
   a) Youth Employment Forum: #SecKerry #YouthEmployment #exchangealumni #USEUyouthemp @US2EU
   b) International Education Week: #IEW2013 @EducationUSA @FulbrightPrgrm @fulbrightboard
   c) Second round of TTIP: #TTIP
   d) COP19: #COP19 @US_Center @UN_ClimateTalks @CFigueres @ClimateGroup @globalcompact
   e) End Violence Against Women: # IDEVAW
2) December
   a) NATO Ministerial: #NATO #ForMin
   b) #OSCE
   c) @State_DRL, @StatePRM, @USAID, #HumanRights
   d) Third round of TTIP: #TTIP

Twitter Lists

1. International Media Engagement (https://twitter.com/StateDept/lists/media-hubs)
   a) @USAandEUrope @eAsiaMediaHub @USAenEspanol @USAenFrancais
2. U.S. and EU
a) @USAmbEU, @USNATO, @NATO, @NATOpres, @US2EU, @AndersFoghR, @USAmbNATO, @USAandEurope, @EuroParlPRess, @danbaer @usosce

3. White House / State Department
   a) @WhiteHouse, @PressSec, @WHLive, @rhodes44, @PDatState, @US_Center, @NSCPress, @ValeriaAmos, @StateDeptCT, @EnergyAtState, @WhiteHouseCEQ, @whitehouseostp, @HistoryAtState, @USMission, @StateCSO, @TravelGov, @USDA, @EURPressOffice

4. Agencies
   a) @eu_echo, @noaaocean, @Greenversations, @FeedtheFuture, @EPA, @USTreasury, @ITU, @UN_Energy, @FAOnews, @IEA, @NASA, @CommerceGov, @Export2Europe, @USAIDscitech, @rajshah, @S_GWI, @USAID

5. NATO Wide Tweets (https://twitter.com/NATO/lists/nato-wide-tweets)

**Tracking Tools**

1. Hootsuite Ow.ly Summaries

2. Klout score

**Twitterfall**: set up Twitterfall with hashtags relevant to themes we’re following.

**TOOLS TO CONSIDER:**

- **TwitterStation**: provides marketing tools to increase visibility on Twitter, for example, buying Twitter followers.
- **Twitchy**: website where you can see “who said what” in U.S. politics, global news, sports, entertainment, media, and breaking news 24/7. ‘If it’s news, we’re on it. If it should be news, we’re ahead of it’.
- **Socialbro**: software to manage and analyze your Twitter community, ‘bringing into clear focus your target audience of clients, customers and influencers and define the right people to engage with’.
- **Tagdef**: platform where you can find info about popular hashtags, ‘top this week’, ‘all time high’, new tags and top users.
Transcript of Discussion with Cynthia Guven

Nia: I'm here today with Cynthia Guven and we will talk about U.S.–EU commonalities in food safety and agricultural standards in the context of TTIP.

Cynthia: Hi, my name is Cynthia Iglesias Guven. I am the Deputy in the Agriculture section at the U.S. Mission to the European Union and I am here today to discuss agricultural trade between the U.S. and the European Union in the context of the Transatlantic Trade and Investment Partnership, otherwise known as the TTIP. … The United States has negotiated free trade agreements with twenty countries, not counting the current negotiations in the Transpacific Partnership, and we have always been committed to food safety protections as part of these negotiations and we have no intentions of accepting lower standards as an outcome of TTIP. We believe that cooperation between the United States and the EU, as both leaders in food safety science and food safety regulations, can contribute not just to facilitate transatlantic trade and safe products, but to better food safety globally.

So, do you believe that the EU can agree to open its agricultural market?

Yes, actually the EU has assured us they are prepared to work hard toward a very ambitious outcome. We have made it very clear that any comprehensive agreement, such as the TTIP, would have to address both tariff and non-tariff barriers facing our agricultural exports.

But food safety and other non-tariff barriers are very sensitive in Europe. Do you believe the EU can really make changes in that area?

Yes, we know that negotiations will be difficult in some of these areas. And the concerns are not on just one side of the Atlantic; they are on both sides. European firms are concerned about U.S. measures affecting their agricultural exports as well as U.S. firms being concerned about EU measures. We are encouraged, though, by some recent successes on Sanitary and Phytosanitary issues, for example on recognition of animal disease status and approval of a pathogen reduction treatment. On both sides are prepared to continue this work.

So what science-based measures has the EU taken to allow U.S. food and agriculture products access to the EU market?

Well, the EU has taken two measures. On February 4th of this year, the EU approved final regulations to allow the use of lactic acid as a pathogen reduction treatment on beef. This is the first PRT to be allowed in the EU, and it is a very important step forward. On that same day, the EU also approved a final regulation to allow imports of live swine from the US.

