



Succeeding at Your Actuarial Internship (Full Responses)
University of Iowa Actuarial Science Club, Spring 2020

Internships, especially in the actuarial field, are important for getting your foot in the door and gaining real-world experience. They enable you to network, build on your technical skills, earn money, and often explore living outside of your hometown. Internships can also serve as an extended interview between you and the company for a full-time job, so it is important to put your best foot forward. The Actuarial Science program at Iowa is fortunate to have a strong relationship with employers, sending students to intern at companies across the United States.

In this guide, we have compiled advice and experiences from students who have previously interned. If you don't have time to read every response, we have summarized them for you in the "Internship Guide Summarized" document. We hope this guide is helpful for students looking forward to an internship this summer or in the future. Thank you to everyone who responded!

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Advice for New Interns - Full Responses

Q: What do you wish you had known before you started your internship?

- “I wish I had known that the company you’re working for is trying to sell themselves to you as much as you are trying to sell yourself to them. This means that there is a crazy amount of resources available to interns and everyone wants to help. I figured this out by the end of my internship, but it would have been nice to take advantage of the resources available to me sooner.” – Emily Hay
- “I wish I would’ve known a little bit more about the content of the work I would be doing over the summer. I also wish I would’ve been aware that it’s super important to remember the names of the people you meet the first week. For my team personally, we have nearly 60 people ranging anywhere from actuaries to attorneys to accountants. When I needed to ask for work, having the ability to put faces with names would’ve made that process a little less stressful.” – Anonymous
- “I thought that I would be under closer supervision and I was expecting a little more guidance each day, but I learned quickly how to be proactive and do what worked best for me to stay in contact with my mentors and maintain a steady work balance.” – Anonymous
- “Update your leader frequently with how you're progressing in your project and what you're finding challenging. There's a massive learning curve during the first month of your internship so don't worry if you feel useless and incompetent during the first week or so.” – Emily Fishel
- “I wish I would have known how important proficiency in Excel was to internship success. I had not had very much experience with advanced Excel function like VLOOKUP, SUMIF, or Excel VBA coding before coming to my internship. My inexperience showed by how slow and sloppy I was with simple data manipulations.” – Anonymous
- “I wish I would have known that I would for sure mess stuff up! I recommend being patient with yourself and having open communication with your manager.” – Rachel Rinehart
- “Coding and excel proficiency would be ideal. I had some experience with both, but definitely wish I had a better understanding.” – Anonymous
- “They don’t expect you to be perfect and know everything. Everyone is understanding, helpful, and willing to take time out of their day to assist you. Much of the learning is done on the job so instead of trying to know everything going in make sure you have a strong foundation and we willing to learn/adjust upon arriving. Every company is different, but all will help you get up to speed on what they do and how they do it.” – Max Unmacht

- “For the most part, my team assumed I didn't know anything about the languages they used or the industry they worked in and gave me time and resources to learn everything I needed to know. I was nervous about this at the start and knowing this would've made me feel less pressure.” – Anonymous

Q: Do you have any tips for networking during an internship?

- “As I mentioned before, everyone at the company is a resource for interns. They want to see you succeed and be a support system for you. I learned very quickly that it's a lot easier to network than I expected! Reach out to people within the company in roles that you might be interested in. It could be as simple as sending them an email introducing yourself, saying that you're interested in hearing about their role in the company, and asking them to meet for coffee for 15-30 minutes to discuss. Most people will probably be willing to do that! In addition, meet regularly with your manager and mentor to maintain those relationships and attend as many intern events as possible to get to know the other interns. Overall, push yourself out of your comfort zone and reach out to people!” – Emily Hay
- “Typically, companies will have intern outings of some kind, I would encourage everyone to challenge themselves and meet interns from other teams. It's comfortable to stay with the actuarial interns or the interns on your team, but it's such a good skill to hone over the summer. I would also encourage you to pick a few full-time employees around the office and set up coffee dates. It's a fact that people love to talk about themselves so nine times out of 10 they'll say yes, so after you will have another friendly face around the office and maybe some new information about the profession or your company.” – Anonymous
- “I think it is important to communicate with your boss to ask for a list of people that you can ask to set up one-on-one meetings with. This helps to build your network with people at the company, and also helps you to understand and learn about a variety of different roles of actuaries and other areas of the company.” – Anonymous
- “Reach out to as many people in your department as possible. It doesn't hurt to introduce yourself to new people and be truly interested in learning what they can teach you. One of the best things you can do for yourself is show others that you're willing and interesting to learn and grow, because then they will be able to connect you with other employees who might be interested in working with you and this will allow your network to grow without you having to necessarily seek out a ton of new people to network. Once you make a connection, you kind of automatically become connected with their network.” – Anonymous

