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Give Your Best Effort

A Student Spotlight on SITC

MONDAY, MARCH 27, 2023

Anna Madden '24 | English:Text, Business

Writing and Digital Studies

It's that time of year again. As the spring semester reaches its midpoint, you've probably been bombarded with resources, applications, and invites to come join upcoming programs this fall. Amidst all the material, you may find yourself overwhelmed by the various opportunities circulating around campus. What is worth your time and interest? What opportunities would excite you and further your academic experience? Are they even worth pursuing?

James Nelson '25 ([Business Administration: Finance](#)) is a student who decided to explore one of these offered programs, [Semester in the City](#). Initially hesitant about interning in a field where he had little experience,

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James took the plunge and joined a nonprofit offered through the SITC program. Now, he's back on campus continuing in his studies—AND he recently accepted a part-time position with his internship organization. Read on to learn more about how his internship grew him both personally and professionally!



James Nelson '25

My name is James Nelson. I am a sophomore majoring in Business Administration: Finance at the University of New Hampshire. Last semester, I took part in the Semester in the City (SITC) program. With this program, I was able to live in Boston for 15 weeks and earn

full credit. During this time, I took 2 classes with the College for Social Innovation (CFSI) and worked 30-hour weeks through a social sector organization.

The organization I was matched with was called [Fathers' UpLift \(FUL\)](#). Their mission is to uplift a community of underserved fathers and the fatherless to overcome barriers (emotional, traumatic, financial, addiction based, etc.) that prevent them from becoming the fathers and men that they want to be. Some of the services offered include clinical therapy, personal coaching, group sessions covering a wide variety of life challenges, and most importantly, a network of people who want the best for you.

My role during the semester included researching funding opportunities, writing and editing portions of funding applications, conducting donor engagement, and doing content creation.

When I first started, I thought I was in way over my

head. I knew nothing about the nonprofit world, healthcare, or researching and writing grants. I worried I made a mistake by pushing myself outside my comfort zone. Throughout the semester, I came to realize that pushing myself out of my comfort zone and taking on the internship at FUL was the best decision I have ever made.

I found that everyone I worked with at FUL was so accepting and happy to have me there, regardless of my lack of experience. They reminded me that the most I can ever be expected to do is give my best effort. Thanks to this wonderful group of mentors, I was able to spend almost 4 months learning the ins and outs of a development role at Fathers' UpLift, which ultimately turned into a part-time position after the internship, allowing me to continue my role remotely from UNH.

Working with Fathers' UpLift opened my eyes to the wide variety of problems that human beings are facing across the country and the world. I grew up privileged, and reading about these problems was the closest I had come to them prior to last semester. I am incredibly proud to be a part of an organization that I know is making a positive difference in the world.

This experience made me a more professionally adept, thoughtful, and empathetic person. From living with strangers in a city I was unfamiliar with, to working for an organization doing work that changes lives, to meeting a new group of friends and becoming a family in just a few months, my experience has had a lasting impact on me. I am happy to be back on campus, but I am even more excited to continue to maintain my role and relationships at Fathers' UpLift.

I am excited to see what the future holds!

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