Okay so did the U.S. change any of its SPS, or Sanitary and Phytosanitary, restrictions on EU products?

Yes, in fact over the past several months, U.S. Department of Agriculture undertook a number of science-based actions to help EU products get to the United States. It eliminated the requirement for a vector-free facility for bovine genetics imports, for the Schmallenberg virus, and agreed certification requirements. It also published a final rule recognizing the Classical Swine Fever status for a number of EU member states. It published a final rule recognizing the Newcastle Disease and Avian Influenza status for a number of EU Member states, as well. And it recognized Italy’s status for Swine Vesicular disease and published two proposed rules to allow imports of apricots and avocados from Spain.

U.S. agriculture groups have said that the EU would need to change its system for regulating GMOs as part of TTIP. Is that one of your negotiating goals?
Actually, we don’t believe the EU would need to change its system for GMOs as part of the TTIP. We would just like to see the existing system function better. The United States continues to have concerns about the system’s regulatory process for biotech crops because it has caused significant trade disruption as a result of the delays in approvals. The problems don’t result from the differences in the evaluation of the safety of biotech crops because EFSA reaches the same opinion that the U.S. regulators do: that the biotech crop is just as safe as a conventional equivalent. So much of the undue delays result from a failure to follow established timelines. And as I mentioned before, we would just like to see those timelines adhered to much better.

Could you talk about the resource implications of wasting food? Scarce resources are used to produce food that European and American consumers just throw out. What should be done to reduce this waste?

You are correct; there is much food waste in this country and also in the world. It is estimated that food waste is between 30 and 40 percent of the food supply. Individuals, communities, businesses and government are all engaged in the effort to reduce food waste. In fact, last June the U.S. Department of Agriculture (USDA) and the U.S. Environmental Protection Agency (EPA) launched what we call the U.S. Food Waste Challenge, calling on actors along the entire food chain to reduce, recover, and recycle food waste. The goal of the U.S. Food Waste Challenge is to have 400 partner organizations by 2015 and 1,000 by 2020. The Food Waste Challenge has thus far lead to a fundamental shift in the way we think about and how we manage food waste in the U.S.

Agriculture in the EU is different from agriculture in the United States. Many EU citizens want to protect the EU farming system from floods of cheap food from U.S. factory farms.

I know that’s the perception here in Europe but, actually, agriculture in the United States is not that different from agriculture in the EU. There are both large producers, there are medium-sized producers and of course there are small producers and all of them are committed to producing safe food, supporting their families and communities, and protecting their land and water for future generations.

Transatlantic food and agriculture trade is a two-way street, and most of the traffic actually flows from Europe to the United States. Over the past twenty years, EU food and agricultural exports to the United States increased dramatically from just over $7 billion dollars in 1995 to almost $17 billion last year. In the same time period, U.S. exports to the EU dropped dramatically, only recently rebounding to $10 billion annually. So the EU still enjoys a trade advantage in food and agriculture. It is clear that there is a substantial room for increased agricultural trade between the EU and the U.S., and the TTIP gives farmers on both sides of the Atlantic to the opportunity to expand these markets.

In the EU, farmers are responsible for protecting the environment and biodiversity, not just producing commodities. Can big American farms also be environmentally sustainable?

Yes, in fact, American farmers have been sustainable for hundreds of years. They are among the most creative and productive in the world. Each acre that we farm in America has become more and more productive over the course of the last century. By becoming more productive, our farmers require fewer resources – including land – to grow the same amount of food and that promotes sustainability. At the same time, environmental and natural resource protections have been elements of U.S. farm programs for decades, and conservation programs have allowed the protection of millions of acres of sensitive land, including wetlands and prairie. This has directly contributed to reduced soil erosion, greater wildlife habitat, particularly for birds, and the protection of native plants.

There are also many critics that argue that U.S. agriculture is based on factory farms that focus on quantity rather than quality and can’t meet EU standards. How do you respond to this?
Well American agriculture is incredibly diverse, as you would expect from a geographically, culturally diverse, big country. Our system encourages producers to be responsive to market demands. So assuring abundant affordable food is one of our goals, and European livestock producers benefit from this. But there are also many U.S. producers willing to supply specific consumer-driven markets, such as organics, hormone-free beef, and gluten-free products to name a few, in the United States and in Europe. It is simply not possible to generalize about agriculture in the United States, except to say that it is immensely important to the social, cultural and economic fabric of our country. Americans are justifiably proud of the high-quality products we produce, and happy to share our natural bounty with the world.

In conclusion, will the TTIP negotiations have a positive impact on agriculture in the U.S. and the EU? And how can we expect relations to change as a result of these negotiations?

