Launch a Career You’ll Love
Switch majors, learn to code, nab an internship at a high-profile company, the list goes on and on. But all of these opinions are missing the point — you’re going to spend a third of your life at work, which is a long time to be stuck in a job that doesn’t align with your goals and beliefs.

So, the idea isn’t to get just any job, it’s to launch a career — a career that you’ll love, that excites and fulfills you, and that takes the best of what you can offer while giving you the compensation you need to fuel your ambition.

You have the power to envision your future. The question is: how do you gather the tools and the people to make it happen?
Welcome to the best network of internships, mentors and advisors you didn’t know about.

After helping over 60,000 students launch their careers, we hold this to be true: people, not technology, are the number one asset in your career journey. This is especially relevant in the digital age — how many times have you submitted an application online only to have it vanish into the void? So, the old saying of “it’s not what you know, it’s who you know” is more relevant than ever.

You’ve Got the Vision, We’ve Got the Connections

Welcome to the best network of internships, mentors and advisors you didn’t know about.

3, 2, 1...Launch

Anyone can get an internship, but not every internship will get you ready to hit the job market and launch your career. That’s why, for those who are serious about making themselves competitive in a global economy, the typical internship just isn’t going to cut it. You need a 360-degree experience that’s centered around you and your goals.

What You Need to be Career Ready

A quality, hands-on learning experience doing meaningful project-based work. Coffee runs and data entry won’t help you get ahead.

Actionable tips for nailing the job search process, plus bulletproof application materials that don’t just get you the interview, but the job itself.

All the Adulting 101 info you’ll ever need, such as negotiating your first salary, navigating a new city, managing personal finances and more.

The Average Internship

If you’re lucky! The quality varies immensely.

Perhaps your supervisor will be kind and give you resume advice?

That’s what Google is for, right?

A Professional Semester with TWC

Employers are vetted for their commitment to fostering work environments that allow interns to thrive.

With the help of our career advisors, you’ll stand out in every stage of the job application.

Because a career you love is only part of the equation.

The Average Internship VS A Professional Semester with TWC

Best of all, get academic credit so you can graduate on time.

What You Need to be Career Ready

A defined professional identity, so you can always put your best foot forward in the workplace.

An in-depth, skills-driven report on the areas in which you excel, where you can improve and how you compare with your peers nationwide.

An advanced online portfolio showcasing your accomplishments and connecting you with employers.

A powerful network of employers, mentors, faculty, dedicated advisors and over 60,000 successful alumni all rooting for your success.

Once your semester is complete, you’ll walk away with:

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Once your semester is complete, you’ll walk away with:
Sure, you’ll have an incredible internship and a great city to live in, but it’s our people who make all the difference.

Your Application

Admissions Counselor
I’m here to help you explore what TWC might look like for you, including cost and credit arrangements on your campus. I can serve as a resource when it comes to your application and am happy to answer any questions you have as you consider TWC.

Your Perfect Internship Match

Pre-Arrival Advisor
I’ll ask you about your interests and goals, then we’ll work together to match you with an internship that fits what you’re looking for. I’ll also help you prepare for your time in D.C. and answer any questions you have before you arrive.

Your Professional Development

Career Advisor
Once you arrive in D.C., I’ll help you establish goals, identify your strengths and create a plan for your career launch. We’ll typically work together as part of a small group on Fridays, but I’m also available for one-on-one advising on weeknights.

Your 9-to-5

Internship Site Supervisor
You’ll see me Monday through Thursday at your internship site. I’ll be your go-to person in the office, so we’ll often talk about the projects you’re working on. Always feel free to ask questions or share your ideas if there’s a particular assignment you’d like to pursue!

Your D.C. Insider

Alumni Mentor
I live in TWC housing, so I’m around if you need a helping hand. I’ve been in your shoes as a D.C. intern, so I’m also happy to give advice or help you make the most of your time in the city.

