



2023 McMinnville WORKS Internship Coordinator Emma Campbell

2023 Summer Blog

This summer the McMinnville WORKS Internship Coordinator Emma Campbell partnered with her school Linfield University to create features on LinkedIn about her internship experience. Throughout this summer Emma worked with Linfield’s Public Relations Manager Kelly Williams Brown and the Career Development Office to coach her through social media writing and learn how to use LinkedIn.

Here is a glimpse into the summer from Emma’s point of view. To read more click [here](#) to connect with Emma on LinkedIn.

“I Am Ready For A Hands-On Experience!”

My name is Emma Campbell and I’m a rising senior at Linfield University majoring in math and political science and pursuing a minor in leadership. And I’m not totally sure yet how this LinkedIn thing, or networking works, even though on Wednesday I told nine of my fellow interns they need to make a profile.

I am very lucky to have an internship this summer for the MEDP - McMinnville Economic Development Partnership. Before I landed this role, I was feeling a little bit stuck about how to find the right internship, so I decided to jump on the LinkedIn train. But once I was on LinkedIn, I wasn’t totally sure how to use it.

Over the next two months, I'm serving as the Internship Coordinator for MEDP. **In this position, I get to create weekly professional development workshops that provide an opportunity for myself and the nine other interns in the McMinnville WORKS Internship Program to network and learn from the current leaders in the community.**

At Linfield, I have made meaningful connections across campus in my role as president of ASLU, president of my sorority Alpha Phi, and a member of the women's swim team. Now, I have the chance to learn more about McMinnville and the amazing people that build this community. Over the next eight weeks, I'll be sharing my experiences and things I've learned along the way.

It was hard at first to find people to be guest speakers at these workshops, because right now I don't have many connections with the McMinnville community. Luckily for me, MEDP has two amazing women who are very connected. [Patricia Herzog](#) and [Heather Hadley Blank](#) went out of their way to introduce me to amazing people in the McMinnville community.

I landed on Marketing and Public Relations Manager [Kelly Williams Brown](#) as she has **become a vibrant spirit at Linfield. I distinctly remember the day that Kelly and I met. She went out of her way to introduce herself to me and hear me talk about my passion for student government. Since then, she has always been there for advice and guidance.**

One thing that struck me about her talk was how we must listen to each other. We did an exercise in our workshop where each person took a turn sharing a quick story while the other people in the group had to take turns listening — one listened for the facts, another for the emotions, and the third person listened for values expressed. It was a very unique exercise that helped me get a better understanding of a topic I was not familiar with.

I'll end with the question I started with: **What's a good piece of advice you have for young people about how to be good at networking?**

“What Does Work-Life Balance Mean As An Entrepreneur?”

“Learn how to become comfortable with being uncomfortable.” – [Heather Miller](#), The Ground

What really hit home with me about Heather's advice is that even writing this post is way outside of my comfort zone. Writing for LinkedIn is different from a college paper, and even though it is social media, it's not like Instagram! But I am going to take Heather's advice and keep on pushing through. It's comforting that through this experience I have

a support system that will be there for me if something does not go as planned. That's part of the journey of being a college student, right? You try out new things and if they do not go as planned or if you fail you will still be supported.

The entrepreneurship panel this past week was amazing! Here are some of my favorite quotes and thoughts from the speakers:

“If you don't jump in the pool you will never know if you can swim.” – James Tate

“ $\frac{1}{3}$ of the time you will be maintaining, $\frac{1}{3}$ of the time you will be kicking ass, and another $\frac{1}{3}$ of the time you will be getting your assed kicked.” – Helen Anderson, MSN.Ed, RN, GERO-BC, BSN, CLE

“You have to keep believing in yourself. If you are knocked down, look for the silver lining and just keep trying.” — Diana Riggs

“What are some good ways for young people to get involved in civic life and politics?”

Last Wednesday's McMinnville WORKS Internship Program workshop was with five community leaders. When building this panel, I wanted to find people in McMinnville who reminded me of some of my mentors from back home in Ketchikan, Alaska. I wanted to find people who are involved in just about everything, people who are passionate about helping young people, and people who might not realize how big of an impact they make in the community.

I was truly inspired by the answers the panelist gave. I wanted to share with you some of the highlights.

Cami Nyquist Nyquist, the Executive Director of the Swedemom Center of Giving, related being a leader to being a point guard on a basketball team — **just like a point guard, a leader has to help set up their team for success.**

“People want to make an impact. As a leader, you need to engage the group and create an environment where the group can make an impact.” – Heather Richards, Community Development Director for the City Of McMinnville.

“We need young people to bring their passion to make a difference. Invite yourself to the table and make your voice heard.” – Doris Towery, Executive Director of the McMinnville Downtown Association

“Never have anyone do something you would not do. Don’t just tell someone that you will work with them. Show them that you will work with them.” – Zack Geary, McMinnville City Councilor

“Bring the essence of you. It will be impactful. You can inspire others through the meaningful relationships you create” – Rep. Lucetta Elmer, District 24 Oregon State Representative

It was so inspiring to be in a room with people who have so much impact on their communities. **Serving as ASLU president has given me a taste of this kind of leadership, but I'd love to hear the best ways for young people to make a difference even if they don't hold office or run organizations.**

“How Crucial Is Networking?”

Last week, the McMinnville WORKS Internship Program hosted a Chamber Greeters event through the McMinnville Chamber of Commerce. It was our first official “networking event”, and a great way to meet lots of people from many different businesses in the McMinnville area. Each Friday morning at 8 a.m., a business takes a turn hosting Greeters — don’t worry, there is always coffee! **What I love about this event is that everyone is there to network. Everyone is eager to meet each other and start up new conversations.** At the beginning of the programming, everyone stands in a circle and introduces themselves. It is great to put names to faces and connect with people.

McMinnville Economic Development Partnership co-hosted the chamber greeters event along with Jeff Glodt owner of Grain Station and Alpine Crossing. We had a great turnout for this event! I was very excited to be able to speak about the McMinnville WORKS program alongside my fellow interns Caitlyn Bering, Reese Hamilton, Kaylee Schow, and Henry Stahl. Be sure to stop by Alpine Crossing for a new breakfast place and a game center!

To read all of Emma’s LinkedIn posts from this summer click [here!](#)

Emma Campbell is about to start her senior year at Linfield University. She is pursuing a bachelor of arts degree in political science and a bachelor of science degree in mathematics. At Linfield, Emma serves as the student body president, president of her sorority Alpha Phi, and she is a member of the Linfield Women’s Swim Team. After graduating from Linfield Emma plans to go to graduate school somewhere in the Pacific Northwest.