

TEAM SPORTS

Rocky Point on Fire as Cricket Heats Up



The Rocky Point Team

The Interdepartmental Cricket Competition made history this week as Rocky Point Cricket Team posted the highest total ever recorded, they stormed to 167 in 1 in 10 overs and crushing Central Shop by 124 runs.

Electing to bat after winning the toss, Rocky's openers came out firing. **Troy Allen** smashed 82 from just 30 deliveries, hammering six fours and eight sixes. His partner, Kevin Duncan, was equally destru-

-ctive, blasting an unbeaten 81 from 34 balls, including 11 sixes. The Central Shop bowlers had no answers, with only **Sean-Dean Hutchinson** showing some control, conceding 12 runs from two overs. Young intern Kristina Buddan, came under immense pressure on debut, conceding 68 runs from her two overs as Rocky Point's batsmen dominated.

In other matches, Raw Materials continued their inconsistent season with a disappointing performance against Railroad. After a tactical reshuffle that saw **Kirk Douglas** promoted to open, the team struggled badly, finishing on just 52 runs from 10 overs. Douglas faced 23 balls for only 9 runs, leaving Railroad with a simple chase. Hopeton Shand and **Romario Cooper** guided their team home comfortably, both unbeaten on 21.

Meanwhile, Reliability kept their quarterfinal hopes alive with a 7-wicket win over Mines. Mines managed 63 for 5 in 9 overs, with **Jeconte Thompson** and Gregory Reid each scoring 13. Reliability's Darren Chambers starred with the ball, taking 2 for 9, before contributing an unbeaten 15 to support **Dwayne Wallace's** brisk 33 from 18 balls in the chase, which ended in 7.1 overs.

In the final matchup, Lab secured a 10-run victory over Railroad in a five-over encounter. Railroad set a modest 36 for 2, led by **Rodriguez Ludford's** 16, but Lab responded quickly, reaching the target in 4.2 overs with **Remito Pryce** (18 not out) and **Kemoy Brown** (16 not out) steering their side to victory.

The results set the stage for a competitive finish as teams battle for places in the knockout phase.

EAP CORNER

The Power of Lemonade Thinking



When life hands you lemons, the natural response might be to feel frustrated, angry, or overwhelmed. "Turning lemons into lemonade" is finding a positive spin in difficult situations. This can have a powerful impact on your mental health as it changes the way you think, view and react to challenges. Here is how?

- **Reduces Negative Thinking:** Reframing challenges helps reduce feelings of frustration, hopelessness, and anxiety by shifting your perspective from victimhood to possibility.
- **Builds Emotional Resilience:** Every time you adapt and recover, you strengthen your ability to bounce back from future setbacks.
- **Restores a Sense of Control:** Seeing problems as opportunities gives you a greater sense of peace, easing anxiety and helps prevent feelings of being overwhelmed.

- **Cultivates Optimism:** Focusing on the good, even in tough times, promotes hopeful thinking and buffers against stress.
 - **Boosts Self-Esteem:** Overcoming adversity builds confidence and reinforces your ability to cope, resulting in a reduction in self-doubt.
 - **Reduces Stress and Anxiety:** A solution-focused mindset shifts you from worry to action and lowers stress levels.
 - **Strengthens Relationships:** Positivity is contagious. Seeing the good in hardship can deepen social connections and attract support.
 - **Encourages Growth and Meaning:** Turning difficulties into growth experiences fosters a deeper sense of purpose and meaning.
- Cultivating a Lemonade Mindset**
- **Be Kind to Yourself:** Show self-compassion during tough times.
 - **Focus on Solutions:** Shift your energy from the problem to potential answers.

- **Celebrate Small Wins:** Acknowledge progress, no matter how minor.
 - **Practice Gratitude:** Look for unseen benefits, even in adversity.
- Lemonade thinking is not about denying difficulty, it's about choosing how to respond. With practice, this mindset can turn obstacles into opportunities for strength, growth, and peace.

