

HOW TO STAND OUT

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Cover Letter / Essays

- This is your time to stand out!
- Avoid clichés!
- Consider this a job application letter. Discuss your:
 - Abilities as they pertain to the internship
(*What makes you the better candidate?*)
 - Experience as they pertain to the internship
(*How will you make the internship easier?*)
 - Aspirations as they pertain to the internship
(*Will you be a potential colleague?*)
- The start and ending paragraphs are **SUPER** important!
 - Draw your reader in and leave them with a lasting impression.



Movie: Legally Blonde

Tips

- **Before you write:**
 - Research the program. Research the mentors.
 - Tailor your application to the program and the mentors.
- **After you write:**
 - Stop, wait a few days, then re-read your letter to edit it.
 - Get someone else to read your letter (e.g., a friend and a professor)
- **Before you submit:**
 - Consider well your reference letter writers. Each should discuss something unique about you.
 - Make sure they are willing to write a good letter.



Imposter Syndrome

- **You. Are. Worth. It!**
 - Don't filter yourself out.
- **Know that you are not alone.**
 - Most people experience imposter syndrome regardless of career stage.
- **Steps to overcome imposter syndrome:**
 - Acknowledge it.
 - Compare yourself to yourself a year ago.
 - Understand stereotype threat.
 - Turn that energy around, use it to improve yourself.



Summary

- **Make your cover letter stand out!**
 - Avoid cliched phrases.
 - Consider this your job application, so discuss your relevant abilities and prior experience. *What makes you the better candidate?*
 - Research the program and the mentors. Tailor the letter to the program AND the mentors.
- **Reference Letter Writers**
 - Choose wisely!
 - There needs to be a reason for each person; let them know ahead.
- **Apply! You. Are. Worth. It!**
 - Don't filter yourself out.

