



Labovitz School
OF BUSINESS AND ECONOMICS
UNIVERSITY OF MINNESOTA DULUTH
Driven to Discover

INTERNSHIP PROGRAM

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Essentia Health



How did you choose where to intern and did you seek help?

I have always wanted to work in a big hospital, and since Essentia is the largest in the Northland, I thought it would be a fun challenge to try and secure an internship there. I could not have gotten this internship without the help from Angie Soderberg. I visited her office mid-semester in somewhat of a panic because I hadn't found an internship yet, and she helped me with everything. As soon as I sat down, she had a list of potential sites for me. She told me that she was recently in contact with the internship director at Essentia and that they had one spot left. Angie and I acted quickly and emailed right away. I interviewed with the Essentia supervisor, who felt that I would be a great fit and offered me the position!

What challenges did you face while interning and how did you overcome them?

The biggest challenge for me this summer was the realization that I wanted to change my career direction and go to nursing school instead. For the past two years I have dedicated so much of my time and education to the health care management program, but when I was at my internship, I had this strong desire to work with patients instead of working behind the scenes. It was very difficult for me to sit at a computer for multiple hours a day and not interact with people, which is what I love to do. I hope that someday I can utilize my health care management degree and attain a manager or administrative position. In the meantime, I'm going to get some clinical experience. This was a huge, life changing decision, and I would not have realized that this was what I truly wanted to do if it weren't for my internship.

What was the most surprising yet rewarding experience you had?

I was able to job shadow Steve Jorgensen, the Chief Operations Officer, for a day. It ended up being one of my favorite days. Everyone would say hello to him as we walked around. We were also joined by the President, Dr. Dan Nikcevic. What really surprised me was that they would stop and ask if there was anything they could do to better assist the physicians, nurses and employees. It was amazing to see these upper level administrators take the time to have face-to-face meetings with employees all around the hospital. When employees had concerns, both administrators listened carefully to everything. It was a very rewarding experience and something I will remember to do if I ever reach an upper level administrative position. The main take away that is, you never know what could happen in a day or who you will meet, so don't take a single moment for granted.

What recommendations do you have for someone starting their internship journey?

Make connections and meet employees outside of your own department. I had at least one or two informational interviews or job shadows each week with different Essentia departments. It was extremely helpful to experience what other types of jobs besides the ones that were in my department. Spending the day with the Director of Nursing was what ultimately made me want to go into nursing. Also build a relationship with your co-workers right away. This makes the whole internship a better experience. Lastly, remember to always stay organized. You may have to take on several projects at a time, and the best way to handle this is by making checklists or schedules.