- “Prepare questions. You may not need them, but it will prevent awkwardness if you do need them. I recommend meeting with a wide variety of people. I gained new perspectives from having discussions with actuaries, non-actuarial coworkers, and upper management. Go to as many events as you can, even if you have to go alone. You meet a lot of people during your internship so keep track of who you networked with and a summary of what you discussed.” – Emily Fishel
- “My advice for networking during an internship would be to network with a variety of different people. This will allow you to grow your knowledge and possibly spark your interest in employment in the future. Also, always do your research on the person you are networking with, and come prepared with several questions about their experiences, current job responsibilities, and anything else you are curious about.” – Anonymous
- “This was very scary for me, but ask people out to coffee and lunch! At the companies I have worked for all of the actuaries have been very excited to get to know the interns. It may be helpful to ask your manager who they recommend you chat with. Each of these coffee/lunch dates will be very different, so make sure you come with lots and lots of questions just in case.” – Rachel Rinehart
- “Don't be afraid to just walk up to someone and introduce yourself! You can learn a lot from pretty much anyone in the company.” – Anonymous

Q: What should interns pay attention to when it comes to company culture?

- “Pay attention to support, professional development, and opportunities for promotion within. To me, those are the three most important factors in company culture. Notice how your manager, mentor, and team support you. Do they encourage you to network with people outside your team? Outside your department? Leadership? Are they readily available to answer your questions? Do they meet with you consistently (weekly)? Do they provide significant feedback on your work? Do they foster your interest in projects/ideas outside of your direct project/assignment? Notice the support from the company on professional development. Do they have workshops for interns? Do they have resource groups that you can join with people of similar interests or backgrounds? Do they have a mentorship program? Do they provide you the tools to understand your part on a team? Your leadership style? Finally, pay attention to the possibilities of promotion or internal movement within the company. Do they have a rotation program? What are the team structures? Where was the higher leadership (Chief Actuary, VPs, CFO, etc.) hired from? What was their background?” – Emily Hay
- “Interns should pay attention to how the employees truly feel about working there. You can tell a lot about the time employees spend in the office, how friendly/casual the interactions and conversations are, what types of outside events the company provides, and what kind of work/life balance other employees seem to have.” – Anonymous

- “Your intern class is your best asset! Being friends with your intern class will make or break your summer, so get out of your comfort zone and make friends!” – Rachel Rinehart
- “Look at how they treat new hires, that will be you someday, and how they treat people who have been there for a long time, that will be you if you decide to stay with the company. Ask current employees what companies they have come from and why they choose this company over their past companies. Also find out if employees leave for other companies why they decided to leave.” – Max Unmacht
- “When looking for places to work full time, I highly value work-life balance and a good student program, so I was very observant about those things. Additionally, I think a friendly relationship throughout the team you're working on is very important.” – Anonymous

Q: In your opinion, what makes a good intern?