Your Home Away From Home

Student Services Staff
We’re here to provide support and make sure you have what you need to live comfortably in TWC housing. Not to brag, but we also plan some pretty fun weekend trips and D.C. outings.

Your Academic Development

Evening Course Instructor
You’ll see me one night each week for your evening course. I’m here to provide my experience and expertise, but I’ll also lead our class through discussions so that we can learn from each other’s diverse perspectives.

Alumni Community
We’re here to support you during and after your time in D.C. Feel free to contact us for informational interviews (or just a casual coffee meeting) – we’re happy to provide advice or help you get connected.

Students gave their internship experience 4.5 out of 5 stars

71% of alumni reported improvements to their network-building abilities by the end of their time in D.C.

85% of alumni said their internship site supervisor contributed to their professional development.

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85% of alumni said their internship site supervisor contributed to their professional development.
Tyler Hoover, Anderson University
Internship: Senator Tim Scott’s Office (R-SC)

Never a dull moment on Capitol Hill

Monday Tuesday Wednesday Thursday Friday
Writing a memo on the Israel-Gaza Strip conflict
Prepping for my TWC evening course
Meet-and-greet with constituents
Networking chat with a U.S. Naval Captain
Heading to NYC for the weekend

See more at www.twc.edu/tyler

Emily Yinger, University of Lynchburg
Internship: Voice of America

Making the most of opportunities

Monday Tuesday Wednesday Thursday Friday
Shadowing the staff at ABC7
Hosting and editing a one-minute news segment
Call about volunteering for an Emmy Awards event
Interviewing for a job at NBC4
Tour of Politico’s office and meeting with HR

See more at www.twc.edu/emily

Samuel Santos, Florida International University
Internship: American Association of Colleges for Teacher Education

Monday Tuesday Wednesday Thursday Friday
Biking from work to TWC for my evening course
Brainstorming a project about diversity in education
Visiting the National Archives and watching Fourth of July fireworks
Tour of the Supreme Court
Resume workshop with TWC staff

See more at www.twc.edu/samuel

Typical Weeks Don’t Exist Here…

…but this is a preview of what you can expect.

Take advantage of all that D.C. has to offer:
- World-famous monuments
- Outdoor activities, such as kayaking on the Potomac and hiking in Great Falls Park
- The Smithsonian museums, including the National Museum of African American History and Culture
- The National Building Museum, International Spy Museum and many art galleries
- Nationals baseball, Wizards basketball and other sporting events
- Free concerts on the National Mall
Meet Your Home Away from Home

You’re not just moving into a building; you’re joining a community of bold, ambitious students from across the country (and around the world)! Our apartments are designed to give you the space and independence you need while also connecting you with the people who will make your time here truly special.

The Apartment
You’ll likely live in a two-bedroom, two-bathroom apartment with three other interns. Apartments are fully-furnished and include a washer/dryer and dishwasher in every unit. They also come with WiFi, cable, essential appliances and even pots, pans and cutlery already stocked in the kitchen cabinets. Our housing is managed by our dedicated student services team to ensure you have the tools and accommodations you need to live comfortably.

The Community
You’ll be living in NoMa, a walkable neighborhood with lots of local amenities and easy access to public transportation. Within our housing, you’ll be part of a community of interns looking to make the most of their time in D.C. Whether it’s studying together, going to dinner in your new neighborhood or seeing the sights on the National Mall there are lots of ways to find lasting friendships at TWC.

The City
Visitors will tell you they love D.C. for the monuments and museums. Locals will add that it’s so much more. It’s a perfect fit for someone who is looking to advance their career in a diverse city where there’s truly something for everyone. There are opportunities for networking and career development, but there’s also a vibrant arts and music culture, a world-class food scene, every kind of professional sport, and plenty of festivals and community events to attend.
The classroom and the professional world are so different, and TWC helped set me up for success in making the transition. I now feel confident navigating the workplace: how to interact with my supervisor, with my peers, what are good questions to ask and what are questions for me to figure out on my own.

