

# INTERNSHIP SPOTLIGHT

## Bayley Fields

**Graduation Year:** 2019

**Semester of Internship:** Summer 2017

**Major:** Biology (Nutrition)

**Hometown:** Pittsburgh, PA

**Minor:** N/A

**Hobbies:** Reading, watching Netflix, crafting, hanging out with friends

**Campus Activities:** Yoga club, Weightlifting Club, Garden Club, Student Government Association, Peer leading, PittPAL

**Future Plans:** Finish my degree, go to graduate school, and help people eat to fit their needs.



\*\*Bayley's internship was completed in collaboration with Pitt Oakland's Summer Edge through the Public & Global Health summer program: <http://www.summeredge.pitt.edu/>

- **Internship (company/your title):**

I worked at Latham Street Commons in Friendship, PA as an intern.

- **What were your duties?**

I spent my time at a summer camp for teenagers educating them about eating healthy and sustainable living. When I wasn't teaching I was maintaining the community garden and educating the surrounding neighborhood about gardening and eating healthy.

- **What did you enjoy most about your internship?**

I enjoyed meeting people from different backgrounds and listening to their struggles. Some situations involved more creating thinking on how to eat healthy on a budget, or in the middle of a food desert. I had to do a lot of critical thinking in order to adequately help people, which I think will help prepare me for my future career.

- **What was the most difficult aspect of the internship?**

Convincing people that food grown from the community garden wasn't dirty, most people would plant food just for fun and throw it away instead of eating it. They were afraid it was somehow bad for them. It was also hard for me to effectively communicate with people in the neighborhood since I was young and have not experienced the same things they have.

- **How did your experience at UPG and in the Biology department prepare you for your internship?**

My background in Biology helped me to explain the science behind gardens better to some people. Biology has also taught me some of the basics about how the human body reacts to certain food. My leadership in clubs at UPG had helped me lead more in my internship and not be afraid to communicate with other people.

- **How has your internship prepared you for a career?**

My internship gave me an idea of what problem solving would look like in my career. I will likely have many clients with different struggles, health problems, and finance problems that I will need to consider when helping them. My internship gave me a direct glance into the differences many people have, and now it doesn't scare me as much.

- **What recommendations do you have for other students about doing an internship?**

Pick an internship you think you will like, regardless of whether or not it pays. It is far better to have a good learning experience than to have a bad experience that paid well. Don't be afraid to make suggestions and speak out, you may find yourself doing a special project if it's a good idea.

