

HER DREAM

INTERNSHIP MAGAZINE

October 2025

Her Story

Azline Nelson: Her
Journey After Spelman

DreamHER Diaries

Reese Winston Takes Verizon
by Storm

Sarah Sloan: Behind the Screen at BET

A DreamHER Summer

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CAREER PLANNING AND DEVELOPMENT



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LETTER FROM THE EDITOR

Homecoming reminded us what makes Spelman so special – the sisterhood, the celebration, and the power of possibility. Now, as the music fades and we shift back into focus, this issue of DreamHER is all about turning that energy into action.

Inside, you'll find curated **internship listings** and a **Company Spotlight** featuring the **T. Howard Foundation**, an organization helping students launch creative and media careers. You'll also meet **Spelman alumna Azline Nelson**, who shares her inspiring career journey after Spelman, and catch our latest DreamHER podcast episode featuring rising star **Sarah Sloan**, a former **BET intern** whose story proves that preparation and purpose pave the way for success.

And because your **network is your net worth**, we're sharing practical tips to help you build authentic connections that can shape your career journey.

So keep the Homecoming glow – and let it fuel your next bold move.

With excitement and gratitude,

Michele Ogden

Editor, DreamHER Internship Magazine
Internship Engagement Coordinator
Office of Career Development, Spelman College



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INTERNSHIP SEASON IS UPON US!

Join Spelman Film Fusion for a week dedicated to learning the ins-and-outs of how to land an internship in the industry, as well as how to navigate it!

OCT. 21ST

Student Panel and Discussion

Students who have secured internships will share their unfiltered experiences regarding applications, internship day-to-day, and what it means to work in the industry as an HBCU student!

OCT. 22ND

Peer Talkback & Resume Workshop

A hands-on session for students to receive one-on-one support on their resumes and cover letters from peers who have landed internships as well as faculty from the Office of Career Planning and Development! Bring your resume to sharpen up!

OCT. 23RD

Professional Industry Panel

Industry professionals from various companies will discuss what they look for in interns, share career insights, and offer advice on standing out in the recruitment process and navigating the industry.



Scan the QR code and follow our Instagram where more details will be shared as they're finalized!

HOPE TO SEE YOU THERE!



HER STORY

Q&A

Q: As a Spelman alumna, how did your time at Spelman influence your career aspirations and professional journey.

A: I followed my passion for international studies at Spelman and was afforded the opportunity to study French in Martinique and Switzerland and learn about French culture outside of France. This opened my mind to new approaches in business, helped me visualise economic collaboration between countries and emerging trends across the global financial markets. While living in Switzerland, I wrote my 30 page thesis that was required for graduation on the sweeping impacts of remittances across emerging markets. This was a critical source of income for families and in some countries was larger than foreign and direct investments. I gained a wider appreciation for global markets and international business development that planted a seed for my future goals in Entrepreneurship and philanthropy.

Q: What's a favorite hobby, activity, or hidden gem you enjoy when you're not working?

A: There is ALWAYS a fork in my hand! I love to try new foods and I am a very adventurous eater! I enjoy looking at restaurant reviews, studying menus, learning about local ingredients and doing the happy dance when the food looks and tastes AMAZING! Trying new restaurants and exploring regional cuisines are a breath of fresh air for me! I grew up in a food desert and access to quality ingredients was extremely limited and now - I will try anything and most of the time I enjoy the weird food and local delicacies! I'm a fan of the chapulines (grasshoppers) in Mexico City, Ugali in Kenya, enjoying the chisanyama (South African Barbeque) in Johannesburg and Iguana soup in Curacao!

AZLINE NELSON
BUSINESS PROGRAM MANAGER
VANGUARD





Q&A

Q: What inspired you to pursue an MBA at Wharton, and what's one impactful lesson from your MBA that continues to shape your career?