Gregory Harpe, Monmouth University
Interned with Clark Construction Group

You’re In Good Company

The Washington Center alumni community is over 60,000 strong. It’s made up of founders, CEOs, entrepreneurs, government officials and changemakers – and possibly your future self. See who you’ll be able to call peers:

Andrew Westmorland
President
Samford University

Anne Gamar
White House Correspondent
The Washington Post

Austin Gabriel Ferrer
Associate Director
Office of the Staff Secretary
The White House

Cristina Brownell
Director of Marketing Operations
POLITICO

Davis John Abraham
Vice President of Corporate Responsibility
J.P. Morgan Chase & Co.

Dega Farah
Human Rights Officer
United Nations

Donni Turner
Senior Education Policy Advisor
Senate Budget Committee

Emily Rabadi
Senior Advisor for Strategic Communications
The Brookings Institution

Heather Conley
Senior Vice President, Center for Strategic and International Studies (CSS)

Jared Holman
Executive Vice President of Global Sales & Marketing
Volante Healthcare

Jasmine Wadsworth
Chief of Staff
D.C. Mayor Muriel Bowser’s Office of Community Affairs

Karen Price-Ward
Manager of Corporate Community Affairs
Southwest Airlines

Lindsey M. Williams
Senate District 38
Pennsylvania State Senate

Mark Hatton
Director of Electoral Engagement
Alliance for Youth Action

Marta Tellado
President
Consumer Reports

Michelle Asha Cooper
President
Institute for Higher Education Policy

Monique Freeman
Director of Communications
Prudential Financial

Paul D. Shinkman
Senior National Security Correspondent
U.S. News and World Report

Raquel Zaldivar
Visual Journalist
The Chicago Tribune

Susan C. Pannullo
Director of Neuro-oncology and Director of Neurosurgical Radiosurgery
Weill Cornell Brain and Spine Center

Tara DiJulio
Director of Global Public Affairs
GE

Taylor Reddy
Director of Communications
Senate Judiciary Committee

Taylor Schuleke
Video Producer
National Geographic

Tom DiGenno
Program Officer
The Richard E. and Nancy P. Marriott Foundation

Yisel Cabrera
Manager of Government and Community Relations
Ford Motor Company

The classroom and the professional world are so different, and TWC helped set me up for success in making the transition. I now feel confident navigating the workplace: how to interact with my supervisor, with my peers, what are good questions to ask and what are questions for me to figure out on my own.

Gregory Harpe, Monmouth University
Interned with Clark Construction Group

Watch Gregory’s Story
Visit www.twc.edu/app-docs to learn more about how your application documents will be used and to see samples of the documents above.

Review additional scholarship options and budgeting resources at www.twc.edu/cost.

Your investment amount depends on where you go to school and is often less than our listed fees. Find out your cost-of-attendance by:

- Getting in touch with our Admissions Team, info@twc.edu.
- Speaking to your campus liaison and financial aid office.

See If You’re Eligible

To be eligible, you must:
- Be at least 18 years old.
- Be enrolled in an undergraduate program. Recent graduates and students in master’s-level programs may be considered on a case-by-case basis.
- Be a sophomore or above while participating in the program and have completed at least two semesters on campus by the start of the program.
- Maintain a grade point average (GPA) of at least 2.75 on a 4.0 scale.

- Demonstrate English language proficiency.
- Receive academic credit from your college or university for your participation in the program.
- Have approval from your campus liaison (or a faculty sponsor if there is no TWC liaison on your campus).

Your home institution may have additional eligibility requirements. Please contact your campus liaison before starting an application to TWC.

If you need help identifying your campus liaison, email us at info@twc.edu.