- “I’d say that a good intern is willing to try new things and be open minded. They should be able to take on new tasks and work independently but ask questions when necessary. What I mean by that is you should collect background information at the inception of the project if you can, work on it independently and exhaust your personal resources in answering your questions through research, etc., then go to your manager for questions if it still is not clear. Basically, try to complete the task on your own, but don’t be afraid to ask questions – you need to have a good balance of independence and being able to admit when you’re stuck. Also, be inquisitive! It’s important to show genuine interest in your projects/tasks. Ask for more background information and understand why this task needs to be done.” – Emily Hay
- “A good intern is punctual, stays off his/her phone, is doing their best to stay busy.” – Anonymous
- “A good intern is someone that consistently works hard and wants to learn. As an intern, make sure to ask questions and do your own research to understand the work that you are completing.” – Anonymous
- “Showing that you are eager and willing to learn is the best thing you can do for yourself. They expect you to know basically nothing and are simply looking for you to want to learn and grow. One of the best things I did for myself during my internship was take notes every single day. Take notes on what kinds of projects you're working on, how long you worked on them that day, and who you worked with on the projects. Write down questions and the answers to the questions. Keep everything in one notebook and put the date on each page! It really helped me keep track of everything.” – Anonymous

- “Asking good, thoughtful questions is so important. Showing initiative in your work and knowing the balance between when to ask for help and when to keep figuring something out by yourself. Being someone who your coworkers can imagine working with for the next forty years. Learning how to communicate your technical work well to people with different levels of understanding.” – Emily Fishel
- “A good intern is curious about learning more, hard working, open to criticism, confident, resilient when faced with conflict, a great communicator, and a good problem solver. Managers care about how well you embrace challenges that arise, how fast you are able to pick up on things, and how effectively you are able to communicate the knowledge you have gained.” – Anonymous
- “Be very curious and ask lots of questions. Show them that you want to learn. Also, be resourceful. Show that you have searched for a solution on your own before you ask for help.” – Rachel Rinehart
- “To get an offer at the end of the summer, you need to have shown the ability to adapt and grow your skill set. Find ways to utilize the skills you already have in new and meaningful ways and be able to point to a few things that you can do at the end that you couldn't do at the beginning.” – Anonymous
- “A good intern is willing to fail if they learn from their mistake and are better from it. No one is perfect so don't be afraid of not knowing what to do or making a bad report. This is most likely the first time you have done most of the things you will be doing. Therefore no one expects you to be a master during your first week or even month.” – Max Unmacht
- “Ask as many questions as you can, and make sure you understand WHY you are doing the tasks you are doing. Also, don't be offended when someone tells you are doing something wrong, but instead use that advice to improve.” – Anonymous

Q: Did you study for an exam during your internship? If so, how did you balance work, life, and studying?

- “I studied for IFM during my internship and was able to pass. I took it mid-July, so the first month or so of my internship was when I was heavy in study mode. It was definitely not a fun balance, but it was doable! I made sure to have about 2-4 hours per weekday of studying and then about 6-8 hours of studying per day on the weekends. I found this to be a good balance by going into work an hour early and studying at my desk before clocking in, then I would study more after work when I got home. It is definitely exhausting to study after an 8-hour day of working, but once I got into the routine of it, a few hours after dinner wasn’t horrible. My main tip is the same as usual: make a study schedule and stick to it! Just make sure you are realistic about the time you will have available for studying when you create the schedule and start studying early.” – Emily Hay
- “I did study for an exam during my internship. I think everyone studies differently, so it is important to do what works for you. Getting into a routine is key and can make studying less stressful. It can also allow you to still be able to relax and have your social time on the weekend if you plan accordingly.” – Anonymous
- “I was studying for Exam P during the summer. I would study on my train ride each day and study during my downtime during the day between projects and sometimes over lunch breaks. Everyone was really understanding of me studying for an exam, and my manager said it was okay for me to take Friday (the day before Exam P) off so I could stay home and study which was really nice. I was able to balance it pretty well. I was still able to participate in work-sponsored events during the week after work and fun family events on the weekend. It is definitely doable.” – Anonymous
- “Connecting with any other interns who studying for exams helped. It was motivating to know they were in the same situation as me and get a feel for how many study hours they were putting in. Make sure your studying isn't taking away from the experience of being an intern. Take advantage of the social activities, fancy dinners, etc.!” – Emily Fishel
- “I studied for an exam during both my internships at Transamerica. I balanced work, life, and studying by making sure I studied for 2 hours after work on Monday through Thursday, and I also tried to study for a few hours on Sunday night as well. Every night after work I would go to the library and try to complete one practice exam or a few quizzes on Coaching Actuaries. I was able to eliminate all distractions by going to the library, and I was able to get quality studying time in. I think it is important to take a couple nights off a week from studying to be able to hang out with your friends, so you do not burn yourself out. It also helped keep my anxiety and stress levels low, because I was not constantly worrying about the upcoming exam.” – Anonymous
- “Yes, during both internships. Don't entirely give up the social experience of your internship to pass exams. The best advice I have is to start studying now and get most of it out of the way before summer starts.” – Rachel Rinehart