A: My Spelman sister Ashley Sherman (C' 10) involved me in her journey to attend an MBA program and I helped her relocate to New Hampshire, attended her graduation, and followed her incredible career journey. She is a best friend and amazing role model. As a first-gen college student, I needed this intimate level of mentorship to help me shape how I wanted to advance my global business acumen. I began to research global MBAs and I became obsessed with the dual degree Masters program at The Wharton School and The Lauder Institute at The University of Pennsylvania. The Lauder Institute was tailor made for me and my long term ambitions in global business. Beyond the professional landscape, I want to cultivate a family dynamic where multiple languages are spoken in the home, global play dates to build cultural understanding and empathy, and to find beauty in experiences in life vs material things.

Earning my MBA taught me how to exercise calculated vulnerability in the workplace. While I developed the expertise to think in structured frameworks, I was only exposed to the breadth of industries and disciplines. The depth would come later but requires collaboration with subject matter. I learned how to lead projects without much background but knew HOW to solicit insights from experts without coming across as someone without basic knowledge. This is the PHD level of hustle and the work ethic below the tip of the iceberg that often goes unseen. Wharton helped me present complex ideas clearly, create a working business hypothesis and solicit buy-in from stakeholders that would elevate the concept into a scalable business solution.

Q: You've had international rotations in Latin America and London - what excites you the most about working globally, and what are the best parts of traveling or working internationally?

A: I am a perpetual learner who is naturally curious to learn from others and their lived experiences. It's a blessing to build community and understand their journey/paths in life and reflect on how decisions are made in these cultures because there are parallels for how these nuances show up in the decision making for business in that region. The first action I take when I am given an international work assignment is to tap into my SpelHouse and Wharton/Lauder community. I love connecting with alum and expat groups based in the region. In Mexico, I reached out to Cameron Thomas Shah (MH C' 2012) who was working in Vietnam at the time but has a close friend in Mexico City, Ashley! We immediately clicked and I loved exploring the city with her. She had the local recommendation, gave me context on day to day living and helped connect me to other Black expats. Same story in London with a Lauder classmate Daisy.

The best parts are the personal development in elevating the mentally resilient when I'm working abroad, balancing deadlines, and building community. You face so many challenges and build cultural agility when your temperaments are tested. You realize how you adapt to stress, how you relax after accomplishing something ambiguous, and even how you respond to tough feedback at work. All these things become amplified when living and working internationally. Each experience holds a special place in the tapestry of my career journey and I build upon these learning as I pour into my mentees. I keep it real when I share my approach to fail forward and I don't want them to repeat any of my rookie mistakes!



Q&A

Q: What advice do you have for Spelman students interested in global internships or building a career in global economy?

A: I recommend that my Spelman sisters take space to STOP and SIT with themselves and understand their gifts, talents, and strengths that come natural to them. Understand what fuels your passion beyond the surface to motivate you on the toughest days. Be sensitive to the small desires that you would truly go the extra mile for. Once identified, begin to hone these 2-4 aspects that are unique to you - be delusional about how you understand how to cultivate more of these moments to find moments to exercise your gifts to make an impact. This can be at work, your local church, even with family.

I recommend sourcing mentors and other leaders who share the values within these passions and seek coaching/guidance to cultivate the right avenues to execute on how you make an impact. Global business can take many shapes, forms, and functions. It took me a while to find my lane in life and define the type of leadership path I wanted to pursue. I considered becoming a hotelier for an international brand, explored global entrepreneurship with a business school classmate, and worked for a fin-tech start up in Africa. Last month, I relocated to Hyderabad for a 2-year expat assignment to support Vanguard in launching a new technology office in India.

My secret sauce is that I was delusional about cultivating the goals tied to my gifts and was open to how these talents can be transferred across the global business landscape. I was hungry and bold about discussing my passion for international business development with leaders at Vanguard and professors at Wharton. My educational background and love for travel helped to seal the deal and leaders decided to take bets on me. I am most proud of my work ethic and how I push through any challenge to adapt to new information and stay the course. This requires humility, emotional regulation, honest coaching, and calculated vulnerability because I am always learning on the fly!