Tell Us About You

Application Documents:
- One-page Resume: Don’t be shy — include any and all experiences like volunteer opportunities, leadership roles on campus, honors and awards.
- Statement of Professional Interest: A summary (100 words) of what you’re seeking in an internship, the skills you’re hoping to develop and interests you’d like to explore.
- Issues Essay: A writing sample (500 words) on a key issue that is relevant to the field you’re hoping to intern in.
- Transcript: An official transcript from your school. You can upload your official transcript directly into your application or request that it be sent to TWC.
- Letter of Recommendation: We’ll need one letter of recommendation for students with a GPA of 2.75 or above (two letters are needed for everyone else). Recommenders should be someone who knows you either in a professional or academic setting.

Visit www.twc.edu/app-docs to learn more about how your application documents will be used and to see samples of the documents above.

Program Cost

Your investment amount depends on where you go to school and is often less than our listed fees. Find out your cost-of-attendance by:
- Getting in touch with our Admissions Team, info@twc.edu.
- Speaking to your campus liaison and financial aid office.

Program Dates

Check-In Internship Period Check-Out
Spring 2020 Jan. 22 Jan. 27–April 30 May 2
Summer 2020 May 31 June 2–July 30 Aug. 1
Fall 2020 Aug. 26 Aug. 31–Dec. 3 Dec. 5

Application Deadlines

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<tr>
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<th>Early Deadline</th>
<th>Regular Deadline</th>
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<tr>
<td>Spring 2020</td>
<td>Oct. 9, 2019</td>
<td>Nov. 6, 2019</td>
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<tr>
<td>Summer 2020</td>
<td>Feb. 19, 2020*</td>
<td>March 18, 2020</td>
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<tr>
<td>Fall 2020</td>
<td>April 8, 2020</td>
<td>May 6, 2020</td>
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* Applying by the Early Deadline gives you the chance to hear from TWC sooner and be considered for internship sites that have earlier internal timelines.

Some internship sites have timelines that precede TWC’s Early Deadline. These sites include most law enforcement opportunities, as well as some positions in the law/legal affairs and international-relations fields, and at various think tanks, government agencies, embassies and museums. If you’re interested in opportunities like these, we recommend submitting your application by January 2020.

What’s Next

1. Learn More
   Visit www.twc.edu/explore.
   Tell your liaison you’re considering TWC.
   Choose which semester or summer you want to come.
   Contact info@twc.edu or 202-238-7919 with questions.

2. Get Started
   See if your financial aid package can be applied to TWC costs.
   Work on your application documents.
   Talk to your letter of recommendation writer.

3. Apply
   Go to www.twc.edu/apply.
   Start an application for the Academic Internship Program.
   Submit your application with code APPLY2020 to waive the $60 fee!
   Confirm TWC has received all application documents.

4. You’re All Set
   Kick back while your application is reviewed by your liaison and TWC.
   Receive an admissions decision within two weeks after your application is complete!

Look Inside!
You’ll find a cheat sheet of how TWC will work for you. If you don’t have one and would like to learn about the cost and academic credit arrangements at your school, email info@twc.edu.

Promo Code
APPLY2020

14
TWC is so much more than just an internship. It’s a professional semester centered around you. And by the end of the experience, you will be ready to launch a career you’ll love.

Let’s take a closer look at the three components that will make up your professional semester.

1. Internship (Monday-Thursday)
2. Evening Course (One evening per week)
3. Professional Programming (Fridays and weekday evenings)
The Internship

Once you are accepted, you will be assigned a pre-arrival advisor. With this advisor, you can anticipate: a get-to-know-you video conference, resume review and next steps overview. Your pre-arrival advisor will work with you to figure out what is the best route to achieve your goals.

Together, you will explore what skills you have to offer, the type of internship site you are considering, the ideal organization size for you and other aspects that can weigh heavily on how comfortable and capable you will be at your internship. You will complete this part of the advising session with an idea of what type of role and/or what type of organization you’d like to work within.

Internship Matching

Following your advising session, we’ll submit your documents to targeted internship sites. Upon consideration from one of the sites, they will reach out to you and conduct a phone interview. You can expect to have one or several interviews. Once an offer is extended, you ultimately decide whether you want to accept it.

