

Internship Experience

Just about one year ago, I began my search for an internship placement that would challenge me in ways that I had not been challenged, as the rising young professional that I am. After many hours of searching different websites and internship opportunities, I came across the Office of Diversity and Equity (ODE) internship placement. I did not think I was qualified enough to work for a county health system, but I decided to apply and give it a try.

Now, months later, I am proud of the many ways I have been challenged and how much I have learned and the experiences that I have gained and will follow me from here and on.

Throughout my internship placement, I was able to not only assist the many project components of Anti-Stigma and the Parent Project, but I also learned the impact these projects have in our community. Projects such like Anti-Stigma and the Parent Project educate our communities on matters such like mental health, access to resources in the county of San Mateo, and much more. It is through the work of these programs, that members of the San Mateo community are becoming more knowledgeable about their health and are taking charge of their own well-being.

I am thankful for the many learning opportunities that I was able to partake during my internship placement with ODE. The skills that I learned and continued to redefine, the lived experience I was able to witness, and working for a trailblazing health system has fueled my passion to continue following my pathway towards the field of Public Health. I am thankful for my time with ODE, what I have learned, and for what is to come.

To healthier communities for us all!