



# HER DREAM

INTERNSHIP MAGAZINE

September 2025

## 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.

[cpd.spelman.edu](http://cpd.spelman.edu)

Spelman College.  
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

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Royal  
Caribbean  
Multiple  
Positions

[Apply Now](#)



FIFA  
Future Leaders  
Internship  
Program

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Flowers Foods  
Summer  
Internship  
Program

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# Spelpreneur

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- Competition awards totaling **\$8,000**
- Lunch with **Spelman College President Rosalind Brewer**
- And more!

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9/11  
11:59 p.m. EST**



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



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



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



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”**



## 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

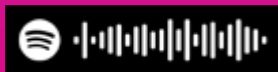
Internship  
Podcast



**BRITTANY HEATH**

Strategic Talent Manager at Estée Lauder

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**Spotify**



DreamHER PODCAST | 12



# **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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SEPTEMBER**  
3:00PM - 7:00PM ET

**MANLEY CENTER  
ATRIUM**

**INTERNSHIPS?  
LEARN MORE**



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ESTÉE  
LAUDER  
COSMETICS

# DREAM BIG

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



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