

Internship Description Guideline  
(Due Friday, June 21<sup>st</sup>)

You are required to describe your internship in 1-2 typewritten pages using the format below.

**A copy of your description will be put in the CYAF "Internship Notebook" and used by future intern students to evaluate sites for completing their internships!!**

**Assignment:** Follow the outline below; complete the assignment in **outline form**- not paragraph form!

1. Your name.
  - Mohammed Seisay "Mo"
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
  - Psychology and family Science
3. Practicum position title.
  - Camp Counselor
4. A. Organization / agency name,
  - Abbott SportsB. Organization / agency address and contact number
  - 7600 N 70th St, Lincoln, NE 68517C. Organization website if available
  - Abbottsports.com
5. Mission of the organization or agency.
  - The mission of the Lincoln Sports Foundation is a commitment to developing, mentoring and training student athletes and their families through programs that provide quality coaching and facilities enabling them to reach their full potential as athletes and members of the community reflecting our values of honesty, integrity and a commitment to excellence.
5. Supervisor's name and title,
  - Erik Sutterfield  
Co-Director
  - Nate Polacek  
Co-Director

Supervisor's contact number (phone and fax, if available).  
Erik Sutterfield- (303) 548-1432  
Nate Polacek- (308) 233-7058

7. Describe the purpose of your internship.
- The purpose of my internship is to know how to handle and coach kids to perform in there highest level teach them how to play sports that are difficult for them.

8a.) Describe your major work responsibilities of your internship (i.e., what did you do? How did you spend your time?

- My responsibilities in my work place is to make sure the kids are having fun and learning how to play a sport. Learn the philosophy behind it and the technique to master the sport. I planned drills, train them, and coach them. I spend my time away from the complex to figure out drills I want the to perform.

8b.) What skills did you acquire over the course of your internship?

- The skill you acquire working in my work place is patience, communication, and creative

8c.) What type of knowledge did you gain?

- I gain a lot of knowledge so far. I learn how to cope with kids with disorders, anger issues, anti social kids, and just straight bad naughty kids. I also know how to relate to these age group of kids.

9. What was your most critical moment at your internship? Explain *why*.

- The most critical moment at my work place is when you have a group of 15 kids to a group and it is your first day and you have to entertain the kids for 4 hours. I ran out of drills one day and I was boring the kids which lead to fights, bad behavior issues, and dangering themselves in the environment.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.

- If you don't have any patience and your not good with kids then do not bother to join this job

11. Would you recommend this particular organization or agency to future internship students? *Why/why not?*

- YES I will recommend students because you play with a group of kids for 4 hours and you can do whatever you want as long it is in the rules of the camp. You get to build a bond with these kids and have a chance to make a difference in a kid life by just showing them attention and teaching them how to become better players and human being. Lastly the have the best supportive laid back directors and you get paid 11\$ an hour.

1. Pa Thoua Lee
  2. Family Science
  3. Intern to the Individual and Family Supports Service Director
  4. Arc of Lincoln  
5730 R St. Ste. C-2 Lincoln, NE 68505 (402)421-8866  
www.arclincoln.org
  5. "We empower people with developmental disabilities and their families to promote and protect their rights and interests, while enriching the quality of their lives."
  6. Adam Feser, *Individual and Family Supports Service Director*  
Email: arcifss@windstream.net
  7. The purposes of this internship are to learn about the supports available to people with intellectual and developmental disabilities, learn how a nonprofit functions in the community, and ultimately, decide if the disabilities/nonprofit sector is an appropriate fit for one's career aspirations.
- 8a.) The majority of time spent at this internship is spent researching information on supports available to clients, grant opportunities for nonprofit organizations, and gathering/organizing details for program activities run by the nonprofit.
- 8b.) Skills acquired: Research, Communication via phone-email-in person, Data entry/clerical work
- 8c.) Knowledge gained: How to ask for vendor donations/services, how to locate services for clients, what goes into grant writing and follow up meetings, how a nonprofit is run from day to day
9. The most critical point in the internship is seeing the planning come into fruition with the events held for the programs. Most of one's time is spent on the details. It is at the event that one is able to interact with the people served and gage if all the effort turned out a success.
  10. Recommendations for others: Be prepared to learn new things, don't expect for every day to be filled with exciting tasks to complete, anticipate uncomfortable moments with the clientele but know the supervisor and coworkers will demonstrate how to overcome these issues
  11. I would recommend this agency to those who are/might be interested in serving the special needs population. It is also for those who are unsure of what path to take upon graduation. There is a lot to learn and experience here, but at the very least, the intern will be able to determine if the nonprofit sector is one to be pursued or discarded.

