Completing my capstone internship with the Tsai research team at Colorado State University has been a great experience. I designed, developed, manufactured, and tested a novel air sampling device while gaining comprehensive training on a wide range of industrial hygiene air sampling and analytical methods. Having the opportunity to directly contribute to the field of industrial hygiene (IH) while developing critical skills required to be a successful IH graduate student has been quite rewarding.

Designing this innovative air sampling cassette required me to master computer aided design software, a skill I never would have imaged I could develop. The analysis for this type of sampling method required imaging with scanning and transmission electron microscopes. I took a ten-week course on transmission electron microscope imaging and have now acquired a skill that will make me a valuable member to the research team. I have become skilled at operating a variety of IH air sampling pumps, real time measuring instruments, particle generators, and methods of environmental control.

I would highly recommend pursuing a research based internship for any student whom is contemplating a research based graduate program. You will gain invaluable experiences to help guide your decision. At first I was apprehensive about completing my capstone internship through research, however through the help of a highly skilled mentor I have had an awesome experience.