

Center for Reproductive Medicine
The Cleveland Clinic
9500 Euclid Avenue, A.19.1
Cleveland, OH 44195
Re: Summer Internship Experience Letter
02-25-2010

When I first applied to the Reproductive Research Summer Internship at the Cleveland Clinic Foundation, I was completely unaware of what I was getting myself into, or the impact it would have on me. I would spend the next 2 months cultivating friendships, working hard, and exploring the world of medicine and research.

As the interns for the pilot program, we were given an ambitious schedule. Almost daily we attended lectures from prestigious individuals in the field of Reproductive Medicine and Infertility. However, lectures were not limited to medical and research topics, but also included how to effectively use PubMed and how to give oral presentations. And, of course, we worked extensively on our respective research projects.

My research project was to write a review of ovarian vitrification, under the mentorship of Dr. Amr Kader, using PubMed to find the relevant primary literature. I spent hours reading articles and integrating the information into the manuscript. Through my project I learned how to harness PubMed and write a comprehensive scientific review article, as well as all the requisite medical and scientific terms, topics, procedures, etc. I am currently still working on submitting my article for publication.

The amount of time I spent with PubMed, while sometimes very tedious, proved very useful in my remaining two years at the University of Vermont. I found myself far ahead of my classmates when writing essays, lab reports, and scientific papers. Since keeping up with the latest research is essential in medicine, I know that what I learned as an intern at CCF will remain crucial throughout the rest of my career.

Apart from the didactic lectures and my research project, I used my free time to seek out shadowing experiences in the Operating Room and in the clinic. These were my very first times shadowing physicians, and I could not believe they were happening at such a world-renowned hospital! It was an incredible privilege, to say the least.

Finally, most important, more than writing a review article, seeing surgeries, or learning about medicine, I found the people, whether other interns or investigators and physicians, surprisingly welcoming and friendly. All the researchers in the Andrology Laboratory acted as mentors, and were open to professional and personal questions and concerns. The visiting physicians who came to give lectures were also open to teaching us more and encouraged questions. Lastly, my fellow interns were just as amazing. While all the interns worked hard, we also had a lot of fun! We all became close friends, spending time together both inside and outside of the lab. We helped each other learn and collaborate, but we also helped each other relax.

As I remain on my path toward medical school and beyond, I continue to use the ideas and techniques I learned during my internship, and I also continue the friendships. My time in the Andrology Laboratory at the Cleveland Clinic Foundation was one of exciting learning, intense work, personal reward, and fun. It is an experience I remember fondly, and one I wish I could repeat.

Sincerely,

Sarah E. Posillico
University of Vermont, Class of 2009