HER STORY

Q&A

Q: Looking back at your internship at Google, what's one key takeaway that helped shape your professional path?

A: I LOVED interning at Google and my biggest learning was to always be customer obsessed and focus on the end user experience for whatever product or service that the business offers. I always find myself reflecting on “if I was in the other person’s shoes” whether this is a leadership team that will hear my presentation, a panel of investors that I am pitching a business to, or the client that is interacting with the products of the company I represent. Having this level of awareness and empathy aligned with my passion for helping others and hospitality, has shaped how I show up energized in my day to day. If I have line of sight into how the client will absorb the information, then I can deliver a simple yet targeted hypothesis that aligns with whatever problem or perspective that they carry.

Q: If your life or career were a movie or TV show, which one would it be-and why?

A: I recently moved to Hyderabad, India for a 2-year expat assignment to support Vanguard in opening a new technology office. For this chapter, if my life was a TV show, it would be Emily in Paris !!!! There are quite a few quirky similarities in our story lines such as learning the language, interconnected professional relationships, and similar job functions. I am learning Hindi as my third language behind English and French, and navigating the blurred lines of work and friendships with my co-workers who also moved to India, and I am leading our branding and marketing efforts for the company in India, which is Emily’s role in the show! I don’t have any love interests yet however all of my family and friends are manifesting that I will fall in love in India! It’s all above me so “from their mouths to God’s ear”, because Jesus, ITS ME AGAIN! Standing in the NEED of prayer for discernment, protection, and wisdom in this next season! If this chapter is anything like the show, I am in for an adventure that will set the stage for years to come!



Q&A

Q: Can you share a memorable challenge in your professional journey and how you navigated it?

A: Before Covid in Oct 2019, I was unexpectedly fired from my job at Delta Air Lines. My team went through three managers in 18 months. It was a very chaotic season and while I did not have any negative performance reviews, I struggled to see eye to eye with the current manager, who knew I was applying to business school. I was in the process of preparing my MBA applications that were due in January, having family issues, and struggling with my mental health because I was burnt out. I was offered a voluntary severance and it was the biggest blessing in disguise. While I was crushed by the immediate loss of employment and scrambling to show face because I was embarrassed by the optics, I had the benefits of keeping my salary for 3 months, in addition to 5 years of stand-by flights, and a generous amount of severance pay for accepting the terms of separation immediately. Had I continued working full time during these three months leading up to when the MBA applications were due, I would NOT have been accepted to the Wharton School.

During the no-work period, I went ALL-IN on improving my GRE test score, writing essays, and prioritized mental health resources to balance my support level to my family. I wasn't focused on holding up the corporate image and my mindset completely shifted. This experience became a motivator and catalyst to help me achieve the accolades and milestones during business school and now in the new role at Vanguard India. I am thankful for the way I was coached to bounce back when life handed me lemons. The strongest version of myself exists today because of this professional challenge and I'm most proud of how my circle supported me during this transition.



HER STORY

Q&A

Q: How has mentorship influenced your journey, and what tips do you have for students seeking mentors early in their careers?

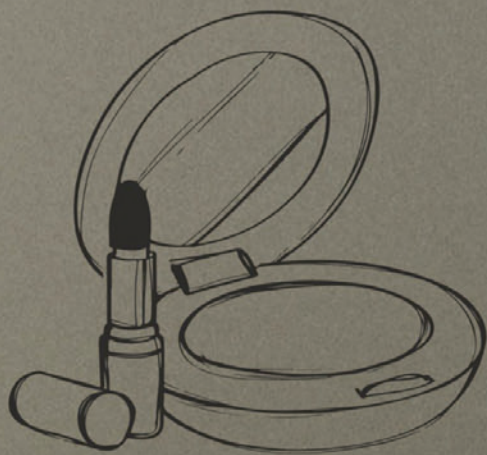
A: I define leadership as the journey to coach and be coached by others or serve in your gifts/strengths. Strong leaders create space to empower and build up other capable leaders in their own talents and areas of growth to make an impact.