- “Yes, I took IFM in July. You have to commit a fair amount of nights and weekends to studying. However, I found it relatively easy to balance. You can take and review a practice exam after work and still have plenty of time after all that to dedicate to whatever you want. Just make sure you are ready to take the exam, as long as you pass, it will have been worth it.” – Anonymous
- “I studied for IFM after taking the classes for it at Iowa in the spring. I usually tried to study for an hour every day right once I got home from work, and a few hours on the weekends from May until I took the exam in July. This allowed me to have the rest of my evenings to go to the gym and relax. I found it very helpful for work-life-studying balance when I was able to find time in my day to study at work, and my manager told me this was okay as long as I had completed everything I was given and she was too busy to assign new work until later. I will say though: I felt unprepared going into the exam, and despite passing, I would not recommend studying for an exam unless you have seen most of the material before and plan on just reviewing through the summer.” – Anonymous

Q: Many companies are switching to virtual internships for Summer 2020. Do you have any advice for interns working from home?

- “Make sure you have a space at home that will allow you to focus on work and try to treat it as if you were at the office – try to stay off your phone and focused on your work. I bet it will be obvious to your manager if you are distracted. Maintain contact with your manager and mentor as you would in person. This means over WebEx (or equivalent web meeting system) calls, instant messaging, emails, etc. Don’t be obnoxious about it, but don’t be a stranger. Try to create and maintain contact with other interns! Socializing and networking with them can be an important part of your internship, so it might be nice to still create that network of peers even though you’re not in person. Overall, try to treat the internship as close to as you would in person (although I know that might be difficult).” – Emily Hay
- “Biggest piece of advice is to: stick to a schedule and make sure to schedule breaks for lunch or time for walks. Find a good workplace to get into the mindset of working (typically this means leaving your bed). Some people have also found that changing or putting on clothes helps them to get into this mindset. Check in with team frequently and make sure they invite you to meetings (this could mean emails or skype/teams). Set up 1:1s with your manager bi-weekly or weekly. Continue learning when you have some downtime by looking into different trainings on the company’s website or talk to your team about helpful tools within the company that are virtual. Schedule networking meetings with people in the company. Set up meetings or virtual lunches or happy hours with other interns. Don’t be afraid to use your video - it can be awkward at times, but it is nice to see your team face to face.” – Anonymous Recruiter for Corporate Intern Program

- “Obviously working from home isn’t what you planned but with any internship you get out it what you put in. I think especially with being remote, make sure you’re asking a lot of questions. You don’t want to get two months into the internship and have to ask something you should’ve figured out week one. Also, make the best of the situation and keep in mind there is still a possible job offer riding on your internship.” – Anonymous
- “If you are not given an extra monitor along with your laptop, you can try to connect to a smaller television that you may have at home by using an HDMI cord. Do your best to stay connected with your team and other fellow interns, whether you set up calls with them or IM them. Lastly, don’t be afraid to take a break during the day, such as going for a short walk, to keep your sanity.” – Anonymous
- “Put your best foot forward, reach out to a bunch of employees to get to know them and make connections, and make sure to show that you’re eager to learn!” – Anonymous
- “I would advise these people to stick to a schedule, eliminate distractions by creating a quiet work area (if possible) in your home, and do not have your phone on you.” – Anonymous
- “Get two computer screens! Having double monitors makes actuarial work much easier.” – Rachel Rinehart
- “Stay focused and work hard. It might prove easier to stand out among your peers under these circumstances. If you can stay as engaged as if your supervisor was standing behind you while your peers get distracted by the comforts of home, you will have shown your worth. Adaptability is very valuable, don’t use these circumstances as an excuse.” – Anonymous
- “Try to set a routine and keep to as best as possible; wake up time, clocking in, clocking out. With that said, don’t lock yourself in your room for 8 hours. Get up, go for a walk, grab some water, talk to your family/roommates, or play with your dog. This will be a new experience and hard for everyone to adjust to, so do what you need to do in order to show that you would be a quality addition to their team.” – Max Unmacht
- “Set up somewhere that you can work uninterrupted and have plenty of space. Use at least one large additional monitor with the laptop you will be given from your company. Still participate in networking events. Make sure you go outside during the day and take breaks.” – Anonymous

