



## Kick-start your Career with UPOP!

"UPOP: it's a taste of the 'real world.'"

—UPOP alum '10

"I was completely blown away by UPOP. It fills a critical gap in the professional development of MIT's engineers."

—UPOP alum '07

"UPOP was one of the best programs that I did at MIT."

—UPOP alum '09

"[UPOP] has been crucial to my career building efforts. I recommend the program to all sophomores."

—UPOP alum '15

"UPOP is unique because of the high level at which it requires active participation in team problem-solving, as well as communication with industry leaders. It gives [students] exposure to industry expectations, and skills that will help them in their career development."

—UPOP alum '09

**UPOP = Great internships!** Great access to some of the **top companies** in the world! Great access to a fabulous **mentor network!** Great **1:1 support** to kick-start your career!

Design your career through professional development training, mentoring by MIT alums, and access to top internships in industry, government, research, and nonprofit enterprises around the world.

## Find out more!

Free  
Food!

Open House	Thu	Sept 22	12-2 PM	1-123
Info Session #1	Mon	Sept 26	5:30 PM	3-370
Info Session #2	Wed	Sept 28	7:30 PM	3-133

Info Session sign-ups on: [upop-portal.mit.edu/events](http://upop-portal.mit.edu/events)

(but if you forget, just turn up! We'll still feed you!)

Sophomores of **all majors** are welcome to participate in UPOP

## What is UPOP?

UPOP stands for the **Undergraduate Practice Opportunities Program**, and our goal is to help you be successful in the professional world. UPOP is a **yearlong program**, which includes 1:1 and group coaching, workshops, industry speaker events, networking opportunities, and lots of support for your internship search. The cornerstone of the program is the weeklong professional development course, which is offered twice over IAP:

Session 1	<b>M – F Jan 9 – 13</b>
Session 2	<b>M – F Jan 30 – Feb 3</b>

## Why UPOP?

- The **"UPOP Edge"** UPOP sophomores regularly intern at companies like Google, Lincoln Labs, Apple, Sonos, Microsoft, Facebook, NASA, Boeing, Lockheed Martin, Chevron, Accenture, Goldman Sachs, and Boston Scientific, as well as government think tanks, international research labs, and exciting early-stage startups. We work closely with 800+ companies each year.
- **IAP "boot camp"** Intense but fun! Offered twice over IAP, the hands-on, experiential course emphasizes team communication, with simulations and opportunities to practice public speaking, negotiation, and networking skills; it's taught by MIT faculty and coached by industry professionals. This is a requirement for UPOP.
- **Mentors** Conventional wisdom says you can "Network or not work." You'll meet successful MIT alums from all majors. These relationships can be long lasting, and result in career guidance, internships, and even full-time jobs.
- **Academic Credit** UPOP is a co-curricular program. Students who complete all the requirements receive two units.
- Preparation for the **Gordon Engineering Leadership (GEL) program** GEL provides junior and senior engineering majors with training in advanced engineering leadership topics and mentoring from master engineers.

## Questions?

Email Sharon Leary  
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or feel free to stop by the  
UPOP Office in 1-123