Well fortunately there’s a long history of cooperation between our food safety authorities in the United States and the EU to build upon. Regulators routinely build share information with one another about new scientific developments, about food safety problems, including product recalls and food safety regulations. We believe the TTIP offers an opportunity to expand on this cooperation and enhance food safety and bilateral trade, for both existing measures and future food safety. There will be no shortage of challenging work ahead of us but I think both sides are committed and ready to pursue this goal.
When I declared Global Studies–Security as one of my majors in the fall of my junior year and began to think about where and with whom I would want to do my internship I immediately thought of the State Department. I knew that it would be competitive so when I got my first rejection for a summer 2013 internship I wasn't too surprised. The rejection e-mail told me that some 8,000 students had applied for internships with the State Department.

When I applied for the summer 2013 internship program I had to select two countries that I would like apply for. Because of my language experiences, I chose Spain and Japan. This application was done on usajobs.gov, where I'm led to believe that most federal employees and interns apply.

After getting my rejection e-mail I realized that I would have to do some greater research to find an internship to meet the requirements of both the Global Studies–Security major and the Peace Studies and Conflict Resolution certificate. I applied to the State Department's fall 2013 internship program, this time selecting Peru and Belgium, but didn't expect much to come of it so I looked in other places. My searches brought me to the NGO Fundación Aldeas de Paz (Peace Villages Foundation) in Santa Elena de Uairén, Venezuela.

After having already received my confirmation at the NGO and making my reservations to go there, I received a notice in May that I had been accepted as an alternate intern to the U.S. Mission to NATO in Brussels. Even though there was no guarantee that I would get the position I was advised to begin going through the security clearance process to make it easier for me to accept the internship in the event that the primary candidate was unable to take it.

Having been offered a potential internship and undergoing all of the necessary security clearance procedures, I went to my internship in Venezuela registered for classes in fall 2013 and thinking that I wouldn't be getting the internship in Brussels. While there, however, I received an internship position from the U.S.-European Media Hub, also located in the Tri-Mission in Brussels. I faced a dilemma: accept the internship that didn't as readily pertain to my field of study or wait to see if the primary intern for NATO declined. In the end I decided that an internship with the State Department in Brussels was all that mattered, and that I would be the force that applied the details to my education.

I had already written an internship placement assignment for my time in Venezuela this past summer and I would like to take a few of the skills from there and apply them to this experience.

1. **Networking** can be the most important factor in securing a position. Many of the leads that I had when searching for an internship in Venezuela came from networking. If my internship could have taken place inside the U.S., then I would have had many more options available due to networking with family friends and colleagues. In fact, it was at the recommendation of a fellow
student that I select Belgium as one of my countries of choice due to the importance of the Tri-Mission.

2. **Resume building** has proven crucial to me in advertising oneself to an organization. I had gone into the Career Development Center at UWM multiple times to work on my resume. The current draft I have looks almost nothing like my initial version. Additionally, I created a LinkedIn account so that when asked for it I will be able to provide one that has a substantial amount of information. Applying for this internship has led me to learn the importance of formatting styles for resumes, including using appropriate buzz words and organizing the resume into a condensed but informative document.

3. While slightly abstract, I feel that **perseverance** is the third skill that I have strengthened in searching for an international internship. Even though I did not receive an internship with the State Department on my first application, I applied again and was offered one the second time around. Rejection and going back to the drawing board have given me thicker skin when it comes to searching for and applying to positions.
Resume Excerpt

**U.S.-European Media Hub Intern**  
*October 2013 - December 2013*  
*United States Department of State, Brussels, Belgium*

- Contributed to the production of the Early Alert, a daily media analysis highlighting European narratives and commentary on U.S. policies
- Monitored social media trends and constructed monthly social media strategic plans
- Assisted studio manager in recording video content and taking event photography
- Transcribed video recordings for digital distribution
- Related Skills: information analysis and synthesis, social media management
Post-Internship Reflection Paper

Looking back on my internship with the U.S.-European Media Hub in Brussels during the fall semester of 2013, I am happy to say that I found it to be both an enriching and a challenging experience. With no prior professional experience, I was uncertain of my abilities and of what assuming professional responsibilities would be like. After my ten weeks there, however, I walked away feeling more confident in my capacity to function and succeed in a professional environment.

When I arrived at work for the first time, I was unsure of what to expect from my supervisor and colleagues regarding my responsibilities and duties. While I didn't believe that I would simply be an errand boy running off copies of documents and fetching coffee, I also did not believe that I would be allotted great obligations. I knew that I would have to behave like an adult and would have to hold myself accountable to my commitments. In a way, I was overly fearful of making any minor mistake lest I be dismissed for incompetence. I did make mistakes, such as arriving late on several occasions, but my supervisor was compassionate in the way that she treated me as an adult and I am thankful that she always recognized that this was my first experience entering the real world, so to speak.

