

Welcome from BU Orientation!

1839

Your journey starts here
18 weeks to arrival. 39 days to thrive.

Volume 9: Campus Connections: Internships, Research, and More

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Big City, Bigger Opportunities

BU and greater Boston are hubs for experiential learning! Take advantage of all the opportunities available to make connections and gain professional development.

- Interested in research? BU makes it so easy with the Undergraduate Research Opportunities Program, which is open to all undergraduates.
- CGS Students: check out all the unique research opportunities open to you!
- Looking for a job or internship? Download Handshake, BU's online hub for career resources, including internship and job listings.



Student Leader Spotlight

Sajni, Orientation Leader 2 (OL2)
Sargent College of Health and Rehabilitation Sciences
(SAR) '27, Behavior & Health

Q. How did you get your first internship, research role, or campus opportunity?

A. My first research opportunity was at the Development, Experience, and Motor Recovery Lab at Sargent College. I got this opportunity through cold emailing and following up with professors.

Q. What are some resources you have found helpful for making campus connections?

A. My advice would be to make connections and learn from your peers. Everyone around is in the same boat, or has had that experience before. I gained experience through volunteering at Boston Children's and working as a Research Assistant at the Center for Autism Research Excellence. I also recommend really taking advantage of first year seminars where you learn a lot about opportunities at BU.





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Your Next Opportunity Starts with a Connection

Building Your Network at BU and Beyond

Internships, research positions, and campus opportunities often begin with a simple conversation. By connecting with faculty, staff, peers, and alumni, you'll discover resources and experiences that can help shape your BU journey.

Get Started By:

- Exploring undergraduate research through UROP.
- Finding internships and jobs on Handshake.
- Connecting with alumni and mentors through BU Connects.
- Visiting BU's Center for Career Development (CCD) at Yawkey Center for career and professional development resources.
- Take advantage of Boston's many research and professional opportunities.

Get Connected

FY101

Weekly class for first-year students to connect with other new students, student leaders, and staff. Offered in the Fall semester.

Center for Career Development

Dedicated to providing programs, tools, and resources to help you take the next step in your career.

Academic Exploration

Next Level Learning!

To help you learn about careers, explore your academic interests, and gain valuable new skills, BU encourages all students to pursue at least one "high-impact" educational experience such as study abroad, internships, or research with a faculty member. There are tons of opportunities for you! So how can you get started? Use MyBU Student to make an appointment to meet your First-Year Success Advisor or Transfer Success Advisor to talk about your goals and how these experiences can help you take your BU education to the next level. They're available for Zoom meetings this summer and are excited to meet you!



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Elective Session Spotlight

During your Orientation Experience, you have the opportunity to personalize your schedule by choosing sessions based on your interests. Check out this session and register on your [MyBU Student Portal](#)!

Science Majors ARE Thriving (SMART)

Make new and meaningful connections with faculty mentors while you get a head start on your STEM success journey. This experience will explore learning approaches that lead to success, dispel myths about STEM courses and majors, and highlight effective study strategies, all designed to give you the tools that you need for success in your first-year STEM courses at BU. Hosted by: CAS STEM departments (Chemistry and Biology) and the CAS Program in Science Education.

Friday, August 28, 9:15am, 10:45am & 2:30pm



Inside Orientation: Academic Elective Sessions

Making Major Connections

Some of the elective sessions offered during Orientation week will be great opportunities for making connections that may last throughout your college experience and beyond! Here are some sessions that foster educational and professional connections between faculty, staff and students:

- Questrom Guide to Careers and Internships
- Meet with Sargent College Upperclassmen
- English Majors and Minors: Facts and Hacks
- Planning a Physics Major
- African American and Black Diaspora Studies
- Window to the World: Study Abroad 101

Take the opportunity to get to know the faculty running these sessions, as with all of the faculty you engage with in your time at BU! You never know where those connections may lead you!



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