



The Student Life Cycle/Honors College Promise: Study Abroad, Internships, Graduate Programs & Fellowships

An OS3 Parent/Family Webinar featuring:

Aurora Margarita-Goldkamp

Cindy Greb

Pamela Mertz

Patrice Darby



Agenda

1. Presenter Introductions
2. The Honors College Promise
3. Office of International Education
4. Internships
5. Health Services Advisory Committee
6. National Fellowships & Awards
7. Q&A



Learning Outcomes

Parents & family members will:

- Obtain information about the 3 parts of the Honors College Promise;
- Be able to refer their student to the appropriate office to get information about study abroad, internships, Health Sciences Advisory Committee, and National Fellowships and Awards

THE HONORS COLLEGE PROMISE





WE GUARANTEE every student the opportunity to engage in a research, internship, or international experience. Combine that with the rest of your St. Mary's College experience and you'll be well on your way to a rewarding career.

Where To? An Intro to All Things Global

Aurora Margarita-Goldkamp, MA
Director of International Education
The Office of International Education



Office of International Education Overview:

-  Provide support to all students planning to study abroad, while abroad, and upon re-entry
-  Provide support to international students at SMCM
-  Maintain a portfolio of safe, academically rigorous programs abroad
-  Promote study abroad and international education as a whole on campus

Why study abroad?

01



Immerse yourself in unique cultures, broadening your worldview and developing your global citizenship.

02



Gain valuable skills that will be applicable in your professional future.

03



Earn credits in your major. Apply credits to your graduation path.

04



Increase your confidence & independence by traveling around the world!



Study Abroad Program Types:



SMCM Programs: Semester, Year-long, Direct Enroll, Provider, and Exchange Programs

- ~ 26 programs
- ~Students pay SMCM tuition and fees
- ~All federal, state, and SMCM aid, as well as IE Office scholarships apply



Faculty-led Study Tours

- ~1-4 weeks in winter, spring, or summer
- ~Typically earn 4 credits towards a particular SMCM course
- ~Close interaction with faculty leader and other SMCM students



Where does St. Mary's have programs?



Africa



The
Americas



The United
Kingdom



Asia &
Oceania



Europe

What majors can study abroad?

All majors!



Start now with your student!

- Check out our website at www.smcm.edu/ie:
 - Program Budgets
 - Financing Study Abroad Tips
 - Health and Safety Resources and Support
 - Diversity & Inclusion Resources
- Explore best-fit programs
 - Take some time to look at options and listen to your student's reasoning and goals for their selections.
- Please know that students are encouraged to make an advising appointment with IE Staff to answer their specific questions.
 - The planning process empowers your student to navigate the independent experience of studying abroad.

Questions?

Office of International Education

Anne Arundel Hall North 211

www.smcm.edu/ie

ie@smcm.edu

@smcmintled

240-895-4202

CENTER *for* **CAREER &** **PROFESSIONAL** DEVELOPMENT

Courses • Coaching • Connections

Signature Honors Internship Program (SHIP)



**Practical
Experience**

Skills Development

Career Exploration

Networking

**Increased
Employability**

Personal Growth

**Cost-Effective
Recruitment**

**Workforce
Development**

Typical Internship Structure

Academic Semester:

On-Campus (Paycheck)

- ★ 15 weeks per semester
- ★ 6-10 hours per week, min wage \$15/hr

Off-Campus (Stipend)

- ★ 15 weeks per semester
- ★ 10-20 hours per week
- ★ Avg \$2,500-4,000



Summer Semester:

On-Campus (Paycheck)

- ★ 10-12 weeks
- ★ 32-40 hrs per week, min wage \$15/hr

Off-Campus (Stipend)

- ★ 8-10 weeks
- ★ 32-40 hrs per week
- ★ Avg \$4,000

Student Internships On and Off Campus

535 Internships
Filled out of 745
Opportunities



246 On-Campus
Internships
249 Off-Campus
Internships



Internship Search Tips



- ★ Before conducting searches for internship or employment opportunities, **ALWAYS** make sure your resume is up to date and error-free
 - [Navigate to our Professional Documents resource page for templates and tips](#)
 - Stop by our Career Studio and have a Career Mentor review your materials



