Dear Friend of UPOP,

We're very pleased that the School of Engineering has put together a video that we think captures the excitement and special qualities of the UPOP training workshops.

Rather than wait until the April newsletter, we thought it was worth sending out a special edition of the newsletter to highlight this new video and the accompanying article about UPOP, featured just now on MIT News.

The [article](#) is copied below, and click here for the [video](#).

With best wishes,

Joel and the UPOP team.

**Undergraduate Practice Opportunities Program**

**Massachusetts Institute of Technology**

Joel Schindall | Director  | Kate Moynihan | Outreach & Mentor Liaison  
Coordinator  | Bethany Walsh & Sharon Leary | Student Program Coordinators  
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*Students participate in the 2016 Undergraduate Practice Opportunities Program Independent Activities Period workshop. Photo: Lillie Paquette/School of Engineering*
Practice makes perfect
Undergraduate Practice Opportunities Program gives MIT students a chance to master non-technical skills.

Watch the video.

From its low-profile beginnings 15 years ago, MIT's Undergraduate Practice Opportunities Program (UPOP) has grown to become one of the largest co-curricular programs on campus. With nearly half of all sophomores applying each year, UPOP has earned a reputation among students and employers as a success accelerator.

A yearlong professional development program, UPOP gives students a soup-to-nuts orientation to the working world and helps them to find summer internships to further practice and develop their skills. The program provides coaching in writing resumes and cover letters, networking, job-search and interview skills, and it gives students insight and training on essential workplace competencies such as communication, negotiation, presentations, and project management. Through alumni volunteers and the many employers who work with the program, UPOP also provides coaching and career counseling, company field trips, and networking events.

"We're building up the students' realization that the same skills that make them so proficient technically can also be developed to make them proficient managerially," says Joel Schindall, director of UPOP and of the Bernard M. Gordon-MIT Engineering Leadership Program. "We want students with the breadth and the perseverance to be able to solve not only the technical problems but the interface problems that must be solved to make their ideas real in the world."

The cornerstone of the UPOP curriculum is a weeklong intensive workshop during MIT's Independent Activities Period in January. Students learn how to be successful in the workplace, getting experience with teamwork, communication, and decision making, and receiving one-on-one coaching from mentors who are successful industry professionals.

Each summer, UPOP students work across the U.S. and other countries in a range of industries. Students have held internships at 3M, Amazon, Apple, Bell Helicopter, Biogen-Idec, Boeing, Bose, Chevron, Chrysler, Dropbox, Facebook, Fitbit, Ford, Formlabs, General Motors, Genzyme, Goldman Sachs, Google, IBM, the Jet Propulsion Laboratory, Lockheed Martin, Medtronic, MedImmune, Merck, Microsoft, NASA, The New York Times, Nike, Northrop Grumman, Novartis, Proctor and Gamble, Pixar, Shell, SpaceX, Stryker, Terrafugia, Tesla Motors, Tumblr, the U.S. Army Corp of Engineers, Virgin Galactic, Walt Disney Company, Westinghouse, WL Gore, the World Bank, and Yahoo - as well as at a range of early-stage startups, and many more.
UPOP is the Undergraduate Practice Opportunities Program, a yearlong co-curricular program open to MIT sophomores from across the Institute. The program’s mission is 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, MIT alums, and other friends of the program. UPOP offers numerous opportunities for MIT alums and companies to get involved—as speakers, coaches, employers, and sponsors.