Personal Intern Experiences – Full Responses

Q: What did a typical day look like at your internship?

- “I think it might be important to note that I was in a non-traditional actuarial position – meaning my manager and mentor were both actuaries, but most other people in my department who I worked with were non-actuaries. I worked on a team that (at the time) was doing testing for a program written in SAS and SQL that determined which of the providers we had within our Accountable Care Organization programs would receive reimbursements for their practices in the previous year. So most of my days were spent pulling data from SQL into SAS and writing code to test certain fields of that program. I also had a project that I spent about 2 weeks on where I automated an Excel workbook using macros and VBA. Since I was not familiar with any of those languages prior to my internship (except a little SAS), a typical day included a lot of Googling those languages and/or meeting with my manager and mentor to become more familiar with the syntax of the languages. Most days, I also had a few meetings. Those meetings would range from listening to a presentation from upper management, small actuarial seminars about the different roles of actuaries within BCBS, professional development seminars, small meetings with actuarial management (VPs, Chief Actuary, Chief Underwriter, CFO, etc.), checkpoints with my manager, mentor, or director, etc.” – Emily Hay
- “Every day looked a little bit different for me with respect to what I was working on, but the day itself was pretty standard. I would get into the office around 8:30am every day, alternate between pension and healthcare work, grab lunch with the intern team, sit in on either a work or client meeting, and then I was out of the office by 5pm!” – Anonymous
- “My typical day was pretty laid back. Interns were allowed to make their own hours, but were expected to work 8 hours a day. I lived at home in the suburbs during the summer so I commuted into the city (Chicago) every day. I typically got to work at 8:00am. When I got to work I would check my email, and then continue on to work I had to do. Sometimes, I had work that I was given the previous day that I continued working on. Otherwise, I would see who was in the office and message them asking if they had any work to be done. I would meet with whoever had work for me to do so they could explain it to me and then go back to my desk and do work. The interns always ate lunch together, sometimes with other full-time employees too, so at lunch time we would gather and eat together, typically around noon. After lunch, I would continue to work on my project that I was given that day. I normally left the office between 4:30pm and 5:30pm, sometimes earlier or sometimes later, just depending on how much work I had to do, what time I got into the office that day, and how long of a lunch break I took. It was a very laid back environment and my hours and time was very flexible.” – Anonymous

- “A typical day at my internship started off by me getting to work around 7:30AM. The first thing I did once I got to work was respond to any emails I had gotten since I left work the previous day. After responding to emails, I began working on my projects that I had been assigned. Sometimes I had Skype meetings in the mornings to introduce or describe my progress I was making on my projects. I had weekly one on one meetings with my boss, one or two internship program activities per week, and I had the opportunity to build my network with individuals all across Transamerica. During the afternoon, I had the opportunity to ask my boss or coworkers questions about different problems that I had run into while working on my project. I left work around 4:00PM every day.” – Anonymous
- “I had two scheduled meetings with my manager per week and I would generally attend a couple other meetings with my entire team as well, but most of my time was spent working independently at my desk. There was a lot going on to break up the time I spent at my desk, like intern learning sessions and coffee breaks.” – Rachel Rinehart
- “I worked from 8:30am - 5:30pm mostly independently. I was primarily tasked with data manipulation via python or excel. I was encouraged to troubleshoot on my own, but my manager was always close by if I needed assistance.” – Anonymous
- “My workday started usually around 7:30 and I would work until 4. That gave me 8 hours and a 30-minute lunch break. I was able to adjust my hours slightly here and there, but my manager wanted me to work similar hours to him so that we had access to each other if needed. Much of my day was spent working on my intern project with breaks to do day-to-day tasks that my team required of me. I usually had 1-2 meetings a day whether that be job function specific or through the intern committee in order to learn more about the company.” – Max Unmacht
- “I commuted 30 minutes each way from my apartment to the office and was there from around 8 until 4:30. I usually spent most of the day either working on projects assigned from my manager or sitting in on meetings. I usually would catch up with my manager every day or two to get new work or talk about how my work is going. I ate lunch every day with a group of interns that I got to know pretty well by the end of the summer.” – Anonymous

