



# Jackson Osborn

AISES Sequoyah Fellow, Electrical Engineer

[Jackson.Osborn@noaa.gov](mailto:Jackson.Osborn@noaa.gov)

# How to get the most out of an internship/research experience using SKILLS

## STAY ORGANIZED:

- Use a planner or calendar apps to plan and track your time efficiently.
- Document your work in a lab notebook.
- Digital organization (smartphones, apps, Google Drive, Github, etc.).

## KEEP INTERESTED:

- Find an internship that really interests you and aligns with your goals.
- Find hobbies that align with your interests and allow you to apply what you have learned.

## GET INVOLVED:

- Take part in group activities and team building exercises, it helps to know the people you work with.
- Say YES to any opportunity that might be available, even if it does not help you right away it will add to your skillset and experience.

## LEARN FROM THOSE AROUND YOU:

- The people you work with are more experienced than you are.
- Do not be afraid to ask questions!
- The different perspectives and disciplines around you could help you in ways that you might not have otherwise thought of.

## LOVE NETWORKING:

- Take part in networking events, you never know who you might meet or what you might discuss.
- Have that elevator speech ready, you could meet your future boss or someone that could help you land that dream job.

## SHARE WHAT YOU LEARNED:

- Be a mentor to incoming interns or recent hires.
- Give back to your community by engaging in outreach.

**Bonus Tip...Most Importantly, HAVE FUN!**