1. Name: Kayla Abel
2. Major: Family Science, Certificate: Gerontology, Minor: Psychology
3. Internship position title: Intern
4. Site: AseraCare Hospice and Palliative Medicine  
Address: 5715 S 34th St. Lincoln, NE 68506  
Contact Number: (402) 488-1363  
Website: <http://hospice.aseracare.com/lincoln>
5. AseraCare's mission: Our primary goal is to make each patient comfortable; enabling them to continue an alert, pain-free life and to assure a patient's last days may be spent with dignity, supported by their loved ones and our caring staff.
6. Supervisor: Lori Molzer, RN, CHPN  
Phone number: (402) 488-1363  
Fax number: (402) 488-5976  
Email address: [lori.molzer@aseracare.com](mailto:lori.molzer@aseracare.com)
7. The purpose of my internship was to learn about the different members that make up the hospice team. My goal was to use this internship as a time to decide if I liked hospice in person as much as I did in class and to find out if this was what I wanted to do after college.
8. A) My major work responsibilities included:
  - office work (answering phones, making posters, doing paperwork, faxing, copies)
  - attending team meetings, attending various grief groups
  - helping with a grief camp and memorial event
  - being a hospice volunteer (visiting patients)
  - shadowing the different team members
  - running errands
  - doing odd jobs that need done
- B) The skills I acquired over the course of my internship included:
  - office skills
  - flexibility because every day is different and can change in a heartbeat
  - the balance of professional distance and active listening
  - how to work with dementia patients (as a volunteer)
  - collaboration
  - self-motivation
  - confidence in asking questions
  - helping children work through their grief at a grief camp

C) The type of knowledge I have gained includes:

- the importance of collaboration
- how grief groups work and why they are helpful
- who the members of the hospice team are and what they do (through shadowing)
- the hospice philosophy
- how hospice organizations inform doctors and facilities about hospice
- the benefits of hospice
- the confirmation that hospice is the field that I am passionate about

9. The most critical moment at my internship happened on my first day. I sat in on the young widow/widowers grief group. It was very emotional and my first taste of working with grief firsthand. It was a critical moment because that was my moment to decide if I was going to be able to handle this much emotion and still keep enough of a professional distance. It was a very tough meeting and I did cry, but each meeting since has gotten easier and I have learned to be an active listener, but keep enough of a professional distance at the same time. I knew after my first day that this was the field for me.

10. My recommendation for future internship students preparing for the internship experience in a similar position or organization is to think critically about whether you have a passion for helping the elderly and dying because that is the population with whom you will be working. It is an emotional field to go into, so this passion is what is going to get you through it and make your work worthwhile. I would also recommend they fill out any necessary paperwork and take any drug tests at least a couple weeks before you plan to start. I say this because it took almost three weeks to get my drug test back and I could not do any volunteer work out in the field on my own before they received the results. My last recommendation is to never be afraid to ask questions if you do not know how to do something or if you do not understand what went on in the grief group or whatever you were shadowing. The staff is always more than willing to answer anything you want to know.

11. I would definitely recommend this organization to future internship students for several reasons. You will learn so much about working with people at a critical part in their lives, whether they are the one dying or their families that are grieving and going through the process with them. It will make you think about what is really important in life and appreciate what you have. The staff is amazing. They are always willing to answer questions and help you learn as much about hospice as possible. They appreciate the help you give them and let you know that, which makes you feel really great about the work you do there. I can only hope that I have amazing people like that caring for me when I reach the end of my life. Last, the clients that you come into contact with will touch your life forever. I can honestly say that after every visit I feel like I have gained another sweet grandparent and I absolutely love visiting with them each week.

**Name:** Jenna Haveman

**Major area of study:** Child Youth and Family Studies- Family Science

**Internship site:** Behaven Kids  
1145 High Street  
Lincoln, NE 68502  
(402) 423-6464  
[www.behavenkids.com](http://www.behavenkids.com)

**Mission statement:** To passionately teach effective skills that change children's lives and ultimately changes our future.

**Supervisor:** Cammi, coordinator  
(402) 984-3507

**Purpose of internship:** To gain hands on experience and knowledge involving children with behavioral problems.

**Major work responsibilities:** Help children with activities and projects, help children learn acceptable behavior, praise good behavior, give appropriate consequences for negative behaviors, watch out for children's safety, help teachers administrate the curriculum.

**Skills acquired and knowledge gained:** Learned how to correctly deal with children who are acting out, throwing fits, etc., how to praise child for correct behaviors, how to decide which behaviors are to be ignored and which behaviors are to be given attention, how to decide what behaviors deserve what consequences.

**Most Critical Moment:** When a child is acting out and not listening to what I say. It's very frustrating and really got to me. I had to learn to give the child the correct consequences and when they would not listen to me, get a teacher to take them to the time-out room. Those moments are when I would get stressed out the most and made me feel down.

