Frostburg, MD, August 5th, 2013- Frostburg State University (FSU) Senior Courteney Navarini completed her Communication Studies Capstone experience as an intern in the Human Resources Department for the Veteran Affairs Medical Center in Martinsburg, West Virginia. Courteney was supervised by the VA’s Human Resources Supervisory Specialist, Tera Sheppard since May 2013. Courteney is currently majoring in Communication Studies, at Frostburg State, with a concentration in Conflict Management along with a minor in Management. She is the daughter of Mike and DeAnna Navarini, president of the Society for Human Resource Management student chapter, sister of Delta Zeta, and graduate of Middletown High School.

Courteney’s internship with the Veteran Affairs Medical Center’s HR Department was a 3-credit experience that expanded her knowledge in both Human Resources and communication opened the doors to other internship opportunities, and even brought on job offers. During the 15-week summer internship, Navarini had improved her interpersonal and organizational communication. She had also expanded her knowledge of Human Resources as a future profession through shadowing and hands-on tasks. As an HR Assistant, Navarini was provided a variety of tasks such as assist veterans and applicants in their job application process, act as a liaison between other HR professionals and customers/employees, send any messages to HR professionals using an electronic medium, assist in the instruction of New Employee Orientation, and shadow HR Assistants in their daily tasks and help with anything they may need.

Reflecting on her Capstone experience Navarini explained, “HR was already a profession I was looking into after taking an HR course last spring. I was able to not only apply what I learned in this class, but I found myself using skills I’ve learned within CMST courses. I loved this internship and wouldn’t trade it for anything because I was able to connect with HR professionals and network.” Courteney went on to say, “In my CMST classes, I learned how to adapt and communicate with every individual in any environment. I feel that without my foundation of knowledge regarding human communication, this internship would have been difficult due to my lack of experience being within a professional environment. I also predict that networking would have been awkward and not as successful because I would not have the communication skills or confidence necessary to network in a professional working environment.”

For more information regarding the Communication Studies major at FSU, contact Dr. Elesha Ruminski, department chair, at (301) 687-4480 or elruminski@frostburg.edu.