UP.OP

MIT'S PROFESSIONAL DEVELOPMENT PROGRAM FOR SOPHOMORES

Undergraduate Practice Opportunities Program

Why hire a UPOP student?

Mission

To prepare MIT sophomores to successfully integrate into and thrive in the professional world and to be strong contributors to their organizations, supported by a dynamic community of students, program staff, employers and MIT alums.

Undergraduate Practice Opportunities Program

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Because these are not your average sophomores; they are not even your average MIT sophomores. They are UPOP sophomores, and UPOP is noted for preparing exceptional students for industry readiness.

We work with more than 2000 employers, with students interning at companies such as Accenture, Apple, Blizzard, Dropbox (whose founder, Drew Houston '05, is an early UPOP alum), ExxonMobil, Facebook, General Motors, Genzyme, Google, IBM, iRobot, JPL, JP Morgan Chase, Morgan Stanley, NASA, The New York Times, P&G, Pfizer, Pinterest, Sandia, Shell, and SpaceX.

UPOP students hit the ground running

▸ By the time UPOP students start their internships, they've had a full year of training in communication, team development, negotiation, project management, and presentation skills. They've been mentored and coached extensively by high-level mentor-instructors from industry, and are ready to be strong contributors to your organization.

▸ They seek out and want challenging internships: they join the program because they want their summer internships to be important steps in their career paths.

▸ They are used to working in teams comprising all majors.

▸ They are proactive, work independently, but know when to ask for help and feedback from their supervisors.

▸ The most frequent "complaint" from employers is that the students will finish a summer-long project in two to three weeks.

▸ Our program is voluntary: our students self-select because they are eager to learn the skills to succeed in industry, and contribute to your organization.

We give them extensive "real-world" preparation

▸ **A full year** of 1-on-1 coaching, networking events, field trips, workshops, mock interviews with industry professionals, panel discussions with industry leaders.

▸ **Team Training Camp**: An intensive weeklong workshop preparing students for success in the workplace, focusing on the themes of communication, decision-making, and team development. Students work in multi-major teams, coached by an industry mentor, with hands-on exercises in engineering specification, project engineering, negotiation, user-centered design, and the ethical implications of engineering decisions.

▸ **Internship Success Workshop**: Students attend a workshop to prepare for success in their internships, and receive tips for navigating the workplace, making the most of their internship experiences, and being valuable contributors to their organizations.

"The UPOP intern was an outstanding student in every way. I would gladly hire her in any capacity that I could. She out-performed our other junior-level interns."
Chrysler

"I was very impressed with the student's performance. She was confident but not arrogant. She was independent but checked in with me daily to show progress and discuss results and came up with unique and original results. She was the best intern I have worked with in 30+ years in the oil business."
Pioneer Natural Resources

"The UPOP student was an outstanding intern. She asked great questions when receiving direction on a new task or project. She was willing to go above and beyond to ensure that the project was completed on time and accurately. She was paired with another summer intern and developed a great working relationship–a small team that was greater than the sum of its parts. Her talent, poise, communication skills, and intelligence will make her successful throughout the remainder of her MIT career and after when she ventures into the 'real world.'"
Akamai Technologies