CALL EAP: 876-551-9796

Your Mindset Matters

Editor: Donna Marie Brooks, Associate Editor: Nadene Newsome, Sub Editors: Jermaine Saunders, Antonio James, Jermaine Foster, Tamarah Jacobs, Kevin Douglas.

Contributors of this issue: Michelle Hodges, Kirk Gordon, Kellese Palmer-Rhoden, Neville Morgan, Alicia Marshall-Clark.

This document contains information intended for the internal use of Jamalco and its stakeholders. Copyright (c) 2025 by Jamalco. All rights reserved.



August 29, 2025

A Monthly Publication by the Corporate Services Department

Volume 19 No. 8

In This Issue

Jamalco Undergoes Corporate Audit...	3
Team Stars	4-6
Munjo Residents Welcome Road Rehabilitation Work.....	7
Spots Update.....	8

Employee News



Our Summer Interns speak about their Jamalco internship...
Read more on page 5

HSE Review

@August 29, 2025

	Plan	Actual
Recordable Injury	0	0
First Aid Injury	0	0
Non-compliance	0	0
Spills to Soil	0	0

Production Review

@August 29, 2025

	Plan	Actual
Digester	3220	2870
Calciner	3432	2787
Digester Yield	93.7	89.1



Jamalco Change Initiatives Gain Momentum



Managing Director, Marvin Jackson addressing the team.

Jamalco's transformation journey towards greater cost efficiency and improved production gains momentum, even as the alumina market price remain depressed. Speaking at the recent MD Communication Session, Managing Director, **Marvin Jackson** acknowledged that declining alumina prices, along with one-off maintenance expenses, such as repairs to the 126C, and ship loader, culvert upgrade, bauxite trucking, and gas-labeled costs, impacted profitability during the period.

However, the outlook remains optimistic. Mr. Jackson shared that alumina prices are expected to stabilize in the coming months. He reminded the team that the newly reopened Mt. Holly Plant and the steady supply to Century Aluminum were positive prospects for the sale of Jamalco's alumina, and "we must ensure that we are in the best position possible to deliver the alumina they need," he said.

Mr. Jackson advised that the change initiatives are "expected to positively impact our results." He emphasized that success during this journey will require a shift in mindset, attitude, and accountability. "We cannot continue to do business in the same manner and achieve better results. Change is a must, or we will become extinct," Mr. Jackson stated. The company's transformation initiatives are being guided by Hatch Consultants, with

Contd. on page 2

Conductivity Meters Set to Identify Spills at Jamalco

Jamalco has installed online conductivity meters at the inlets of the storm lakes, revolutionizing our approach to liquor ingresses into this body of water. This approach has enabled real-time notification of conductivity levels, allowing the team to identify and resolve issues with unprecedented speed and efficiency.

"The impact has been substantial," said Acting Senior Manager, Strategic Development & Technology, **Alicia Marshall-Clark**. "With the ability to receive instant alerts when conductivity levels exceed the target, department personnel can swiftly investigate and troubleshoot the source of the issue, minimizing losses and preventing further spills. The results have been impressive, with a notable reduction in volume losses and a significant decrease in



A conductivity meter

the peak of spills to the storm lake."

This innovative solution marks a major turning point for Jamalco as it seeks to reduce liquor loss, demonstrating the facility's commitment to embracing new technologies and driving continuous improvement. The installation of online conductivity meters in the storm lake has set a new standard for operational efficiency and environmental responsibility, and the team is eager to build on this momentum.



FOLLOW US @jamalcoinaction



FOLLOW US @jamalco



https://www.jamalco.com/

Staying Safe During Drought Conditions

Jamaica is experiencing extended drought, increasing heat stress and dehydration risks. Take proactive steps to protect your health.