Dr. Pamela Jolly is a leader and mentor that I'm very blessed to know and draw inspiration and encouragement from. I admire her approach to living life to the fullest and the way she lives out her values in business. She is unapologetic, is surrounded by tough but fair advocates, meets people where they are, and brings research and clarity to the table to drive decisions. She draws strength and wisdom from the history of her lineage and family origins. As someone that is actively breaking generational curses from my family, I appreciate how she articulates her lived experiences on the intersection of faith and finances across generational wealth-building. This is a special way to pour into someone without projecting. Our relationship also has space for reverse mentorship because I add value in her life as I explain how I execute her advice and live my dreams boldly through her coaching! Find mentors that allow you to take the mask off and not be perfect in how the relationship flows. The long lasting mentorships are rooted in kindred spirits and honest girl talk! Mentorship and expanded levels of seasoned sisterhood are my saving grace as an ambitious woman with humble beginnings.

FROM IDEAS TO IMPACT

Creativity & Careers in Beauty

Join us for a live panel and podcast recording exploring how bold ideas, purpose, and creativity are shaping the future of beauty — featuring inspiring industry voices paving the way for the next generation.



When

November 14th 2025

3 PM - Networking Reception

4 PM - Panel Begins *Live Podcast Recording*

Where

Atlanta, GA

Spelman Campus - Cosby Auditorium





Q&A

Q: For students who may be unfamiliar, can you tell us about the mission of the T. Howard Foundation?

A: The mission of the T. Howard Foundation is to provide opportunities, open doors, break barriers, and build leaders. Our talent development ecosystem transforms ambitious dreamers into industry-ready professionals who earn their internships through rigorous preparation. We promote the involvement of talent from all backgrounds in media, entertainment, and technology by increasing the number of professionals from underinvested communities within these industries.

Q: What industries and types of companies does the Foundation partner with?

A: The T. Howard Foundation is proud to partner with leading companies across the media, entertainment, and technology industries, including tech firms, public relations agencies, and advertising companies. These partners offer our interns a wide range of meaningful experiences and opportunities.

View our full list of partner companies [here](#).

Q: How does the Foundation support diversity and inclusion in media, entertainment, and beyond?

A: The Foundation supports diversity and inclusion in media, entertainment, and beyond by championing talent from all backgrounds and amplifying unique voices and fresh perspectives. We focus on students who bring multifaceted experiences to storytelling, especially first-generation college students and emerging talent from underinvested communities. By supporting dreamers and creatives who reflect the full spectrum of the human experience and offer fresh cultural insights, the Foundation helps ensure these stories find their rightful place in the industry.

DEZANAE BOSTON-BERNIER
PROGRAM MANAGER
T. HOWARD FOUNDATION



Q: What kind of internships are available to students through the T. Howard Foundation?

A: The internship program is open to students of all majors, offering opportunities across a wide range of skills, interests, and disciplines. Our internships fall under five career pathways: Art & Design, Business, Communications, People & Policy, and Technology.

Q: What skills or qualities do you look for in student applicants?

A: Our program is broad, as we have opportunities suited for most majors. Therefore, we accept a wide variety of skillsets suited to many focus areas. However, proficiency in written and oral communication, as well as interview skills, is necessary to be successful in our program. The core qualities we look for in an applicant are engagement, curiosity, and effective communication.

Q: Can you share an example of a student success story - someone who started with T. Howard and went on to thrive in their career?

A: The T. Howard Foundation has a network of over 2,000 alumni, so there are countless success stories. One recent example is our 2025 Rising Star, Ciara Rolle-Harris, who began her journey as a T. Howard intern in 2018 at Paramount. Since then, she has built an impressive career with roles at HBO and MTV, and was recently promoted to Americas Marketing Campaign Manager at TikTok.

