



Issue 1

HER DREAM

INTERNSHIP MAGAZINE

Take Care of YOU!

4 self-care tips to keep
you at peace.

DreamHER Diaries

Fellow Spelmanite Kennedy
Crisp shares her experience.

WELCOME BACK SPELMANITES!

As we begin a new school year, check out some
awesome internship opportunities.

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CAREER PLANNING AND DEVELOPMENT



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LETTER FROM THE EDITOR

Welcome to the first issue of DreamHER – your guide to discovering, preparing for, and thriving in internships that align with your goals, values, and vision for the future.

Whether you're searching for your first professional opportunity or looking to level up your experience, this magazine was designed with you in mind. Inside, you'll find curated internship listings, exclusive Q&As with recruiters and alumni, self-care tips to sustain your journey, and even playlists to power you through application season.

This fall, we're kicking things off with our signature features: the Internship Top Picks, a spotlight on companies who are excited to work with Spelman students, and our new PowHER Playlist, curated for the bold, brilliant, and career-bound.

We believe internships are more than just stepping stones – they're launchpads. And DreamHER is here to help you soar.

Onward,

Michele Ogden

Editor, DreamHER Internship Magazine

Internship Engagement Coordinator

Office of Career Planning and Development, Spelman College



INTERNSHIP TOP PICKS



Boeing
Multiple
Positions

[Apply Now](#)



Royal
Caribbean
Multiple
Positions

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FIFA

FIFA
Future Leaders
Internship
Program

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9/11
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Amped Up with
Southern Company
Sept. 9 | 2 - 6 pm
Manley Atrium

CAREER
Jam

Career Jam
Sept. 11 | 11 am - 2 pm
Upper Manley
Concourse

RESUME
BLITZ

Resume Blitz
Sept. 17 | 11 am - 2 pm
Upper Manley
Concourse

HER
ELEVATE

ElevateHER Career Fest
Sept. 18 | 3-7 pm
Manley Student Center



PRESENTS



AMPED UP

Industry Networking Experience

Tuesday, September 9
Manley Student Center Atrium
2:00 pm - 6:00pm



Come network with Spelman alumnae from Southern Company and enjoy free food, music, and giveaways **WHILE SUPPLIES LAST!**

Hosted by





Q&A

Q: Could you share a little about your role at Verizon and what you enjoy most about working with students?

A: My official title is a Consultant of Program and Project Management. I currently sit on our University Relations team supporting our early in career recruiting efforts in the Atlanta area. I consider myself to be Dream Merchant for young people connecting them to what's possible. I enjoy working with young people because not only are they our future but they really give back to you what you give to them.

Q: For students who might not know much about Verizon, how would you describe what the company does and why it matters?

A: We power and empower the way people live, work, and play.

Q: What types of internships or early-career programs are available for students, and what qualities do you look for in candidates?

A: We have internships in finance, business, human resources, and all aspects of tech anything from A.I. to software development. We are really looking for candidates who are curious and looking for an opportunity to make the concepts and theories that they are learning in class and making them practical providing solutions for external and internal customers.

Q: What's something about Verizon's culture that might surprise students?

A: Our mantra has always been change energizes. As a technology company we are always looking for new ways to innovate. You have the ability to be at the forefront of not only technological advances but a direct impact on how that looks for a Fortune 30 company.

CEDRIC RICHARDSON
UNIVERSITY RELATIONS LEAD
verizon



Q: Can you explain what it means to be a “V Teamer” and what that experience is like for interns or new hires?

A: We have a new employer brand where we talk about what it means to be apart of the #VTeamLife and to be honest it is all inclusive. When you think about a person’s first thought about Verizon it is all about your phone which we know now is our connection to the world. That is in essence what it means. We take pride in our network which is all about connections and those connections are more than just data points they are who and what we are. As interns and new hires we want to provide you with the ability to grow your capacity and capabilities through collaboration and shared experiences.

Q: Will Verizon be at any upcoming on-campus career fairs or events where students can connect with your team?

A: Verizon plans to be on campus to mock, review, and support in anyway that we can. I have told this to anyone that will listen the best talent is at Spelman.

Q: Are there opportunities for students to visit Verizon off-campus, like tours, shadow days, or special events—such as an upcoming visit in September?

A: On September 23rd we will be having a V-Teamer for a day experience at our Alpharetta office. This is an opportunity for students to come and hear from leaders and team members about what it means to be apart of the #VTeamLife.

Q: What advice would you give a student who wants to make a great impression when they meet you or other Verizon representatives?

A: I love the Spelman speech. It is the perfect elevator speech. I think most students won’t believe it but in most cases we are just as nervous as you are so just come and talk to us. We are excited to meet you and most important support you in any way that we can. WE WANT YOU TO WIN!!!!

Q: WWhat makes Verizon a great place for Gen Z talent to start their careers, especially in tech or business roles?

A: I recently made a CapCut spotlighting some of our engagements with Spelman students and the perfect lyrics “Come with me and you’ll be in a world of pure imagination. Reach out, touch what was once just in your imagination.” Special thanks to Charlie and the Chocolate Factory viewers for catching that but I can honestly say one of our interns said it best in our National Intern Day video, Verizon is big. I always share even if your internship or first job opportunity doesn’t exactly match what you want to do getting your foot in the door will open you up to incredible opportunities. I’m living proof. I started January 27, 2014 saying, “Thank you for calling Verizon, My name is Cedric can I have your first and last name,” to being someone who gets paid to travel all over the country and talk to students.



KENNEDY CRISP

CLASS OF 2027

ECONOMICS MAJOR

“Day in the Life - Accounting Intern”



EDITOR'S CHOICE

SELF-CARE TIPS FOR INTERNS

- 1 SET BOUNDARIES** - Communicate your limits and protect your personal time and energy.
- 2 PRIORITIZE WELLNESS** - Make time for activities that nourish your body and mind like exercise and hobbies.
- 3 SEEK SUPPORT** - Reach out to mentors, peers or a counselor if you're feeling overwhelmed.
- 4 PRACTICE MINDFULNESS** - Stay present and manage stress with techniques like meditation or deep breathing.

HER

DREAM

Internship Podcast



BRITTANY HEATH

Strategic Talent Manager at Estée Lauder

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POWHER **PLAYLIST**

**FEEL THE POWHER, THE SOUNDTRACK
FOR BOSS MOVES**

Run the World (Girls)-Beyonce

Respect-Aretha Franklin

Good as Hell-Lizzo

Independent Women-Destiny's Child

Confident-Demi Lovato

Roar-Katy Perry

Just Fine-Mary J. Blige

Girl on Fire-Alicia Keys

Brave-Sara B

Bossy-Kelis



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*"SHE FOLLOWED THE STARS
AND FOUND HER PATH BENEATH
THEM"*



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