

MOSS



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CGN 4949 U01C

Describe the activities you performed during the internship. List them and write some details about the activities.



INTRO:

On May 10th, 2022, I started my first internship in Construction Management at Moss, and we were working on a new project named 29N in Wynwood. During this time, I was in charge of division 10, which included all toilet and bath accessories, and I was constantly talking to subcontractors and comparing their proposals and prices. See below for more details on the activities performed during my internship:

1. Some of the things I learned during my training include:

- a. Writing formal emails
- b. Reading plans on PlanGrid
- c. Contacted subcontractors through email and phone calls
- d. Became better at using excel
- e. Learned how to use Bluebeam
- f. Learned how to use CMIC
- g. I did several take-offs for toilet and bath accessories, phenolic lockers, mailboxes, and doors and then compared to subcontractors' quantities.
- h. Learned how to compare proposals
- i. Learned how to do scope sheet
- j. Participated in several meetings like the one with the owner, architect, and contractors (OAC)





2. Networked with the Moss Team:

We went to lunch almost every day together and made good connections with the team on project 29N.



3. Visited several job sites managed by Moss & Associates:

We had a Jobsite tour, and I learned a lot about structural buildings with the superintendents that went with the interns.





All interns signed on this wall of a construction during our jobsite visit:

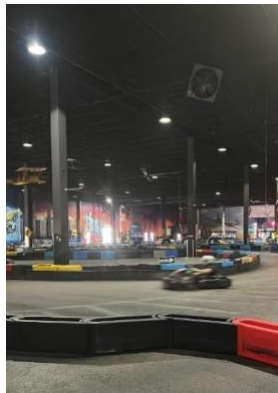


During the Jobsite visits, I could relate what I learned in my geotechnical engineering class to the different constructions. On one of them, the Moss team has to excavate and remove all the dirt, organics, and concrete before being able to put new soils like limerock, clay, gravel, etc.





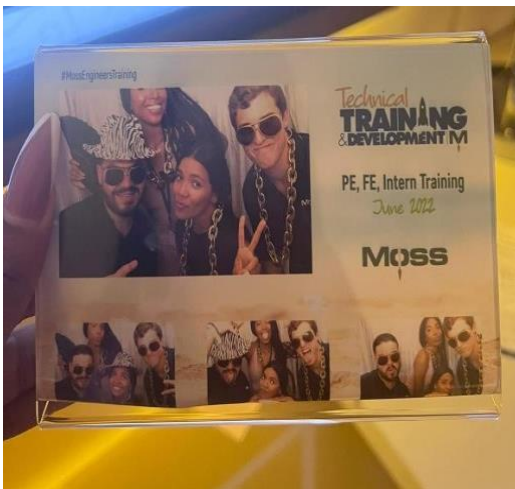
4. Participated in different activities planned for interns, vice-presidents, 'presidents, and project engineers, such as:
- a. Go karts day
 - b. Marlin's game





5. Participated in the yearly intern, PE, and FE training:

It consisted of a 2-day activity at the Marriot in Fort Lauderdale, where 130 interns joined from all states that work at Moss. We were able to listen to inspirational Moss Employees who have to succeed in their careers, and we also got trained to be more efficient in our work environment.





6. I did my first post on LinkedIn.

After the interns' training, I felt encouraged to write a post on LinkedIn because I got very empowered by all women working in Construction. I think it's great to see women being leaders and inspiring other women. See my post below:

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I'm currently doing my first internship in construction management with Moss, and yesterday I had an incredible experience at the PE, FE, and intern training. They had a conference where project executives, project engineers, and project managers gave out speeches to motivate interns to improve in their work areas and personal life. One of the speakers that touched me the most was **Holly Loeffler** because I felt identified with her. Therefore, I asked her a question at the conference, and I said: "Have you ever faced any challenges being a woman in construction?". And her answer was yes. Still, her advice to me was to always keep the focus on doing my work right and never let the fact of being a woman make me feel different or inferior since, as a woman, she was able to be a great project executive. Additionally, many of her skills are unique and needed for the company, but it's essential to be confident. Also, another speaker named **Brandon Andrews** emphasized that in the Moss culture, they respect women a lot, and many women of the company have high titles at work. These words were very inspiring to me as a woman in construction majoring in Civil Engineering because they made me realize that the world is changing and gender equality is improving. However, we can't change the whole world's point of view about it, but we can change ourselves and, little by little, see more women in STEM. Thanks **Moss & Associates (Construction)** for this opportunity and for making me feel welcome to this great family! [#internship](#) [#construction](#) [#womeninstem](#)



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CONCLUSION:

In conclusion, I had a great experience working at Moss. It wasn't easy initially for me to wake up at 6:00 am every day, leave work at 4:30, and get home almost at 6:00 pm with all that traffic. However, it was a unique experience I would return to if I could. As an international student from the Dominican Republic, I'm very grateful to have this opportunity and to get some CPT experience before going back home. Additionally, I learned how to manage my time very well. In summer B, I started taking geotechnical engineering and the lab in person, and I had to go every Tuesday and Thursday after work. However, it all worked out nicely, and I succeeded in my classes and internship.

