



INROADS Puget Sound Student Association July Newsletter

Hello INROADS Interns!

I hope all of your internships are going well. Be sure to get to know the other interns at your place and those in your area. Look out for emails for networking lunches which will be in an area coming near you. There are a lot of events coming up, and be sure to be ready for officer elections next Saturday! Be sure to go by the website for critical dates and information at <http://students.washington.edu/ipssa>. Also, a requested article has been excellently written by Alice Liang, so do take a look. Email me also if you have any questions at lanz@u.washington.edu. Remember, work hard, but enjoy your summer! It has been a pleasure producing newsletters for you all and you all should look forward to a new set of officers next year.

Cheers,
Lanna Wei
IPSSA Vice President
Newsletter Editor

Important Dates (as mentioned above):
July 14- Intern and Alum Event from 6-8pm
July 21st- INROADS Banquet

July 23- 3rd Training Day for ALL Interns
July 26- Additional Training for NEW Interns

INROADS at The Seattle Business Institute

By Charisse Arce

This year, INROADS was invited to give a presentation to the high school students attending the Seattle Business Institute at Seattle University. The Seattle Business Institute is four day program put on by SU's Alber's School of Business to expose college-bound high school seniors from underrepresented demographic groups, specifically African-American, Native American and Hispanic students to different areas of business and business school course work. Students will get a feel for college life by staying in the dorms over the course of the four days.

Myself, the SU Rep Christine Aquino, and an INROADS alum Ryan Littleton, gave a presentation to these students. The students were very inquisitive and took a lot of notes. We were surprised how many times the students wanted us to go back to the slide that had the INROADS mission statement on it. We learned that this program happens every year, and I feel that an INROADS presentation should occur annually as well. Overall, this was a success because we were able to talk to some great students and get these young individuals thinking about their future.

INROADS Banquet

The banquet is on July 21st. By now, you should have already notified your managers about this event. The location of the banquet is at:

Seattle Hilton
17620 Pacific Highway South
Seattle, WA 98188
6-7 pm (Reception - Emerald Foyer)
7-9pm (Dinner & Program-Emerald Ballroom)

Do not forget that each intern is required to secure a raffle prize and also sell 10 raffle tickets. This is our biggest fundraiser of the year!! The list of raffle prizes can be found at <http://students.washington.edu/ipssa/secured.htm>.

WAYS TO STAY AWAKE AT WORK BY ALICE LIANG

Its 2:00PM and are you staring at your computer screen trying to stay awake? Most of us have at least experienced a day or two of counting down the hours and minutes before we can head home and crash on the sofa or bed. However, continued fatigue can lead to careless work, unproductiveness, as well as a nasty mood that ultimately hurts your image of how others perceive you. Hopefully with these few little tips I have compiled, it will help prevent incidents of falling asleep on the job.

1. **Get to bed early.**

Although it is the summer and we may not have classes or an exam, that does not mean we still do not need our rest in order to produce good quality work at our internships/jobs. Make an effort to go to bed at a particular hour. This will also make it easy on your body to go off of a routine, instead of sleeping and waking up at different hours during the week.

2. **Exercise does a body good.**

Try hitting the gym or participating in a sport that you enjoy. This helps get the endorphins in your body going. With time, you will notice that you have more energy, and just feel a lot better.

3. **Do not skip or work through your lunch.**

Many individuals skip or work through their lunches because they either want to get out of the office early, or claim that they have too much to do. Taking a lunch/break away from your desk is actually refreshing. It gives your brain a break, and stepping away from your desk where you are not worrying about budgets, deadlines, etc. is a good thing.

4. **Start substituting sugary sweets with fresh fruits, yogurt, granola etc.**

Foods packed with sugar only provide you with a temporary surge of energy where as fresh fruits provide you with essential vitamins that help keep you going throughout the day.

5. **We can't forget caffeine.**

Coffee is a great immediate energy booster. However, most individuals get on a caffeine high and then eventually hit a low. Try drinking tea or other energy drinks (ex. Matcha Green Tea at Jamba Juice) instead. They have a sufficient amount of caffeine that will help you stay awake without having your body go through such drastic ends.

Alumni of the Month

This month's feature is about Elliot Escalante. He has remained with the company he interned with and has useful insight we could all use!

Interviewed by: Prem Kumar

Name: Elliot Escalante

Current Position, Employment: Business Manager of Transportation Services, The Boeing Company

Major, College and Year of Graduation: Economics, Claremont McKenna College, 2000

How did you choose your major? Good question.

Where did you intern? The Boeing Company

What do you do for fun outside of work? Flag football, soccer, travel, read, hang out with friends...

What did you do after college? Work for Boeing

Toughest challenge as an intern? Learning all the acronyms.. understanding the business well enough to be able to contribute to the organization

Most rewarding part of being an intern? The network of people that I met

What's one thing everyone should do during their internship? Informational interviews with managers of other departments where you have an interest.

What's something that you learned after your internship that would've been valuable as an intern? It's OK to make a mistake once in a while
What was the most valuable thing you learned as an intern? Business is all about personal relationships

Who are your mentors? Various Boeing Managers

Who are your role models? Father, Grandfather

What do you remember the most about INROADS? My friends

What is the most rewarding part of your job?

Paycheck and feeling valued by my team

What do you miss the most from your school/intern days? Less stress/more goofing off

Is there any advice that you would like to say to the current INROADS interns? Try to figure out what you want to do in your career while you're in school. Then you can really focus on getting there when you start working. The real world arrives very quickly after you graduate from college. Be prepared.

LDI Pictures

Below are pictures of interns playing cards, officers setting up for the social, the Texas Hold Em Tournament, and salsa and dancing. What a great experience! Let's thank all the local and national staff from INROADS for gathering with us in Bellevue to give us an awesome LDI.