Glendening, second floor ~ Monday through Friday, 10:00am - 5:00pm

When to Look



	<i>Spring Internships</i>	<i>Summer Internships</i>	<i>Fall Internships</i>
<i>Recruiting period for competitive internships</i>	August - November	September - December	March - August
<i>Recruiting period for many employers</i>	November - January	February - April	July - August
<i>Internship duration</i>	Mid-January - May	June - August	September - Early December
<i>Average length and hours</i>	10-15 weeks or the duration of the spring semester; 10-20 hours/week part-time	10-12 weeks; 20 hours for part-time, 40 hours for full-time	10-15 weeks or the duration of the fall semester; 10-20 hours/week part-time

Source: <https://www.indeed.com/career-advice/finding-a-job/when-to-apply-for-internships>



Where to Look



Curate Resources:

- ★ Handshake
- ★ SHIP at SMCM (New!)
- ★ SMCM academic department home-pages
- ★ SMCM Daily & Current - Internship tab
- ★ Professional associations, job boards
- ★ LinkedIn Alumni tool

*Don't get
discouraged if you
don't find something
right away!*

Track/Organize Searches:

- ★ Be methodical! Check curated resources regularly for new posts

Health Science Advisory Committee (HSAC)

Dr. Pamela Mertz
Professor of Biochemistry
Chair, HSAC
psmertz@smcm.edu



Who is HSAC for:

Dentistry, Medical, Nursing,
Occupational Therapy, Optometry,
Physical Therapy, Veterinarian, or
any other health related field



First two years: Provide advice and guidance to students interested in preparing for graduate programs in the health sciences.

Junior/Senior year: Advice on application, personal statement, standardized exams

Year of Application: Mock interview, committee letter



What is a HSAC Committee Letter:

A review of your applications, talking about the strengths and weaknesses of your application



Who needs a HSAC committee Letter:

Medical Schools
Veterinary Schools
Most Dental Schools
Optometry Schools
Podiatry Schools
Osteopathic Medical Schools

**However, we are here to help all those applying to
health-related fields!**



Why do Directed Research?

- Help synthesize and apply material from prior coursework
- Gain experience that will help you determine your career goals
- Valuable when applying for summer internships and other programs
- Great preparation for SMP



Preparing for Graduate School



Patrice Darby
Associate Director of Student Success
Office of Student Success Services



Graduate School



- What is graduate school?
 - Grad. school = a degree program after earning a bachelor's degree (for the purpose of this talk)
- Why attend graduate school?
 - Deep dive into a chosen field, more opportunities, higher salary

Types of Graduate Degrees



Business School



MBA

Law School



JD

Medical School



MD, MD/PhD

Graduate School



PhD, MS, MA
MFA, MAT

Graduate Exams



Business School

↓
GMAT
GRE

MBA

Law School

↓
LSAT
GRE

JD

Medical School

↓
MCAT

MD, MD/PhD

Graduate School

↓
GRE*

PhD, MS, MA
MFA, MAT

Costs Associated with Applying to Graduate School



-
- Test Fees
 - Taking the test
 - GRE: \$220
 - LSAT: \$238
 - MCAT: \$335
 - Sending scores to additional schools
 - Application Fees (\$50-\$110)
 - Visits/ Interviews



HELP with Costs of Applying to Graduate School

- Test Fees Waivers/ fee reduction
 - MCAT- Association of American Medical Colleges ([AAMC](#))
 - ETS (Educational Testing Service) for GRE
 - Apply for a GMAT fee waiver through an MBA program to which you plan to apply.
- Application Fees
 - Medical School- AAMC
 - Graduate School- Application fee waivers
- Certain outside programs cover some of these costs

Graduate School Timeline



1st Year

- Aim for a 4.0 GPA
- Connect with HSAC

2nd Year

- Get to know professors

3rd Year

- Standardized test prep and sit
- Grad School Fairs

4th Year

- Apply and interview

National Fellowships & Awards Office



Dr. Jennifer Cognard-Black

The Office of Student Fellowships and Awards

Director: Dr. Jennifer Cognard-Black
Professor, Department of English
Fulbright Scholar to Slovenia and the Netherlands
Contact: jcognard@smcm.edu



Dr. Jennifer Cognard-Black

As part of St. Mary's commitment to academic and professional excellence, the Office of Student Fellowships and Awards (OSFA) supports current students and alumni who wish to apply for nationally competitive funding opportunities. OSFA is particularly focused on:

- helping seniors and recent graduates with applications for Fulbright Awards to teach or do research internationally; and
- supporting undergraduate researcher in STEM fields with Goldwater Scholarships that provide funding towards tuition, room and board, and books.