Q: What skills did you learn from your internship?

- “I learned a variety of technical and interpersonal skills throughout my internship. Technically speaking, I learned 2 new programming languages (SQL and VBA) and how to better analyze large data sets. Socially, I learned how to respectfully ask questions or raise concerns and how to reach out to people I’m interested in learning more about. It was surprisingly easy to email someone I had never met before in a different actuarial position (even leadership) and ask them to get coffee with me to learn more about their role.” – Emily Hay
- “An important skill I learned at PwC was how to respect the time of my superiors. As an intern you’ll have lots of questions, but you have to be incredibly mindful of the fact that your superiors have a full workload, as well. They’re not always available to answer every tiny question. I learned how to problem solve on my own before calling in the big guns.” – Anonymous
- “I learned a TON of skills. One of the main things I learned was how to use Excel efficiently and effectively. I honestly thought I knew how to use Excel going into my internship, but I quickly realized how little I actually knew.” – Anonymous
- “I learned how to code in different languages like Alteryx, email etiquette, proficiency in Microsoft Office, how to run a meeting and network with people, how different life insurance products worked from an insurer's perspective, pricing strategies, and public speaking.” – Anonymous
- “First Summer: MG-ALFA (actuarial modeling software), Excel, VBA, general knowledge about what products are actually offered in the industry.
- Second Summer: Prophet, Excel, much more about email skills and communication, principles-based reserves.” – Rachel Rinehart
- “I was exposed to the actuarial modeling systems ALFA and AFM which are commonly used across the industry.” – Anonymous
- “Dealing and interacting with various types of people. How to report findings to people on different teams/that may be looking for certain things. It is much better to ask questions than to try to brute force it by yourself; it will save time in the long term, show you are trying/willing to learn, and the next time you will know what to do.” – Max Unmacht
- “I learned a lot of excel, as well as 3 different programming languages / tools. I also learned a lot about how to work in an "adult" job.” – Anonymous

Q: What was the most challenging part of your internship?

- “I’d say the most challenging part of my internship was making myself try new things. There were many times where I was asked to do something that I had zero prior experience with. It was terrifying to take on that type of project or attend that type of meeting because I never knew if I’d be able to succeed. As hard as it was to get over that mental hurdle, I’d say it was also one of the best experiences too because it taught me how to utilize my resources and not confine myself to a box of things that I already knew how to do. It’s important to expand your horizons – a big part of having an internship is learning new things!” – Emily Hay
- “In consulting, you don’t typically have just two or three large projects for the summer, you do what is needed for your team. With that said, there is not always something to do for interns. The hardest part was finding things to work on and dealing with a lot of downtime.” – Anonymous
- “The most challenging part of my internship was learning the balance of sitting there and trying to figure it out and asking questions. Questions are always a good thing, but you want to make sure you sit and think about the problem yourself first and then when you have thought of thoughtful questions, then ask for help so you can show them that you have thought about the problem and have possible ideas or have questions that are meaningful.” – Anonymous
- “The most challenging part of my internship was being able to see the bigger picture and problem solving. My boss did not hand me a set of instructions on how to complete a task, and his context for the overlying problem was very high-level information. It was very hard to get started on some of my projects, and I often needed clarification for different aspect of the project. I also struggled with my Excel efficiency, and it often took me a long time to figure out what Excel function to use in different situations.” – Anonymous
- “Navigating a relationship with my manager. It is challenging to get into a flow sometimes, but after a few weeks it gets much easier.” – Rachel Rinehart
- “There were days that I would spend 8+ hours on a piece of code or tracking an error in a model with minimal traction. I felt as though I hadn’t accomplished anything all day. On one of these days, my manager sensed my disappointment and I told him that I felt like I hadn’t accomplished anything. He said he still has days like that.” – Anonymous
- “Adapting to working 8 hours a day in a corporate setting. It is much different than anything you may face in college.” – Max Unmacht
- “While getting up to speed with everything my team did, a lot of the work was somewhat tedious and boring. However, the work quickly became more interesting.” – Anonymous