- 1. Stay Hydrated** – Drink water regularly throughout your shift, even when not thirsty. Dehydration happens quickly in heat. Limit caffeine and alcohol as they increase fluid loss.
 - 2. Take Cooling Breaks** – Use shaded or cool areas during breaks. Cooling down prevents heat stress and serious health complications.
 - 3. Protect Yourself from the Sun** – Wear light-coloured, breathable clothing and use PPE correctly. Use a hat and sunscreen to guard against UV rays when outdoors.
 - 4. Conserve Water** – Every drop counts. Use water responsibly on the job and at home. Report leaks immediately to prevent waste.
 - 5. Look Out for Each Other** – Watch for heat exhaustion signs in yourself and colleagues: dizziness, nausea, heavy sweating, or unusual fatigue. If symptoms occur, move to a cool area immediately and seek medical help if needed.
- Remember: Safety is everyone's responsibility. Stay hydrated, protect yourself from heat, and conserve water to work safely while protecting this precious resource. Stay healthy, hydrated, and heat-smart this drought season!

Jamalco Change Initiatives Gain Momentum

Cont'd. from page 1



Director HSE, Andrea Spence addressing the team during the MD Communication Session.

visible changes expected in areas such as CAPEX, Maintenance, Mining, Procurement, Contracts, Finance, and Accounting.

The session, which included presentations from the leadership team, also celebrated key operational achievements. Director of HSE, **Andrea Spence**, commended employees for maintaining zero recordable injuries, noting the absence of chemical burn injuries, ergonomic incidents, air emissions, and compliance issues. Railroad incidents have been reduced by 54%, and the Run-Off Water Storage (ROWS) level declined significantly to 137 ft as of July 2025.

Director of Mines, Lands, and Land

Turbo Mister Project Accelerates Water Evaporation at RSA

There have been significant advancements in water management at the Residue Storage Area (RSA) since the implementation of the Turbo Mister Project, also known as the Enhanced Evaporation Project. Since its installation and commissioning, this innovative system has played a pivotal role in optimizing evaporation rates and maintaining water balance within the RSAs.

The project features eight Turbo-Misters strategically placed to accelerate water evaporation, reduce water levels, and strengthen the water balance within the Run-Off Water Storage (ROWS) pond. By boosting evaporation rates, the Turbo-Misters provide a controlled method for releasing accumulated water during wet years, supporting the ongoing transition to dry stacking across RSAs.

"This initiative demonstrates Jamalco's dedication to environmental sustainability and responsible operations," said Health, Safety, and Environment

Legacy, **Tannika Housen**, recognized the team for outstanding bauxite quality compliance, which improved by 59% in Q2 over Q1. Bauxite inventory is now above 500 tons at all locations, for the first time in 14 months despite dry conditions causing excessive dusting.

Acting Senior Manager, Extraction, **Alicia Marshall**, praised the team for achieving no off-specification shipments year, stressing the importance of minimizing production and caustic losses to maintain plant stability.

On the financial side, Director of Finance **Lloyd Coke** lamented that the cost to make a ton of alumina is at an all-time high. He encouraged employees to closely monitor main-tenance costs, caustic losses, and energy consumption to achieve better results during the next quarter. A dedicated Refinery Efficiency Improvement and Cost Reduction Team now meets weekly to track and manage these priorities.

While challenges remain, the company's leadership expressed confidence in Jamalco's resilience and adaptability. With a renewed focus on change, Mr. Jackson reiterated, "we all must change to achieve change."



The Turbo misters at the RSA

Director, **Andrea Spence**. "The Turbo Misters have not only enhanced our water evaporation capabilities but also reduced our environmental footprint, while ensuring the long-term sustainability of our operations. This initiative aligns perfectly with our value of taking care of our people, communities, and the planet."

The Turbo Mister Project is a shining example of the company's proactive approach to zero-discharge operations, ensuring a sustainable approach to water management, especially during wet years when runoff from the RSAs can be excessive.

Jamalco Upgrades A&E Waiting Area at Lionel Town



The A&E waiting area under construction at the Lionel Town Hospital.

Patients and visitors at Lionel Town Hospital will soon experience a more comfortable environment, thanks to Jamalco's latest investment in healthcare.

The company is completing upgrades to the Accident and Emergency (A&E) waiting area, which will now be outfitted with air conditioning, rest room and smart television.

For years, the hospital has served thousands of residents across South Clarendon and surrounding communities, often under challenging conditions. The improvements to the waiting area will provide relief for patients and families during what is often a stressful time.