Our Internship Sites

We have a network of over 600 internship site partners. We work closely with our partners to ensure you will get access to:

- A supervisor invested in your personal and professional success
- Meaningful work that aligns with your interests
- Projects and assignments you can own
- A goal-oriented approach to work that will help you grow and improve

Career Readiness Report

TWC has partnered with the SkillSurvey Career Readiness Project™, an HR tool to assess your skills following your internship experience. At the end of your professional semester, you will undergo a 360-degree evaluation by your peers, your supervisor and yourself. The end result is a comprehensive report that provides feedback on your Career Readiness Level and how you compare with the national average. You’ll identify your strengths and improvement areas for critical competencies desired by employers, along with a roadmap for further development.

Sample Internships

We place interns in all kinds of industries, including nonprofit, government, the private sector, arts, finance and everything in between. This list is by no means exhaustive, but it will give you an idea of the range of organizations with which you could be matched.

Arts, Humanities & Education

American Federation of School Administrators • American Foundation for Suicide Prevention • Catholic Diocese of Arlington-Migration & Refugee Services • Congressional Chorus • U.S. Department of Education • International Leadership Association • Joy of Motion Dance Center • National Archives • National Association of Federally Impacted Schools • Naval History & Heritage Command • RespectAbility • Special Olympics • Student Veterans of America • United Way Worldwide • The Urban Institute • Washington Performing Arts

Business, Economics & Trade

1776 • Citigroup • The Consumer Goods Forum • U.S. Department of Commerce • Foundation on Economic Trends • Institute on Taxation & Economic Policy • International Executive Service Corps • Izar Capital Group • Manchester Trade • Peru Trade, Tourism & Investment Office • PrepFactory • U.S. Small Business Administration

Government & Politics

American Security Project • Council of State Governments Grant Thornton • Kieloch Consulting • Lobbbyt • National Hispanic Caucus of State Legislators • Running Start • S&P Global • The Abraham Group • The McKeeon Group • The Potomac Advocates • U.S. Department of Energy • U.S. House of Representatives • U.S. Senate • Whitmer & Worrall

Health, Science & Environment

Anthraxis Foundation • CitizenScience.gov • Climate Institute • EarthShare • Ecological Society of America • Grand Oaks at Sibley Memorial Hospital • HealthSperien • Medicovery • National Association of Health Underwriters • National Cancer Registrars Association • National Hispanic Medical Association • Scenic America • Securing Water for Food • Sierra Club

Law & Criminal Justice

Bureau of Alcohol, Tobacco & Firearms • Campaign for Youth Justice • D.C. Corrections Information Council • D.C. Law Students in Court • Dentons • Federal Practice Group • Federal Trade Commission • International Centre for Missing & Exploited Children • Justice Research & Statistics Association • Lawyers Without Borders • Metropolitan Police Department • National Legal Aid & Defender Association • Offender Aid & Restoration • Private law offices • Public Defender Service for D.C. • Same Day Process • U.S. Department of Homeland Security • U.S. Marshals Service

International Relations & Global Studies

Americans for Democracy & Human Rights in Bahrain • Amnesty International • Association for Diplomatic Studies & Training • Empowered Women International • Foundation for Defense of Democracies • InterAction • Inter-American Defense Board • International Rescue Committee • Leadership Global • Meridian International Center • National Defense University • Peace Corps • Potomac International Center for Terrorism Studies • Saphir Global • Various embassies • Wilson International Center for Scholars

Sample Internships

• Whitmer & Worrall
• U.S. Department of Energy • Hispanic Caucus of State Legislators
• Running Start • S&P Kieloch Consulting • LobbyIt • National American Security Project • Council of State Governments

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We place interns in all kinds of industries, including nonprofit, government, the private sector, arts, finance and everything in between. This list is by no means exhaustive, but it will give you an idea of the range of organizations with which you could be matched.