**Recommendations for future interns:** Don't be afraid to take initiative. At this internship site, you need to be very hands on with the children. Jump right in and give the children who are doing things correctly lots of praise. That's a huge part of this internship. As you learn to give the children consequences, don't hesitate to give the appropriate consequence for children's negative behaviors. Don't be afraid to put your foot down, the child will love you again in the next 5 minutes.

**Recommended or not?:** Yes, I would recommend this organization for an internship to future students. I feel like I've learned a lot during my time here and have gained great experience with children who have behavioral problems. I feel

more confident around children and know how to appropriately handle any situation thrown at me when dealing with kids.

## Internship Description

1. Jessica Cole
2. Family Science
3. AmeriCorps Member
4. Bethany Day Camp  
Lincoln Parks and Recreation  
1225 F Street, Lincoln, NE 68508 (402)-441-7951  
<http://lincoln.ne.gov/city/parks/programs/daycamps/bethpark.htm>
5. Mission Statement: "At Bethany Park, our mission is to increase knowledge about one's self, our environment, our community and our place in the world. We see to do this by creating supportive environments for youth to reach their fullest potential and also instill a desire for lifelong learning while having a lot of fun. We hope campers will gain a deeper understanding and affinity toward the natural world, and become familiar with and discover resources in the Lincoln community."
6. Kerry Brannen – Camp Director  
(402) 499-8489
7. Purpose of Internship: The purpose of my internship is to provide services to children and families in the local community in terms of education, community resources, health, and outreach. By working with your site supervisor, you have much freedom in how you choose to provide your services. It is very hands-on and you have the opportunity to be creative in the programs you create and implement.
- 8a.) Major Duties: The majority of my time was spent reaching out to the community for donations and programs that already existed that we could partner with to provide direct service to Bethany Day Camp. I also was allowed some supervisory roles of being a liaison between staff and the supervisor and making a weekly parent newsletter. I had the freedom to also choose other services I could directly provide the kids, such as a weekly educational craft.
- 8b.) Skills Acquired: I believe the main skills I acquired over the course of my internship were leadership skills, disciplinary skills, and management skills. I learned how to lead others and keep everyone on task, both staff and children I worked with. I also learned how to communicate better with children when behavioral problems arose. I now feel more confident in my abilities to manage a group of children and work effectively and collaboratively with other staff.
- 8c.) Knowledge Gained: The main knowledge I gained was being able to understand more about what goes in to planning and preparing for a day camp. There is a lot of behind the scenes work that you don't normally see as a kid or parent attending camp. Even some of the staff



doesn't always know everything that goes into a single day full of field trips and activities. I learned a lot about different policies in place to help keep staff and children safe and how many people you may have to go through to get an activity ready to go for the kids.

9. Most Critical Moment: The most critical moments occurred when there were last minute changes in the schedule due to inclement weather. I had to learn to stay calm and take charge when the supervisor was not there. I also had to act quickly and make a newsletter to send out with an update of the daily schedule.
10. Recommendations of Preparation: My recommendation for students preparing for an internship in a similar organization would be to keep an open mind and be ready to stretch yourself and develop as a professional. It is true that you get out of the experience what you put into it. Be prepared for challenging days, but know that the experience and skills you gain in the end will be well worth it. Another piece of advice would be to know your strengths and be confident in them. When you work in your areas of strength, you will be happier and your performance and service will be better.
11. Would you recommend this particular organization or agency to future internship students?  
*Why/why not?*  
Absolutely, yes. The supervisors are wonderful, which makes the working environment wonderful as well. They are very supportive and help you develop as an individual in the areas that you want to grow in. They will never tell you no, they will let you try out your ideas and find out for yourself if they work or not. I believe this is the best way to learn what works for both you and the people you are serving.

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**Assignment:** Follow the outline below; complete the assignment in **outline form**- not paragraph form!

1. Your name.  
Lindsey Hoehner
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)  
Family Science
3. Practicum position title.  
I'm considered an assistant teacher for CLC
4. Organization / agency name,  
Cedars, working with children at Clinton Elementary  
Organization / agency address and contact number  
6601 Pioneers Boulevard and (402) 434-KIDS (5437)  
Organization website if available  
<http://www.cedars-kids.org/>
5. Mission of the organization or agency.  
To help children who have been abused, neglected or homeless achieve safety, stability and enduring family relationships.
6. Supervisor's name and title,  
Amara Madsen, CLC Program Manager/Site Coordinator  
Supervisor's contact number (phone and fax, if available).  
(402)770-8606
7. Describe the purpose of your internship.  
To get hands on experience working with children in a summer program. We do educational projects with them but also do a lot of fun games and playing.
- 8a.) Describe your major work responsibilities of your internship (i.e., what did you do?  
How did you spend your time?  
**I am one of two "teachers" for the summer program at Clinton Elementary. I work with 8-10 kids and we do a field trip for part of the day (either the pool, park, stadium, zoo or something like that) and the other half of the day is spent doing class work and learning activities. We also have breakfast, lunch and snacks for the kids.**
- 8b.) What skills did you acquire over the course of your internship?