Perhaps the highlight of my internship was my involvement in the production of the EUR Early Alert during the last three weeks of my time at the Hub. I was only the second intern given the privilege of participating in the creation of the document and it instilled a sense of pride in me to see my name at the bottom of the document that would be sent out to U.S. government officials in Washington, D.C. My greatest skills accomplishment came from repeated practice in drafting and proofreading the document daily and I now feel much more comfortable analyzing large amounts of information and condensing the most important points into a short narrative, while also working under a tight schedule. I believe that this skill will be useful to me in my future careers and I am grateful that my supervisor including me in the process.

As part of the Global Studies internship experience, I developed SMART goals to work on throughout my time at the Hub that focused on skills, knowledge, values, and career/personal development. Upon arriving and discussing what my duties would be at the Hub, I developed several and laid out strategies to achieve them. As my time at the Hub progressed, however, I modified them as my duties changed. In the end, I focused on three skills goals: reporting on information, communication, and
proofreading; two knowledge goals: social media management and identifying and selecting credible sources; two value goals: integrity and appreciation for reliable news; three career and personal development goals: building professional relationships, insight into my future career path, and familiarity with the professional landscape. Overall, I feel that I to a certain extent achieved each goal, though some were developed in greater depth than others.

My exposure to U.S. government employment overseas has given me a better idea of how I would like to pursue my post-undergraduate endeavors. This internship allowed me to speak with Foreign Service officers and listen to the paths they took, in addition to some things that they wish that they had done differently. Because the application and hiring process for the Foreign Service is long and arduous, I now believe that it is in my best interest to begin applying as soon as possible, but that I should also seek employment in the meantime since it will more than likely be a long time before I might be hired. Additionally, I want to pursue my graduate degree before entering the Foreign Service. My colleagues at the Tri-Mission expressed to me that it can be difficult to leave the Foreign Service for a graduate degree, although it can certainly be done. I have always known that obtaining a graduate degree is important to me and so I do not want to run the risk of not receiving a graduate education.

Additionally, before my internship I was considering joining the navy after graduating this spring so that I could gain some marketable skills and knowledge, serve my country, and see parts of the world that I might not otherwise. My main draw to this was the idea that it would benefit me in joining the Foreign Service. At this point I am not so sure that it is at all necessary for me to have military experience. While I still feel that it would be an enriching experience, I have anxiety about taking too long to enter the workforce and because I will want a graduate degree and most likely a J.D. I worry that I would be past the age of 30 before I would enter the workforce. While this is not necessarily a bad thing, I do not feel that it is how I want to develop my professional career.

Regarding my goal of building professional relationships, I do wish that I had taken greater initiative and expanded my presence outside of the just the Media Hub, where I spent most of my time. I entered the Tri-Mission shy and intimidated by those around me. Having had no previous real-world experience, I felt awkward and inadequate. My confidence in my abilities was not strong but after my ten weeks at the Hub I feel surer of myself. In my future endeavors, I will approach new work environments
with greater confidence so that I may branch out and connect with as many colleagues as possible. I recognize that the people that I will work with will have also at one point in their lives been in my position and that they too probably felt intimidated by a new work setting.

I certainly believe that there could have been improvement in my performance at my internship. While I am honored with how my supervisor reviewed me in the supervisor evaluation form, I know that I could have demonstrated a greater level of dependability and accountability. My "average" rating comes from the several times that I was tardy for work and if I had put myself on a better sleeping schedule I have no doubt in my mind that this would not have happened. When I find employment in the future I will have to arrive on time for my job ready to perform to the best of my abilities.

One thing I pride myself in is the fact that I was able to bring energy and enthusiasm to the office each day. Given that there are only three to five people in the office at any given time and everyone is spread apart from each other, it can be easy to grow listless and distracted. Once I felt that I knew my colleagues enough to display large amounts of excitement and to make appropriate jokes, I let myself lighten the mood with a smile and a bounce of energy, which often involved me literally bouncing. Additionally, I am happy to say that I always displayed an interest in what was happening in the office and the Tri-Mission at large. Any time there was an opportunity to offer my services, I jumped at the chance. If there was a slow moment in the office, then I approached my supervisor and asked if she needed me to do anything. I think that this is a positive attitude to bring to the workplace, boosting both productivity and morale.

For my future career and personal development I would like gain more confidence in my ability to execute sound judgment and in the skills that I bring to the office. This is something that I will work on as I continue to spend time in the professional world. Of course, I can only build confidence by continuing to immerse myself in an environment that promotes growth. This internship has been an invaluable piece in my personal growth and my development as a future professional. Before my time at the Hub, I had ideas about what the workplace would be like that did not always match reality. I am confident that as I continue to work hard and demonstrate a readiness to learn and to contribute that I will be able to further my capacity to do so.