HOW TO SUCCEED AT ADMETECH

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At the beginning of my internship with the AdMeTech Foundation, my goal was to develop and expand my abilities as a “good” staff member. I believe these abilities include effective time management, patience, attention to detail, and sustained, diligent effort in all work-related matters. If I was to “re-do” my internship, I would stick with the same goal. Based on commendations from my direct supervisor and CEO, I can proudly say that my goal was accomplished.

Throughout the internship, I was constantly asking my supervisor for suggestions on how I could improve. Both my supervisor and the CEO saw my hard work and I was offered a job during the 2014-2015 academic year. It was reassuring and meaningful to receive such an offer – unfortunately I was unable to accept it because of the conditions of my international student visa. I think I’ll give President Obama a call. Despite this sour grape, I would consider my time with AdMeTech to be a very successful experience: I had a clear goal, kept up with my work, and earned a fair amount of praise.

One crucial lesson that I learned from this experience was never to hesitate to ask questions when you’re not sure. At the beginning of my internship, I was a little nervous and did not know what to do. When I was not sure about instructions given by my supervisor, instead of clarifying, I forged ahead – to my detriment! After a few tries, I realized this approach was an inefficient (and frustrating) way of working because I often needed to revise work I had done (perhaps unnecessarily). When I decided to begin asking for clarification, I realize that this
was not something to be embarrassed about. “Investing” some additional thought and effort at the beginning of my assignments made things go more smoothly.

A second, related, lesson was not to be afraid to speak up – especially if you are confident you have strengths to share. For example, I was able to make use of my strengths as an HSSP major when AdMeTech was developing an ad campaign. For this campaign, we asked running legend Bill Rodgers – also a prostate cancer survivor – to record a video in support of prostate cancer screening. A successful ad needs to be short, convincing, and inspiring (i.e., to move your intended audience to do something). During a planning meeting, I insisted that the ad emphasize the word “early” because early detection is what AdMeTech has done differently than other organizations promoting prostate cancer awareness. Thanks to my training as an HSSP major, I strongly believe that more preventive/primary care that can detect a disease in its early stages is of substantial benefit to people’s health and decreases costly dependence on more expensive forms of care. My colleagues saw my passion, understood my reasoning, and accepted my suggestion for the ad campaign.