Q: What does a day-in-the-life of T. Howard intern look like?

A: One of the benefits of the internship program is that each T. Howard internship is unique, thanks to our wide range of partner companies. Summer internships are full-time (30–40 hours/week, Monday–Friday), giving interns the opportunity to learn, shadow professionals, and contribute to their teams. A typical day might include team meetings, group projects, reporting, content creation, and networking opportunities.

Q: How does the Foundation help students build connection in industries that may feel hard to break into?

A: The T. Howard Foundation has surpassed 2,000 alumni nationwide! Our students not only gain access to this extensive alumni network but also have the opportunity to learn from volunteers at our partner companies. These volunteers serve as industry experts and mentors to our interns.



SAHARA SELBY
DIRECTOR, INTERNSHIP PROGRAMS
T. HOWARD FOUNDATION

Q: Beyond the internship, what kind of career development and mentoring support does T. Howard provide?

A: T. Howard offers 1 on 1 and group coaching on the topics of interview preparation, resume review, and overall career readiness. Our Career Readiness programming consists of a series of workshops facilitated by alumni and industry experts. These sessions provide insight and teach essential industry skills, such as portfolio building and effective communication with recruitment professionals. Final Talent Pool members also have access to the Final Talent Pool Academy, an online platform that houses additional skillbuilding resources.

Q: What advice would you give to spelman students interested in pursuing internships through T. Howard?

A: Students who are engaged, stay on top of tasks and communication, and continue to seek growth perform the best in our program. This is a great program that has so much to offer outside of the internship. Take advantage of all that T. Howard has to offer, and you will leave confident and more equipped than when you came.

Q: What excites you most about the next generation of changemakers entering the industry through your program?

A: We see interns already making waves through their contributions to their respective areas. This generation of students exhibits grit and offers a valuable perspective. When encouraged and supported, they bring innovation, creativity, and an open mind to the ever-changing landscape of media, entertainment, and technology.

Q: What should students know about the application process, upcoming deadlines and how to apply

A: The Foundation supports diversity and inclusion in media, entertainment, and beyond by championing talent from all backgrounds and amplifying unique voices and fresh perspectives. We focus on students who bring multifaceted experiences to storytelling, especially first-generation college students and emerging talent from underinvested communities. By supporting dreamers and creatives who reflect the full spectrum of the human experience and offer fresh cultural insights, the Foundation helps ensure these stories find their rightful place in the industry.

Applications are open NOW until December 1st.

Click the following [link](#) to access the application and learn more about the T. Howard Foundation Internship Program

DREAMHER

INTERNSHIP PODCAST



SARAH SLOAN
CLASS OF 2027
“From Posts to Power Moves”

Listen on
Spotify



INTERN DIARIES



**CLICK
TO PLAY**

REESE WINSTON
CLASS OF 2026
COMPUTER SCIENCE MAJOR
“Day in the Life - V Teamer”

VERIZON **OFFICE HOURS**



Tuesday, October 28th
11 am - 1 pm

UNLOCK YOUR FUTURE AT GOOGLE

DON'T MISS THIS AMAZING INTERNSHIP OPPORTUNITY - APPLY BY OCT. 31!



INNOVATION

Experience cutting-edge projects that shape the future of technology at Google.



COLLABORATION

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OPPORTUNITY

Gain professional skills and connections that will advance your career trajectory.