Q: What was your favorite part of your internship?

- “My favorite part of the internship was being pushed outside of my comfort zone. I accomplished so much that I never thought I would do and watched myself grow tremendously over 10 weeks. The highlight was being able to meet 1-on-1 with the Chief Underwriter (who started off as an actuary) for coffee. It was insane to me that she had the time to reply to an intern’s email invite for coffee and give me advice on my career trajectory. That is definitely something I will never forget.” – Emily Hay
- “I loved all of our “extracurricular” intern activities. We attended a Big-4 Kickball tournament in Lincoln Park. Attended various happy hours with solely interns and a few team wide. Lastly, we wrapped up our internship in Orlando at Disney World and attended a private Bebe Rexha concert.” – Anonymous
- “I loved that I got to work with a variety of levels of management (all the way up to Partner), and I loved that I got to experience both the health care/insurance aspect along with the retirement aspect of the department.” – Anonymous
- “My favorite part of the internship was the ability to gain real world experience. The projects that I was given inspired me to continue to work hard and grow my knowledge, and they enlightened me on the fact that actuarial science was what I wanted to do my whole life. I also really enjoyed networking with different individuals. I gained a lot of great advice, knowledge, and inspiration from my networking experiences, and I enjoyed hearing about the experiences the people had been through that helped get them into the position that they are today.” – Anonymous
- “Exploring! Don't waste a second.” – Rachel Rinehart
- “Bonding with the other interns and learning more about the profession. An internship is just as much you are evaluating the company as they are evaluating you. Take every opportunity they give you to explore the company and the area you work in. It is better to take a chance now instead of waiting until you enter the job force.” – Max Unmacht
- “I really enjoyed socializing with the other interns and making some really cool friendships out of this internship.” – Anonymous

Q: What course(s) were the most helpful in preparing you for your internship?

- “Since my projects were heavily programming based, I would say my computer science class was very important. Although I was not using Python (which I learned in that class), it was helpful to understand how programming works and how a computer reads through code. It made it much easier for me to pick up those new programming languages. Additionally, my Vaughan Institute courses were helpful to have background on insurance terminology.” – Emily Hay
- “Computer Science I: Fundamentals was the most beneficial class for me, because it introduced me to how to think like a computer programmer and the basic logic of any coding program.” – Anonymous
- “The Risk Modeling course through Tippie (FIN:4450). If it's too late to take that class, focus on learning basic Excel skills and shortcuts. If you know the basics you will be much more effective when you start. There are some online resources that can help with this.” – Rachel Rinehart
- “CS:1210 Computer Science. Additionally, general insurance and investment knowledge from various courses can provide a good baseline to understand the purpose of most tasks.” – Anonymous
- “Anything with coding; doesn’t have to be a certain language since every company uses something different. If you can understand what general coding language is saying you should be able to adapt to anything given enough time and practice.” – Max Unmacht
- “I think having the basic knowledge of programming I learned in Computer Science I is helpful. Working in a non-traditional retirement role, I didn't really use anything from my actuarial classes at Iowa. I would recommend taking courses that are part of the RMI certificate or some other finance courses as electives (they usually waive prerequisites for actuarial students that did well in ACTS:3080) to learn more about the specific industry you will be working in.” – Anonymous