Arts, Humanities & Education

American Federation of School Administrators • American Foundation for Suicide Prevention • Catholic Diocese of Arlington-Migration & Refugee Services • Congressional Chorus • U.S. Department of Education • International Leadership Association • Joy of Motion Dance Center • National Archives • National Association of Federally Impacted Schools • Naval History & Heritage Command • RespectAbility • Special Olympics • Student Veterans of America • United Way Worldwide • The Urban Institute • Washington Performing Arts

Business, Economics & Trade

1776 • Citigroup • The Consumer Goods Forum • U.S. Department of Commerce • Foundation on Economic Trends • Institute on Taxation & Economic Policy • International Executive Service Corps • Izar Capital Group • Manchester Trade • Peru Trade, Tourism & Investment Office • PrepFactory • U.S. Small Business Administration

Government & Politics

American Security Project • Council of State Governments Grant Thornton • Kieloch Consulting • Lobbbyt • National Hispanic Caucus of State Legislators • Running Start • S&P Global • The Abraham Group • The McKeeon Group • The Potomac Advocates • U.S. Department of Energy • U.S. House of Representatives • U.S. Senate • Whitmer & Worrall

Health, Science & Environment

Anthraxis Foundation • CitizenScience.gov • Climate Institute • EarthShare • Ecological Society of America • Grand Oaks at Sibley Memorial Hospital • HealthSperien • Medicovery • National Association of Health Underwriters • National Cancer Registrars Association • National Hispanic Medical Association • Scenic America • Securing Water for Food • Sierra Club

Law & Criminal Justice

Bureau of Alcohol, Tobacco & Firearms • Campaign for Youth Justice • D.C. Corrections Information Council • D.C. Law Students in Court • Dentons • Federal Practice Group • Federal Trade Commission • International Centre for Missing & Exploited Children • Justice Research & Statistics Association • Lawyers Without Borders • Metropolitan Police Department • National Legal Aid & Defender Association • Offender Aid & Restoration • Private law offices • Public Defender Service for D.C. • Same Day Process • U.S. Department of Homeland Security • U.S. Marshals Service

International Relations & Global Studies

Americans for Democracy & Human Rights in Bahrain • Amnesty International • Association for Diplomatic Studies & Training • Empowered Women International • Foundation for Defense of Democracies • InterAction • Inter-American Defense Board • International Rescue Committee • Leadership Global • Meridian International Center • National Defense University • Peace Corps • Potomac International Center for Terrorism Studies • Saphir Global • Various embassies • Wilson International Center for Scholars
The Evening Course

One night a week, you’ll take part in one of our courses designed to help you step back from your daily work and reflect through an academic lens on broader aspects of what goes on around you as you experience Washington, D.C. You could fulfill a requirement for your major; delve deep into something you’ve always been interested in or experience a course you could only find in D.C.

Commonly Offered Courses

American Politics & Public Policy
- Issues in Science Policy
- Political Psychology
- U.S. Foreign Policy

Business & Administration
- International Business: Case Studies in Strategic Trade Management
- Introduction to Project Management
- Nonprofit Leadership and Management
- Social Entrepreneurship

Communications
- Crisis Communications
- Journalism Ethics in the Movies
- Media Management

International Affairs
- Conflict, Security and Peace in International Relations
- International Organizations and Humanitarian Law
- Middle East Politics
- U.S.-Chinese Relations
- Weapons of Mass Destruction

Law & Criminal Justice
- Criminal Procedure
- The Death Penalty
- The First Amendment
- Forensic Psychology
- U.S. Intelligence Community

Research
- Research & Writing

I had the pleasure of taking the Crisis Communications course. This course focused on the volatile nature of social media and the challenges companies face when social media attacks. Ultimately, I want to pursue a career in publishing. Thanks to the experiences gained from my Crisis Communications course, I’ll be more aware of possible crises that may arise when working with a sensitive project or content leaks.