With the upgrades near completion, the hospital community is looking forward to a more comfortable and supportive environment for everyone who passes through its doors.

Munjo Residents Welcome Road Rehabilitation



Rehabilitation work underway on the roadway in the community of Munjo.

Residents of the Munro District, popularly known as Manjo, in Reeveswood are expressing delight at the rehabilitation of a key roadway in their community by Jamalco.

The company is currently upgrading more than 300 metres of road, a project that has already reached 70 percent completion under the direction of contractor Carlton Dunkley Construction.

Jamalco has been mining in the area for the past 18 months, and the improved roadway is expected to significantly ease travel to and from the community.

Residents say they are grateful for the work, with Marsha Chance noting that the road repairs are "deeply appreciated."

Community Relations Officer, **Jermaine Foster** said the initiative reflects Jamalco's commitment to strengthening communities through partnership and engagement. "Following a series of community meetings, residents identified road rehabilitation as their top priority, and we are pleased to deliver on that request," he explained.

Jamalco and HEART Trust NSTA Partner to Bridge Skills Gap

This September, community members across Jamalco's operating areas will have the opportunity to take part in a groundbreaking Heavy Duty Equipment Training Programme, developed in partnership with the HEART Trust/NSTA.

The training will focus on equipping participants with the skills to operate heavy machinery, including excavators, bulldozers, and loaders, while addressing critical gaps in the local workforce. With the growing demand for skilled operators in the construction and mining industries, the programme will open doors to employment and career advancement for many.

Jamalco's investment in this training

reflects its commitment to building stronger communities through education, skills development, and job readiness. Participants will receive hands-on instruction and industry-recognized certification, ensuring they are prepared to meet both local and national labour market needs.

The training, which will be rolled out across several council areas, is expected to create a pipeline of skilled talent that benefits both individuals and the wider economy. By partnering with HEART Trust/NSTA, Jamalco is helping to empower communities and provide opportunities for sustainable growth.

IN THE COMMUNITY

Scholarship Recipient Overcomes Challenges



Jamalco scholarship awardee, Jamelia McPherson (r) collects her award from President of the JTA, Mark Smith.

On the Sunday before she started high school, while other students were ironing uniforms and preparing books, Jamelia McPherson received news no child should ever hear. Her mother had died of cancer.

"I still remember it," she says, her voice trembling slightly as she speaks. "It was Sunday. I was supposed to start Glenmuir High School the next day, and instead of getting excited, I was just broken."

Monday morning, she went to school and continued to do so every day, although it was a struggle. She recalled one day during a Spanish class, "I couldn't focus at all. I sat at the back of the class crying the whole time, but no one knew. I didn't talk much. I'm not the kind of person to draw attention. I just sat there, trying to do the test through tears." When she couldn't hold the pain in anymore, she wrote something on the test paper that changed everything: "My mother died."

That silent cry for help reached her teacher, who passed the message to Mrs. Althea Francis, then a guidance counselor at Glenmuir. Mrs. Francis, who attended the May Pen Seventh-day Adventist Church, stepped in like an angel on assignment. "She came to me and helped me sign up for a scholarship," she said. "Since first day, I have been getting support through the school. It helped with lunch, bus fare everything. That's how I made it through those early years," she shared.

Despite the pain, despite the

emptiness left by the one person she believed most in her, she pressed on. "My mother would have done everything for me," she said. "If she were alive, things would have been different. But I had to keep going, not just for her, but for me and my father, too. Even though he didn't have the money, he tried. And I wanted to make him proud as well." Pausing, Jamelia reflected on how her mother wanted her to pass for Glenmuir High School, and it was that desire that kept her determined to do her best.

Her mother, she shared, was not only a loving

parent but also a remarkably kind woman who overcooked on purpose. "She would cook, and if there was food left, she would call around and give it away." "She was always giving," she said, a proud smile slipping through her sadness. "She worked with my aunt, and together they helped people in need, including a gentleman who she knows as Mr. Samuels."

