



November 2024

Channing W. – Marketing - New York

Hey, my name is Channing, and this is a day in my life as a BNY intern.

I normally wake up around 7:30 and get dressed for the day. And take the subway from my apartment to work.

Once I get to the office, I scan my badge and check my emails for the morning.

Once I'm settled in, I have coffee with some other interns and head back to my desk to take a meeting with my manager.

Today I had lunch with some of the other interns in the cafeteria and I brought a quesadilla from home.

After lunch, me and the other marketing interns had a meeting.

And I headed back to my desk to finish out some emails.

Before I left work, I headed to the rooftop to see the views of the city and headed to the gym with another intern.

Then I headed home after another great day at BNY.

[Closing title on screen: BNY]

BNY is the corporate brand of The Bank of New York Mellon Corporation and may be used to reference the corporation as a whole and/or its various subsidiaries generally. This material and any products and services mentioned may be issued or provided in various countries by duly authorized and regulated subsidiaries, affiliates, and joint ventures of BNY. This material does not constitute a recommendation by BNY of any kind. The information herein is not intended to provide tax, legal, investment, accounting, financial or other professional advice on any matter, and should not be used or relied upon as such. The views expressed within this material are those of the contributors and not necessarily those of BNY. BNY has not independently verified the information contained in this material and makes no representation as to the accuracy, completeness, timeliness, merchantability or fitness for a specific purpose of the information provided in this material. BNY assumes no direct or consequential liability for any errors in or reliance upon this material.

This material may not be reproduced or disseminated in any form without the express prior written permission of BNY. BNY will not be responsible for updating any information contained within this material and opinions and information contained herein are subject to change without notice. Trademarks, service marks, logos and other intellectual property marks belong to their respective owners.

© 2024 The Bank of New York Mellon. All rights reserved. Member FDIC.