



Summary of Internship

My internship took place from May 2023 to August 2023. I was an intern for the HR Department at Aramark in ECU Dining.

I was under the direct supervision of Alexis O'Bannon, who is the HR Director of Aramark at ECU Dining.

My Internship Responsibilities

I was responsible for safety compliance, staying up to date with state and federal employment postings, helping with payroll services, sitting in on conflict resolution, aiding in staffing/hiring efforts, and employee engagement.

Applying Classroom Knowledge

During the Spring 2023 semester, I was enrolled in BUS301W. In this course, I researched the importance of motivating employees, how to prevent burnout, and methods of motivation that are most impactful.

I was able to use the materials from the research and apply it to my internship. By applying this knowledge, we were able to increase our employee engagement percentage from 67% to 74%.



What Challenged Me?

Some areas of my internship that challenged me were conflict resolution and payroll services.

In these situations, emotions tend to be high for an employee. I tend to get frustrated when I am not able to help the employee right away, but it is important to keep a level head and take your time in solving situations in order to ensure they are done right.

What I Learned from the Experience

I have strengthened my knowledge in the field of HR and have been able to apply what I learned to some of the classes I have had since my experience.