Years later, during sixth form, Mr. Samuels started sending her \$20,000 a month. That helped her eat, take the bus, and save. Jamelia sees this as no coincidence, as she noted it was the good of her mother's deed coming back to her. "God was taking care of me through the whole time, and he didn't talk much. He was always giving," she pointed out.

Even with that support, the journey was steep, as she shared that there were some "very hard days." There were times when she was at school and wanted a parent to show up. At graduation, she recalled that she had her godmother, her god-sister, her father, and some friends, but the one person she wanted most was not there.

Now, looking forward to starting her first year at the University of Technology, where she will be pursuing a career in nursing, she said her mother's experience made her want to care for the sick.

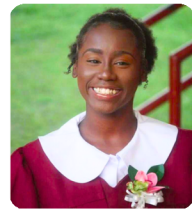
The budding healthcare worker still has her moments of grief, as she revealed that to this day, she still has nights where she wants to burst into tears. "The feelings mostly attack me at night. That's when I pray and try to sleep. I still miss her deeply."

Although she is not a member of a church, Jamelia said she goes to church

every Sunday and never misses an opportunity to pray. "Even though I am not formally a Christian, I believe that my faith gives me strength," she said.

The first-year student, confesses that her challenges have not magically disappeared, but her perspective has grown stronger. "Sometimes I tell myself I haven't really done anything to deserve this kind of help. I don't think I'm a bad person, but I'm not perfect either. Yet, people keep showing up for me just like they did for my mother."

Admitting that now she understands what people mean when they say, "God gives His hardest battles to His strongest soldiers," her words of advice to other young persons facing challenges are not to give up. "God isn't done with you. It might not be your time yet, but your time is coming. It's not in vain. Every pain, every test - God is shaping you."



Jamelia as a Glenmuir High School student.

And as for Jamalco and others who sowed into her life, she had heartfelt words. "To the people behind the scholarship that will carry me through, I just want to say thank you. Thank you for believing in me, for seeing something in me worth investing in. You have given me a second chance, maybe a third. And I promise you that your time and effort will not be wasted." Then she smiled and stated, with conviction in her eyes. "To me, the sky isn't the limit. It's just the beginning."



IN THE NEWS

Jamalco's Corporate Audit Confirms Strong HSE Systems

Jamalco's recent Corporate Audit of its Health, Safety and Environment (HSE) management systems has confirmed that the company's operations are robust, compliant, and continually evolving to support safe, efficient, and sustainable performance. The audit was conducted by a team from Century Aluminum, led by Vice President of HSE, Sustainability and Management Systems, Steinunn Dögg Steinsen. The team also included Document Control Coordinator, Paul McCarty, Environmental Sustainability Specialist, Hjalti Nielsen, and Global Industrial Hygienist, Dan Fuller.

The objectives were to assess performance against corporate standards, support the maintenance and improvement of HSE systems, and refine the auditing process for application across all Century facilities.

The review examined Jamalco's health, safety and environmental management systems against Century's standards.

In his closing report, Dan Fuller commended Jamalco's systems while noting a few minor opportunities for improvement. He reported that of the 168 requirements reviewed,

no significant gaps were found and only nine minor issues were identified, most of which had already been flagged in the site's internal gap assessment. Fuller praised the team's

outstanding performance in housekeeping and highlighted the company's proactive culture. Jamalco is the fourth Century facility to undergo this process, following three earlier audits.



Global Industrial Hygienist, Dan Fuller updating the team on the audit findings.

Managing Director, **Marvin Jackson**, thanked the team and emphasized the importance of the audit, noting that the goal is to ensure all Century facilities operate at a consistently high standard.

Jamalco's Technical Services Team Champions Safety Through Innovative EHS Programme

Safety first is more than just a slogan at Jamalco, it is a way of life, and the Technical Services team has fully embraced this principle with the successful roll-out of their 'EHS Champions' Programme. The programme was launched earlier this year to motivate employees to exceed expectations and reinforce Jamalco's leadership in health, safety, and environmental (HSE) best practices.