Each year, selected mentoring cohorts for Fulbright and Goldwater receive advice and writing support from Dr. Cognard-Black as they prepare their application materials.

Nationally competitive awards are more than just a way to secure funding for teaching or research opportunities. They are transformative experiences that provide students with a competitive edge for graduate or professional school and for future careers.

What Does the National Fellowships & Awards Office Do?



- Connects students with prestigious national award opportunities such as Fulbright Awards & Goldwater Scholarships
- Mentors students at every stage of the process, from brainstorming to final applications
- Fosters a clearer vision of future goals & a better understanding of talents and strengths
- Helps build skills in reading carefully, writing clearly, and interviewing effectively



Goldwater Scholarships

Supporting up to 350 college juniors and seniors each year in STEM fields who hope to pursue research careers



U.S. Fulbright Program

Supporting up to 2,200 students across 140 countries each year to teach English, go to graduate school, or engage in an original research project in a foreign country



Surisitee Motiram - Colombia

Surisitee Motiram is currently in Colombia on a 2024-2025 English Teaching Assistant Award! When asked about the trip, Surisitee said, "As I embark on this journey, I'm filled with excitement and gratitude. It's not just about where I'm going; it's about the connections I'll make, the knowledge I'll gain, and the impact I hope to create." Surisitee graduated from SMCM in the spring of 2023.

Summer LaRocco and Jon Geyer - Taiwan



Summer LaRocco and Jon Geyer traveled to Taiwan during the summer of 2024 through the Fulbright-Hayes Program. They both majored in Asian Studies, and used their time abroad to gain valuable insight into the cultures they have been studying at SMCM. Jon graduated in the spring of 2024 and Summer will graduate in 2025.



Tess Ovington - Austria



Tess Ovington is teaching English to Austrian high school students as a U.S Teaching Assistant (USTA). As a salaried English teacher in the state of Lower Austria, Ovington will spend a year teaching in Melk, a town on the River Danube, an hour west of Vienna. It's known for the 11th-century Melk Abbey and is also the oldest continuously operating school in present-day Austria. Tess graduated from SMCM in the spring of 2024.



Amazing Stats



NFAO website

Summer '24: 9 Fulbright applicants; 5 selected as semi-finalists!

JCB Contact Info

Email: jcognard@smcm.edu



Future Webinars

Tuesday, 3/4/25 at 7PM

- Help Your Student Become an Independent Adult, Part 1

<https://smcm.zoom.us/j/87527646339?pwd=JqGZb1YaeW4pnMbapbGcwe2CbkGjfF.1>

Meeting ID: 875 2764 6339

Passcode: 563613

Tuesday, 4/8/25 at 7 PM

- Help Your Student Become an Independent Adult, Part 2

<https://smcm.zoom.us/j/87527646339?pwd=JqGZb1YaeW4pnMbapbGcwe2CbkGjfF.1>

Meeting ID: 875 2764 6339

Passcode: 563613

Q&A





Frequently Asked Questions



When should students start thinking about going abroad?

- Now!



Are there eligibility requirements?

- Yes! There are GPA and conduct requirements. Please check each program page for the requirements.



How much does it cost?

- Each program page has a Program Budget webpage.



How to choose the best-fit program? (Provider v. Direct or Exchange)

- Think about the location, cost, course offerings, and the level of support
- Provider programs offer more excursions and on-site support, but can cost more



Is study abroad affordable?

- Peruse our website for scholarship resources
- Apply to IE Scholarships



Do students have to speak another language to go abroad?

- No way!



Can students go abroad if they are athletes?

- Yes!



Is it safe?

- Study abroad carries its risks, just as travel and everyday life does. Risk management is part of our job, and health and safety are our top priorities!



When do most students go abroad from SMCM?

- Sophomore or Junior years



Will students need a visa?

- Probably! They will receive more information about this when they apply.



Will students graduate on time if they go abroad?

- Yes! That is our goal!