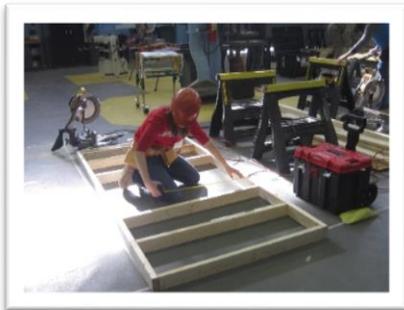


# Emily Hays



**Name and Location of Internship:**

Coast Guard Yard - Structural Group

**Job title/department:**

Sheetmetal Intern

**Supervisor's name and title:**

Bryan Martin: Sheetmetal Joiner Supervisor

**Tell me about yourself:**

I'm a senior at Old Mill High School. I took three years of Carpentry at the Center of Applied Technology North (CAT North). I'm in four honor societies: National Honor Society, National Technical Honor Society, National Math Honor Society and National Spanish Honor Society.

### **Why did you choose to pursue an internship?**

I wanted to use that knowledge for a job. Even though I 'm still in school, I wanted to take on a job where I can work with hands-on projects.

### **Daily internship duties:**

Working inside of ships, attaching pieces of ductwork, measure and cut out installation, and work alongside other employees.

### **Coollest project you worked on:**

I've worked in the stack on a ship where I used nuts and bolts to connect parts of a fan together. The parts were huge cylinders and they were a few feet in diameter. They were so big and heavy that we had to use a chain fall to lift one piece on top of the other.

### **One thing you have learned that you will take with you:**

This internship has reinforced my time management skills. In my CAT North Carpentry Program, my teacher, Mr. Penny, frequently told my class "if you're not 15 minutes early, you're late." My supervisor is really big on being on time so by using the "15 minute early" philosophy, I've never been late to work.

### **Best piece of advice you would give to a junior who is looking to pursue an internship:**

Start searching and applying to internships early so you will have options to choose from. I applied early and got an offer while I was still a junior. This allowed me to relax since I wouldn't have to stress over the summer to try to find an internship. Also, the more options you have, the more likely you are to be able to pick an internship that you'll enjoy.

**Describe one experience at your internship that you will never forget:**

It is easy to forget that I'm working on a ship. Every so often I look out of a door or window and I see the water, which is really nice.

**What are your plans after graduation?**

I plan on going to college for either civil or mechanical engineering. I hope to continue working for the government while doing some sort of engineering internship.

**Testimonial from Supervisor**

*"Being part of the Coast Guard Yard's internship program makes Emily a valuable team member. Interns are held to a high standard because we are looking for the best people who want to be here and learn the trade. We expect our interns to come to work every day and show the drive and the ability that demonstrates they can do the work".*

Bryan Martin  
Sheetmetal/Joiner Supervisor  
U.S. Coast Guard Yard