Lauren E. Munroe, Bridgewater State University
Interned at D.C. Bar Foundation

Read the full story at www.twc.edu/course-experience
Professional Programming

Our professional programming is a mix of small group sessions, one-on-one career advising, events and networking opportunities designed to complement your internship experience. It helps you step back from your workweek and reflect on what you want, what you’re good at and what you want to learn more of as you pursue a career.

At the end of the semester, you’ll leave with a better understanding of yourself, what you love and what your strengths are, a powerful network that can help you achieve your career goals after TWC and an advanced online portfolio to showcase your work for future employers.

Career Readiness Programming (LEAD Colloquium)

Fridays at TWC will be dedicated to your professional development. We’ve designed a curriculum that combines small group sessions, career exploration days, addresses by distinguished speakers and other events across D.C.

Small Group Sessions
You’ll take part in small group sessions with your peers that are led by your career advisor. These sessions are designed to help you develop your professional identity, build lasting connections and learn how to navigate the job market like a pro.

These sessions are broken into modules, that will serve as a framework for your professional development throughout the semester:

- **Module 1**
  Professional Identity: You’ll take the Clifton Strengths Assessment and learn to use the findings at your internship site, networking opportunities and in your career planning.

- **Module 2**
  Workplace Dynamics: You’ll focus on understanding and navigating the workplace environment, drawing upon your professional bio and strengths.

- **Module 3**
  Career Launch: You’ll learn all about personal branding, how to develop your professional brand and define your networking style.

Simpson-Mineta Lecture Series
This speaker series aims to cultivate a spirit of civil discourse, discussing polarizing topics with distinguished guests and gaining a better, more holistic understanding of what’s happening in the world.

Career Exploration Days
There will be several opportunities for you to explore specific careers through our career readiness and professional development projects. On two days during the semester, you can attend programs, events and activities to network with professionals in D.C. and explore relevant topics in multiple industries.

ePortfolio
At the end of your semester, you’ll showcase all of your academic accomplishments in one place through Portfolium, a student-centric ePortfolio that’s also employer-friendly.

This will allow you to feature not only your academic achievements and learning outcomes, but also specific career competencies and skills through work samples and artifacts that highlight your D.C. experience.

Optional Professional Opportunities
During the week, you can deepen your knowledge with on-demand, one-on-one career advising sessions and other optional workshops.

- **One-On-One advising**
  Your career advisor will be available throughout the week in the evenings to meet individually with you and discuss your goals, strengths and challenges, and how to overcome them.

  Together, you will work on a detailed plan to help you launch a career you’ll love.

- **Extended Learning Opportunities (ELOs)**
  These are optional workshops and events that take place on weekday afternoons or evenings throughout the semester.

  They complement your Professional Programming by providing you with all the tools that make you job-search ready. The following are some sample ELOs offered in the past. This list is not exhaustive since ELOs offered each semester vary based on student demographics and interests.

  - Capitol Hill Lunch & Learn
  - Develop a 60-Second Commercial Video
  - Federal Resumes
  - Grad School Series
  - How to Get a Mentor 101
  - International Careers Lunch & Learn
  - Job Applications
  - Law School Admissions Lunch & Learn
  - Microsoft Excel 101 & 102
  - Professional Mission Statement
  - Professionalism in the Workplace
  - TWC Women Alumni Career Lunch & Learn
  - Understanding Workplace Benefits
  - Your Move to D.C.

Ryan Wells, Elon University
Interned with Amnesty International

The LEAD professional development sessions each Friday gave me the language, strategies and skills to effectively communicate my own strengths. I also benefited from my LEAD group peers and their experiences, what they were learning and who they were meeting at their internship sites. As a result, I’m better positioned to determine what I’m looking for in a career and how to market myself as an asset to prospective employers.

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I wanted an internship to supplement my education with real world experience and get a better idea of what I hoped for out of a career. Now, I feel much more prepared to graduate and have a job, to navigate a workplace and handle my relationships with coworkers. I feel like a completely different person than I did before participating in The Washington Center.

Hunter Johnson, Florida State University Interned with National Legal Aid & Defender Association (NLADA)