

Summer Intern Spotlight: Samantha Daberkow, Kinesiology

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Samantha Daberkow is a Tulane School of Professional Advancement student in the Kinesiology program. (Photo provided)

Samantha Daberkow, a student in the Tulane School of Professional Advancement, will soon earn a Bachelors of Arts in Health and Wellness and a [Master of Science in Health and Wellness Management](#) through the 4+1 program.

Before she graduates in December, Daberkow is loading her resume with experience through a summer internship with the [Brinton Family Health and Healing Center](#).

Let's see how it's going!

How did you learn about your current internship?

I found this internship through SoPA. It was listed under the internships module in the Careers course in my Canvas page.

What are you working on this summer?

This summer, I am working with other interns to create powerpoint presentations on healthy eating, exercising, and local resources for different populations in the Greater New Orleans area. We also create content to post on various social media platforms that address LGBTQ health, local public health resources in the area, nutrition facts, and more.

Wow! That sounds amazing. Is the internship a large time commitment?

Each week, I designate about 10 or so hours. This is done through research, presenting, and attending workshops or other events.

What strength do you hope you'll take away from your summer position?

My greatest strength I will take away from my summer position is learning how to work with others more effectively on virtual platforms than before due to Covid. I have learned how to communicate more effectively with my fellow interns and to present to others via zoom while keeping the audience engaged.

What do you love most about being a SoPA student?

What I love most about being a SoPA student is the ability to have a work/school/life balance. SoPA professors are very accommodating to our daily schedules and I have the opportunity to take these courses at my pace.

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