**I think that I have really learned how to be a leader. I have learned how to discipline and work with kids through their problems. I have also learned more about boundaries and being more of an educator rather than a babysitter.**

8c.) What type of knowledge did you gain?

**I have learned how different organizations work and the standards they have to set and follow. I also do some of their paper work so I learn what is reported and recorded in the books and what isn't.**

9. What was your most critical moment at your internship? Explain *why*.

The most critical moment for me was the first time I was left alone with a child who was in trouble and I had to calm him down and talk him through what happened and why he was in a safe seat. He was really angry and I had to be very persistent but I was able to calm him down and got him to realize what he did wrong and how he should've handled the situation.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.

You need to realize that you are going to be kind of lost at first but don't stand back and watch everything from a distance. Get in there and get the hands on experience. And if you are working with young children you might seem overwhelmed at first but you will honestly learn to love the kids. Even the ones who seem to be the problem starters.

11. Would you recommend this particular organization or agency to future internship students? *Why/why not?*

Yes. I have been given the hours I want I can work anywhere from 15-40 hours a week. They have given me a really hands on job and all the other people who work there have been really helpful and encouraging. I feel like I can go to any of them with any questions or concerns.

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**Assignment:** Follow the outline below; complete the assignment in **outline form**- not paragraph form!

1. Emmary Grieger
2. Child, Youth, and Family Studies, specialization in Family Science  
Minor in Elementary Education
3. Summer School Co-Coordinator
4. Elliott Elementary School  
225 South 25<sup>th</sup> Street, 402-436-1563  
lps.org/elliott
5. "At Elliott Elementary School, we provide a safe, orderly, respectful environment that promotes high levels of student engagement and performance. We honor the diversity and unique strengths and talents of each of our students and dedicate our efforts to help them experience individual success." Mona Manley, Principal 2012-2013 School Year
6. Kelsey McCarville, 5<sup>th</sup> Grade Teacher, Summer School Coordinator  
(W) 402-436-1563 (Fax) 402-458-3236
7. The purpose of my internship to help coordinate and facilitate a summer school experience that is fun, educational, and full of experiences different than that of the school year.
  - 8a.) My responsibilities include tracking attendance, planning Friday field trips related to the weekly theme, and helping with behavior issues.
  - 8b.) The skills I have acquired/developed include multi-tasking on a level never experienced before, developing community partnerships, and behavior management skills.
  - 8c.) The types of knowledge that I gained have has much to do with the administrative side of things. I worked a lot with the teachers, parents, and student to develop behavior plans for students. I also spent a lot of time researching learning opportunities and possible new curriculum for the upcoming school year.

9. What was your most critical moment at your internship? Explain *why*.  
My most critical moment at my internship site was more of a critical day. It was a day where the other coordinator had the day off. I was the only administrator working and it was also a "Field Trip Friday", our first FTF. On FTF days all 200 students pick between two field trip options and everyone is off site, except for myself. I stayed in the school office and fielded questions, put out "fires", and handled situations as they came up. The entire day was filled with opportunities for me to prove to myself that I could handle whatever the day wanted to throw my way. It was a very hard day. There were lots of behavior issues. I ended up driving between the two field trip sites working with individual students who were having especially hard times. One student in particular was having a rough day and at the end, refused to get on the school bus to go back to school. My little friend is a very smart and very articulate student, who at times gets very angry. The decision was made that I was going to wait with him until a parent got to the field trip site to pick him up. (We were actually on campus, the students were at the rec center, doing the climbing wall.) So the student and I sat in front of Teachers College on the hot cement, in the sun, for quite a while. The best moment came right before his mom arrived. He had finally calmed down and we were able to have discussion about his situation and then just chit chat. During our random conversation he told me that he thought I was good at my job because no matter how "bad" kids are, I never get mad. When he was telling me this, I was on the verge of a melt down inside. That meant the world to me and that turned my awful day into a not-so-bad day. That day was also filled with many professional learning moments, like the multi-tasking and clearing communicating with a variety of people. It was a critical and an amazing day on many levels

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.  
One recommendation I have is to ask a lot of questions in the beginning. Get a solid understanding of what exactly is expected of you. Asking a lot of questions also gives insight to who around you is knowledgeable and willing to offer support. It's good to know, of the people you are working with, who is willing to be supportive. Especially in those tough moments, it's nice to know who you can count on.

