

Jesse Jacobson '13
Hometown: Middletown, CT
Academic Major: double major in anthropology and psychology

What was the name and location of your internship?

I was part of the Kumara Program at Rangjung Yeshe Gomde in Leggett, California.

What was your job title and what type of work did you do through your internship?

As a Kumara intern, I participated in a wide range of activities at Rangjung Yeshe Gomde California, a retreat center located in Leggett, California, in the heart of the California redwoods. My activities were of two kinds, those related to general upkeep of the center and those that assisted Gomde in running the retreats and programs they held with visiting teachers from India and Nepal.

In general upkeep of the center, I helped with cleaning, restocking, and tending to the land as well as maintaining the kitchen and other facilities. I single-handedly coordinated Gomde's first ever individualized retreat program. I arranged the facilities necessary for the attendees, assigned housing, collected liability forms, and welcomed them to the land. For the teaching programs, I assisted my co-workers in general administrative work. I registered guests, and gave tours of the land to new guests. Through my experience, I gained a comprehensive view of what it takes to manage a retreat center and facilitate its programming.

How will your work this summer relate to your major or area of study at Wesleyan?

As a psychology student, I have always focused my school work on the study of psychological wellbeing and the factors that go into it. My internship this summer gave me a firsthand experience of an alternative modality of service and promotion of wellbeing, apart from typical methods such as therapy.

How will your work this summer related to your post-Wesleyan career?

My experience gave me a broader picture of the kinds of skills and capacities I have at my disposal, as well as a better sense of how I can direct those skills to serve others and have meaningful work.

What did this internship opportunity mean to you?

I have gained a broader picture of the type of meaningful work that I could engage in throughout my life. This means I feel confidence and clarity about what my future career could encompass. Most importantly, I have realized that I want to pursue a career helping others, and have gained the confidence in my ability to do so.

A Note to EQV:

Dear Donors:

Thanks you so much for this incredible opportunity. I cannot express how wonderful this experience has been or how grateful I am for my ability to have it. This internship has given me so much confidence in my ability to efficiently and skillfully hone my skills and direct them into productive and meaningful ends. This experience has inspired me to commit to a career in human service, as it has given me the rewards that come along with devoting yourself to helping others. It has been so very inspiring, encouraging, and absolutely invaluable.

Thanks you so very much for your kindness. This is truly the best gift I've ever been given, and I hope one day I will be able to pay it forward.

Sincerely,

Jesse