The programme recognizes individuals who consistently demonstrate a commitment to safety by actively participating in weekly GEMBA walks, engaging in safety training, and excelling in safety audits. Since its launch, four team members, **Monique Delaney**, **Juliane Asquith**, **Gio Vanni Ferguson**, and **Vanessa Singh** have been honoured as EHS Champions for their outstanding contributions.

So far, the initiative has proven highly effective in strengthening the

department's safety culture. Key performance indicators remain on target, with zero injuries recorded to date and Risk Notification and Inspection closure rates consistently maintained.

June's EHS Champion, **Vanessa Singh**, who earned the title for submitting the highest number of stop stories, underscored the importance of collective responsibility in safety. "It is not just about personal safety, but the safety of everyone within the environment. Given the hazards that exist on the plant, it is important to be an advocate not just for yourself but for everyone and to exercise initiative when it comes to safety," she said.

With positive feedback from participants the Technical Services team hopes that sharing their success story will inspire other departments to adopt similar approaches to strengthen workplace safety across Jamalco.



Senior Process Engineer, Chad Gayle, presents the EHS Champion Trophy for May 2025 to Process Engineer, Geo Vanni Ferguson.

TEAMS STARS

Vox Pop - Our Interns Speak about their Jamalco Experience



Teshawn Bartley
Mines

My internship experience allowed me to deepen my knowledge by applying the theories taught at university to real-life challenges in the field, while also gaining valuable hands-on experience. The internship strengthened my communication, teamwork, and

punctuality skills. Working in teams required me to share and disseminate information effectively, identify problems, propose solutions, and respect meeting times and deadlines, all of which enhanced my overall professionalism. Among the most important lessons I learned were the value of safety in the workplace and the critical role of teamwork. Reading incident reports highlighted how negligence in following safety protocols could lead to serious injuries, which reinforced my appreciation of the importance of occupational health and safety. Teamwork also stood out as I realized that each department is interconnected, and the efficiency of one relies on the contributions of the others in order to achieve the company's overall goals.

Overall, this internship has been highly impactful and will strongly support my future goals. It provided me with a realistic understanding of the professional work environment, helping me to better prepare both mentally and physically for the demands of my career path.



Shola Ismail Technical

in safety, operational procedures, and continuous improvement, positions me strongly for a future career in process



Caleb Fuhler
Raw Materials

and I look forward to the discoveries and growth that lie ahead as an upcoming engineer.

One of the most valuable lessons I learned is the importance of total awareness and critical analysis. In this environment, even a single moment of lost focus can cause you to miss a critical detail in the job puzzle. I recognized that one of my areas for improvement is learning to concentrate fully on the present task rather than jumping too far ahead. The most proactive step I can take is to remain 100% focused at all times.

In terms of achievements, I am especially proud of contributing to the team that successfully restored critical equipment to operation. Beyond this, I gained hands-on knowledge of both fundamental and complex devices that power large-scale industrial operations, a foundation that I know will serve me well throughout my career.



engineering especially within the alumina and broader mining industries. Moreover, the real-world applications of Lean Six Sigma, experience collaborating across functions, and delivering solutions based on KPIs have collectively prepared me to drive efficiency and innovation in any industrial setting.

Looking ahead, I aim to contribute to sustainability-driven process advancements, operational excellence, and data-informed decision-making in the resources industry.



Carlisha Johnson
Human Resources -
Labor Relations

During my time at Jamalco, I have gained invaluable lessons that have significantly contributed to both my personal and educational growth. Being immersed in this professional environment has given me first-hand exposure to the real-world applications of the theories and concepts studied at university. I am proud to have contributed by drafting policy reminders, assisting with policy development, disseminating safety shoe requests, assisting with the canteen, collaborating on the MSK65 training sessions and collecting key data.

This experience has given me greater clarity about my career path and reaffirmed my passion for Human Resources to support employees' growth and development within organizations. I look forward to building on this foundation and hopefully returning to Jamalco in a full-time capacity.