11. Would you recommend this particular organization or agency to future internship students? *Why/why not?*  
I absolutely recommend my site. I have learned so much. The team I have been working with has been so good about helping me develop my professional skills. I feel that they have had a great balance of giving me praise as well as giving me incredibly valuable feedback. I can feel that they truly care about my success and are doing what they can to help me learn as much as I can in this short time.

1. Emily Gunnink
2. Child, youth and Family Sciences. Minors in psychology and sociology.
3. Intern for substance abuse counseling.
4. First step Recovery. 210 gateway mall, firststeprecovery.com
5. To help people take the first step in recovery, whether that is in mental health or substance abuse.
6. Jessie Thompson, MA, PLMHP, PLADC 402-434-2730, Fax: 402-434-3970
7. This purpose of my internship is to learn more about how to lead a group of substance abuse users. I also learn how to do evaluations and intakes. I learn about adolescents and adult groups and look at the differences between them.
8. At my internship, I spend a lot of time in groups. I attend most of the groups. We have an adult day group, a night adult group and one adolescent group. I spend most of my time with the adolescents. We attend group for two hours and then the next morning, I will write their progress notes. I also have written start letters, progress notes and discharge summaries. Also, at my internship, I filed everyone's papers so they are in there neatly. At my internship, I acquired many skills. I came to the realization that there are not bad people in this world just people who make bad decisions. I gained understanding and insight into what these peoples addictions really look like. I have gained the knowledge on how to lead a group successfully. I also know how to do an evaluation and come up with the correct suggestions for the client. I know how to write start letter, progress notes and discharge summaries. Some of the skills I learned are coping skills and how to deal with people who do not want to be in treatment. When I started my internship, I wanted to be the nice cop. However, I learned with addicts that it is ok to be the good cop but sometimes you have to lay down the law so you don't get walked all over. I guess I learned to be assertive and strong. I also learn to be resilient.
9. My most critical moment at my internship is when I was in an evaluation with one of the counselors. I was listening to a guy who had just got legal charges for drinking while driving. He was very honest with us. As this guy was talking and telling us about his life; my brain kept saying: "I don't think this guy has a problem, he just made a stupid decision when he was drunk." At the end of the evaluation, the counselor just recommended that he go to a drinking and driving class and a victims of mother's class. I was so happy because I had gotten the recommendation right. This validated my feelings about become a licensed drug and alcohol counselor and made my whole internship worth the time and effort.
10. My recommendations for people going into the same intern position as me is to explore as much as possible. At first I was only going to adolescent groups but I felt something was missing. A huge chunk of me and my internship ideal was fulfilled when I started going to adult groups and comparing the differences. I also have had the opportunity to sit in on some mental health sessions as well. Even if that is of no interest to you; sit in because it will impact your life a lot and a lot of users also have a co-occurring mental health issue as well.
11. In a heartbeat; I would recommend first step to anyone who is looking for a great place to internship. They are some of the realist people I know. They are not fake about anything and will tell you how it is. They are some of the friendliest group of people and just want you to grow professionally. I loved it here and will continue to "intern" even after this class is over.

## Internship Description

BrieAnna Everett

Family Science

Child Advocate Intern

Friendship Home

Confidential Location. 402- 437-9302

[friendshiphome.org](http://friendshiphome.org)

**Mission Statement:** Friendship Home exists to support, shelter and advocate for women and their children who are victims of domestic violence. Friendship Home seeks to provide a continuum of safe, confidential shelter options--from emergency shelter through transitional shelter. Provide a rich array of crisis intervention services, case management and emotional support to women and children in shelter as well as those who are waiting for shelter, helping them to rebuild their lives, free from fear. Address the many complexities and barriers associated with domestic violence and sexual assault on an individual level as well as a community systems level; responding to the unique needs of the women and children we serve and improving our community's response to violence against women. Continue to reach out to survivors through individual advocacy, emergency case management and support groups after they leave shelter, offering an environment where a woman feels welcome and is encouraged to share her story and her wisdom with others.

**Supervisor:** Leah Droge, Intern Supervisor, Program Coordinator. 402-437-9312

**Purpose of Internship:** Provide advocacy and support to mothers and their children in shelter.

**Responsibilities:** Answer crisis calls and assist in getting women and children to safety. Plan activities and support groups for children in shelter. Provide basic education about domestic violence and its impact on children and non-violent parenting. Document and record interactions with mother's and their children.

**Skills:** Ability to work with individuals with diverse backgrounds and the flexibility to respond to unique situations. Demonstrate conflict resolution skills

**Knowledge:** Use reflective listening and be able to communicate and listen to women and children with an open mind. Provide options to mothers regarding parenting, but don't parent their children for them.