APPLY



**DON'T MISS OUT!
APPLY BY OCTOBER 31ST**

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DEPARTMENT OF COMPUTER & INFORMATION SCIENCES

GEEK WEEK 2025

*Next Gen Computer Scientists:
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Second to None*

OCTOBER 20-24

Sponsored by the Spelman College
Computer & Information Sciences Department



MONDAY, OCTOBER 20

"POP OUT" WITH CIS
3PM - 5PM
SCIENCE CENTER LAWN



WEDNESDAY, OCTOBER 22

**THE NEXT ITERATION:
EXPLORING ADVANCED DEGREES**
5PM - 7PM
LLC II AUDITORIUM



THURSDAY, OCTOBER 23

**BLACK COMPUTEHER AI SUMMIT:
KICKOFF DINNER**
7PM
ATRIUM

Geek Week 2025 Next Gen
Computer Scientists: Powered by
Purpose, Second to None



WHAT TO EXPECT:

- Interaction with Computer Science professionals
- Information to prepare for and decide on graduate schools
- Fun and fellowship with CIS Faculty & Staff

For more information and to register for any Geek Week Event:

<https://tinyurl.com/CISGeekWeek25>



SEPHORA INTERNSHIP

Start your career with the best in beauty retail.

2026 Program Dates: June 1 - August 14 | Applications open October 2025

**All Majors Welcome! We're hiring for interns across
a variety of corporate functions, including:**

- Merchandising
- Supply Chain
- Technology
- Legal
- Marketing
- Finance
- Human Resources
- + more!



To apply scan QR code

What You Get

- Hands-on project experience
- Opportunity to present to leadership
- One week onsite in San Francisco
- Skill-building workshops
- Volunteer opportunities

What You Bring

- Your unique expertise and background
- Graduating in 2026 or 2027
- Permanently residing and able to work in the US
- Open to relocating to San Francisco
- Able to work remote in Pacific Time
- Eager to start your career



POWHER **PLAYLIST**

NETWORKING MODE: ON

1. **Golden-Jill Scott**
2. **Lovely Day-Bill Withers**
3. **Level Up – Ciara**
4. **I Do – Cardi B**
5. **Ain't No Mountain High Enough – Marvin Gaye & Tammi Terrell**
6. **Confident – Demi Lovato**
7. **Unstoppable – Sia**
8. **Brown Skin Girl – Beyoncé, Wizkid, SAINT JHN, Blue Ivy Carter**
9. **Good Day – Nappy Roots**
10. **Optimistic – Sounds of Blackness**





EDITOR'S CHOICE

NETWORKING HEROES

Ava, The Confident Greeter



Ava starts strong. A warm smile and confident greeting can set the tone for a great conversation. First impressions matter — make yours authentic.

Nia, The Curious Connector



Nia knows the secret — people love to talk about their journeys. Asking sincere questions shows curiosity and builds rapport.

Zora, The Elevator Pitch Pro



Zora delivers her pitch like a pro: short, specific, and memorable. Practice your 30-second intro so it feels natural, not rehearsed.

Jayla, The Follow-Up Friend



Jayla's thoughtful follow-up keeps the connection warm. Networking doesn't end at goodbye — it grows through genuine communication.

Nia, The Curious Connector



Nia knows the secret — people love to talk about their journeys. Asking sincere questions shows curiosity and builds rapport.



Network with our ElevateHER
Connections



THE FRESHMAN EXPERIENCE

INTERNSHIP BOOTCAMP

Connecting You to Internships, Mentors, and Career Opportunities

Wednesday October 29th in Cosby Auditorium

Time: 12:00 PM – 2:00 PM | Plan to stay for the full session — every minute counts toward internships, mentoring, and career connections!

Don't miss this opportunity to:

- ✓ Meet professionals who can mentor and inspire you
- ✓ Get connected with internship opportunities
- ✓ Build connections that boost your career path



REGISTER TODAY, AND BRING YOUR RESUME WITH YOU!

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Pathways
CREATING YOUR PATH TO LIFE
AND CAREER EXCELLENCE



Powered By: The Career Lab

DREAM BIG

“Be fearless in the pursuit of what sets your soul on fire.”

-Janelle Monáe



FOLLOW



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CAREER PLANNING AND DEVELOPMENT