Tonique Haywood
Information Services

My internship experience has been both rewarding and transformative. It allowed me to directly apply the knowledge I gained in my field of study while also acquiring new skills through hands-on experience. It also

gave me the opportunity to understand how technology supports the company's operations and contributes to overall efficiency. During this experience I improved my problem-solving skills and adaptability. I also gained confidence in my technical abilities, particularly in troubleshooting, project collaboration, and applying theoretical concepts to practical situations. The exposure I received has reinforced my passion for IT and provided clarity about the areas I want to specialize in.

I am truly grateful to the company and the Information Systems Department for welcoming me into their space and allowing me to grow through this experience.



Sydney-Shea Dingwall
Corporate Services

My time at Jamalco was nothing short of unforgettable. From the very first day, I felt like I was welcomed into a family rather than just a workplace. Corporate Services guided me when I needed help but also trusted me enough to manage projects on my own, which was both exciting and empowering. I learned so much, not just about the work itself, but also about teamwork, responsibility, and what it truly means to be part of something bigger than yourself. JAMALCO gave me more than just an internship; they gave me an experience that felt real, valuable, and inspiring. If I had to rate it, I'd honestly give it a 10/10 (and that's not just the intern in me trying to secure a job, it's genuinely well deserved!). I speak very highly of JAMALCO because they've showed me what true work experience is supposed to look and feel like.



Marcus McIntosh -
Maintenance Shop
Powerhouse

My three months spent here have been very beneficial. I worked closely with the Maintenance Shop for the Powerhouse, observing and helping all around the department. From working with boiler soot blowers to cooling water pumps, air compressors to boiler overhauls, I have not only learned about the processes that contribute to the successful operation of the Powerhouse but also gained extensive real-world knowledge.

This experience has shown me the practicality of the information I learnt in school and has motivated me to take even more steps to educate and equip myself with the skills necessary to be as competent as possible in my field of study.

My supervisors and coworkers are constantly willing to teach and share all they know and that has benefitted me greatly. I am all the wiser and more prepared for the working world and for that I am truly grateful.



Hailey Gordon
Laboratory

I must express sincere thanks to Jamalco for affording me the opportunity to work in the Laboratory this summer. During my high school years, I excelled in Chemistry and this opportunity allowed me to gain hands-on experience with various techniques and equipment, deepening my understanding of scientific concepts. Through experiments and investigations, I developed critical thinking and problem-solving skills. The lab experience was fantastic, allowing me to apply theoretical knowledge in a practical setting and collaborate with the dynamic Lab team. Overall, it was an engaging and enriching experience that enhanced my learning and sparked curiosity.



Jhoda Smith
Laboratory

My internship at Jamalco was an incredibly eye-opening experience, especially working in the Digestion Department. I got to see the bauxite processing firsthand and understood how each step—from careful monitoring to precise handling—directly impacts efficiency and safety. One of the most exciting moments was participating in a mercury safety training alongside my superior, which gave me practical insights into occupational hazards and preventive measures for both myself and my team. Beyond the technical



Maurice Miller
Laboratory

This was my first experience working alongside professionals in the field of STEM, so I knew it was a great opportunity to finally apply theoretical knowledge gained within the classroom. It was clear from day one that safety was of utmost importance as at every turn there was a protocol or guideline putting less emphasis on prioritizing safety practices not only in the Lab, but all around the Plant.

My expectations coming into the internship were that I would just sit around and observe, not really being given the chance to do too much, but it was quite the opposite. It was a dream come true, and with proper guidance they allowed us to take part in all activities that we had the capability to do. I felt like a true professional and was grateful to be a part of something bigger than myself. We observed and emulated how the workers interacted with each other on a daily basis, which mirrored that of a functional family.

It was easy to form interpersonal relationships and within a month it felt like we knew each other for years. It was truly an environment conducive to learning and growth. Going forward, I now have a good idea of exactly what is required from a professional in my field of study, and what it will take to truly excel and add value.

knowledge, I was inspired by the dedication, brilliance, and teamwork of my colleagues, and how a supportive work environment makes complex tasks manageable and even enjoyable. These lessons in safety, process understanding, and professional collaboration have deepened my curiosity, strengthened my sense of responsibility, and will be invaluable as I continue my journey as a medical student.

all
the
best