### **What was your most critical moment at your internship?**

The first time I actually took a request from a woman wanting shelter at Friendship Home. I had to use all my new skills in order to communicate and understand the woman's situation and why she needed shelter. It is very nerve racking at first, because you don't want to mess up and not be able to help the woman into a safer environment for her and children. However, after doing this I became a lot more comfortable when it came to giving information and listening to women when they needed help.

### **What are your recommendations for future internship students for preparing for the internship experience in a similar position organization.**

Be prepared to jump right in and not be afraid to make mistakes, because that is how you learn and become more comfortable with helping people. You should have experience with all ages of kids and be able to interact and show them love, because they love attention and often just want a friend!

### **Would you recommend this particular organization or agency to future internship students?**

Yes! I feel like I am learning a lot and the people that work at the Friendship Home are very friendly and helpful when you don't know how to do something. They gladly answer your questions and understand that you're going to make mistakes. They also treat you like a coworker instead of just an intern!

Katelyn Kuehn

CYAF 497D

Internship Description Assignment

June 20, 2013

1. Name
  - a. Katelyn Kuehn
2. Major Area of study
  - a. Family Science
3. Practicum position title
  - a. Friendship Home- Child Advocate Intern
4. Organization/agency name
  - a. Friendship Home

Organization/ agency address and contact number

  - b. P.O. Box 30268 Lincoln, NE 68503
  - c. 402-434-6353

Organization website if available

  - a. [www.friendshiphome.org](http://www.friendshiphome.org)
5. Mission of the organization or agency
  - a. Friendship Home exists to support, shelter and advocate for women and children who are victims of domestic violence
6. Supervisor's name and title
  - a. Leah Droge, Internship Coordinator

Supervisor's contact number

  - b. 402-437-9312
7. Describe the purpose of your internship
  - a. The purpose is to learn more about families who are affected by domestic violence. Also to learn how to help them better themselves once they get out of shelter. I also learned how to talk to the residents who might have been affected by the abuse.
8. Describe your major work responsibilities of your internship
  - a. I answered crises calls; I helped out in children's group, talked to residents and helped out staff when they needed help.

What skills did you acquire over the course of your internship?

  - b. I learned how to take crises calls, where the items are at in the shelter that the residents might need and how to handle children's group.



What type of knowledge did you gain?

c. The type of knowledge that I gained was being patient. I tend to start to feel uncomfortable when a resident stops talking and I try to fill in the gap. I learned that silence isn't bad. I just need to let the resident know I am here and just wait for them to start talking.

9. What was your most critical moment of your internship?

a. The most critical moment was when I attended the case managers meeting. My site supervisor told me that this would be a great opportunity for me to learn more about the residents. I did learn a lot about the residents and it was interesting to learn more about the agency.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position

a. I would recommend future students to not be afraid when they start interning. I was afraid of making mistakes and I learned that making mistakes is part of the learning process. I would tell the students to just go into their practicum site with no worries and be willing to learn and grow.

11. Would you recommend this particular organization or agency to future students?

a. Yes I would recommend this site to future students because they treat you as part of the team. They don't treat you as just an intern. Interns can still answer phones and accept crises calls. I was still able to interact with the residents and participate in group with the children. I think future students would like this internship site.

## Internship Description Guideline

1. Bailey Lindgren
2. Child, Youth & Family Studies: Family Science. Minor in Psychology & Education.
3. Girl Scout Outreach Intern
4. Girl Scout Outreach Department  
Address: 8230 Beechwood Dr, Lincoln, NE 68510  
Phone: (402)476-7539  
<http://girlscoutsnebraska.org/>
5. Girl Scouts builds girls of courage, confidence, and character, who make the world a better place. The Outreach department of Girl Scouts serves girls who would not normally be able to participate in traditional troops.
6. Ashley Hahn, Outreach specialist  
(402)875-4340  
[ahahn@girlscoutsnebraska.org](mailto:ahahn@girlscoutsnebraska.org)
7. The purpose of my internship was to learn more about different aspects of a non-profit organization along with serving at-risk youth, specifically girls.
8.
  - a.) I spent most of my time working with girls at my Girl Scouts sites, along with lesson planning, buying troop supplies, registering girls from summer programs, and many other various tasks. I have enjoyed having more independence of my work along with getting bits and pieces from every areas in the organization.
  - b.) I have acquired many skills from this internship such as team work, lesson planning, communication, planning ahead of time, organization and improved writing skills.
  - c.) I have gained knowledge on most aspects of a non-profit organization along with how they pair up with different sites. I have also gained knowledge on better teaching methods and classroom control.
9. The most critical moment of my internship has been seeing the impact that Girl Scouts has on girls through directly teaching programs. It has been amazing to see their minds being broadened & their love to learn new things. It has not only made me motivated in my internship, but inspired.
10. My recommendation for future intern students is to find an organization that you are passionate about. Spending 150 hours at one place is a lot of time, so loving what you do makes the time enjoyable. I was a Girl Scout in my youth, which is what made me choose this organization. It has been more than satisfying being able to give back to an organization that

gave so much to me as a child. Finding a site you are passionate about is the best advice I could give to a future intern.

11. I would recommend Girl Scouts as an internship site to future students for quite a few reasons. The first is that this internship has provided me with a lot of hands-on work experience rather than paperwork or something irrelevant to my future career field. I have been able to make my own lesson plans, teach them, and learn many other aspects of this non-profit. I also would recommend this internship because of the first hand changes you see in the girls you work with. It will give motivation to continue your passion!

Pearlie Best  
Internship Description

Pearlie Best

Child Youth and Family Studies

Intern

Heartland Family Service – Family Works

1016 Park Ave #221

Omaha, NE 68105

(402) 342-9555

The mission of Family Service is to strengthen individuals and families in our community through education, counseling and support services.

Heather Bird LCSW, LIMHP, LADC, MPA – Director

(402) 342-9555

(402) 342-9497: Fax

The purpose of my internship; is to learn about the dynamics that go into and along with long-term residential treatment.

When completing my internship I did it in two ways: first I shadowed and observed several workers as they did their daily activities; becoming familiar with routines, schedules and the clients. Next, I was allowed to facilitate a few groups that I was comfortable and capable of doing. My first group was called Reflections and my topic was on body image.

The skills I acquired were learning how to chart using their specific system, facilitate a group, navigate Microsoft Outlook and administer meds.

The knowledge I learned is that, the world of drugs and alcohol are a whole new animal. Clients are dealing with a lot of trauma they've experienced in life and sometimes it manifest in strange ways. So, I learned to adapt quickly, a whole new respect for empathy and keep an open mind.

My most critical point was the first time I received feedback from one of the counselors; she told me, that during group I need to minimize my input when it comes to personal examples and try to keep the focus in the clients. It was in that moment that I knew I didn't want to pursue being a Therapist. I'm a very personal person (within boundaries with clients), but I know as a professional therapist that piece about myself of loving informal conversations would be taken away.

My advice is to keep an open mind, ask a lot of questions and don't go into a place with too many expectations. Residential treatment is an unpredictable place and no two days are the same. Also, that feeling of intimidation passes with time and doing things eventually become second nature to you.

I would definitely recommend Family Works as an internship sight if you are interested in getting your feet wet with Residential Treatment. The client ratios are small; so becoming familiar with the staff and clients is easy. Your supervisor is actually a teacher of certain topics in our field that are important (ethics and public administration). Lastly, there is always something to do and never a dull moment.

Internship Description Guideline  
(Due Friday, June 21<sup>st</sup>)

You are required to describe your internship in 1-2 typewritten pages using the format below.

A copy of your description will be put in the CYAF "Internship Notebook" and used by future intern students to evaluate sites for completing their internships!!

**Assignment:** Follow the outline below; complete the assignment in **outline form**- not paragraph form!

1. Your name.  
Kelsey Dunkle
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)  
Family Science
3. Practicum position title.  
CAREGiver and DOFI (Director of First Impressions)
4. Organization / agency name,  
Home Instead Senior Care  
Organization / agency address and contact number  
8101 S. 15<sup>th</sup> St, Suite A. Lincoln, NE 68512 (402)423-8119  
Organization website if available  
www.homeinstead.com
5. Mission of the organization or agency.  
The goal is to help the senior in your life maintain a home-based lifestyle where ever they call home. Whether it is in their home, an apartment, or an living facility, we help them to stay at home providing non-medical companionship, home help care, and personal services.
6. Supervisor's name and title,  
Supervisor's contact number (phone and fax, if available).  
Casey Sova; Relationship Enrichment Coordinator
7. Describe the purpose of your internship.  
The main purpose of my internship is to provide me with the experience of being a caregiver to see if doing this type of work with the elderly is something that I would like to do. I will be providing non-medical care to seniors at their home, where ever they call home, we want to help them to maintain an at home life style, to which they can remain as independent as possible.

8a.) Describe your major work responsibilities of your internship (i.e., what did you do?  
How did you spend your time?

**As a CAREGiver, I will be provided non-medical care with various tasks such as laundry, transferring, cooking meals, companionship, tasks around the home, and running errands with or without the client for example.**

8b.) What skills did you acquire over the course of your internship?

**I have learned various skills, and will learn many more, but as of now I have learned how to transfer clients in and out of bed, in and out of a chair and wheelchair, and in and out of a car for example. I have also learned to sponge bathe clients. I have learned the tricks to Ted Hose, learning how to put them on a client and take them off.**

8c.) What type of knowledge did you gain?

**I have improved my companionship skills where I am better able to communicate with clients. I have learned about the various types of Dementia's which can be very beneficial in my professional career as well as my personal interactions. I have learned the different signs of an aging adult such as fatigue, loss of memory, or even sometimes loss of hope.**

9. What was your most critical moment at your internship? Explain *why*.

As of right now, the most critical moment was when I did an overnight shift and the client woke up at 1 am and had NO idea who I was (due to Alzheimer's), and she would not go back to bed until 3 am because of how upset she was. The reason this was so critical was because it taught me a lot of how to deal with Alzheimer's, and what really happens in those odd hours when the Alzheimer's really kicks in. It also made me feel bad for those with Alzheimer's because that would be a terrifying experience to be in her shoes, thinking that someone has broken into your apartment because you cannot remember who they are or why they are there.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.

My major recommendation is to get as much training as possible in the various aspects beforehand as possible. Even though it is non-medical care, having a CNA degree or some training like that would be very beneficial and make the job a little easier. Also training with the various types of Dementias would help make you prepared for a wider variety of clients.

11. Would you recommend this particular organization or agency to future internship students?  
*Why/why not?*

I would definitely recommend this organization for future students. One reason is because the hours are great, to where there are almost shifts offered any time of the day, and can range from a 90 minute shift to a 12 hour shift. There is also a lot of opportunity for gained knowledge, you literally never stop learning. Whether it is with a new client or a client you have been with for weeks, it seems like there is always something that you can learn and better yourself and the way that you do your job. The people in the office are also all so welcoming and helpful, that it is a joy to get to work with them. The schedulers are also very easy to work with, and if you need a shift covered they will try their hardest to get it covered, because they understand that life happens and things come up. The company is just wonderful, and I would definitely recommend this to anyone wanting to work with seniors in the home setting.

Internship Description Guideline  
(Due Friday, June 21<sup>st</sup>)

You are required to describe your internship in 1-2 typewritten pages using the format below.

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**Assignment:** Follow the outline below; complete the assignment in **outline form**- not paragraph form!

1. Jordan Steger
2. Family Science
3. Night Time Manager
4. ~~Little Brookland~~  
130 Fallbrook Ave.  
(402) 742-0363
5. They strive to serve each and every child with the best possible care available. Nothing but the best is expected.
6. Krista Heiden-Director  
(402) 742-0363
7. To work under the director and learn all about how she runs a child care center.
  - 8a.) I work closely with Krista learning how to do all that she does. I am the night time manager so when she leaves for the day, I am the one in control. I manage staff and make sure everyone is where they need to be and everything is getting done that needs to be. I take payments and communicate closely with all parents. At the end of the night when every child is gone, I lock up the center.
  - 8b.) My communication and leadership skills were improved a ton.
  - 8c.) I learned a lot about what all goes on behind the scenes at a child care center.
9. A critical moment with a child. Having to react quickly and accurately taught me a ton.
10. Remember that stress comes with the job, not a day goes by that nothing stressful happens. As an intern in a child care center you have to learn from every single stressful situation and not let it negatively affect you.
11. Yes. The director is awesome and has taught me a ton.



## Internship Description Guideline

1. My name is Ashley Hoffman
2. My major area of study is Family Science with minors in Education and Psychology.
3. I am the Project Intern at my practicum site.
4. **Organization:** Nebraska Department of Education (NDE)  
**Address:** 301 Centennial Mall South  
P.O. Box 94987  
Lincoln, NE 68509-4987  
**Website:** <http://www.education.ne.gov/>
5. **Mission Statement:**  
To lead and support the preparation of all Nebraskans for learning, earning, and living.  
**Vision Statement:**  
Partnering for the best education for all . . . for life.
6. **Supervisor's name and title:** Carol Ringenberg, Director of Family and Consumer Sciences  
**Contact information:**  
**Department phone:** (402) 471-2295  
**E-mail:** Carol.ringenberg@nebraska.gov
7. The purpose of my internship is to help organize and do research for the different types of projects the department is involved with.
  - 8a.) I have to be honest and say that I don't know what my responsibilities are for the department. I know I am supposed to be finding out who I am better, by picking out skills and interests, but this is for me not the department. I was invited to attend a big conference for the department in order to get better acquainted with what they do, which I did attend. I have not been in the office much because I spent a lot of time at the conference and my supervisor has been quite busy with her own responsibilities. I was also instructed to participate in the Gallup Strength Finder Assessment.
  - 8b.) The skills I can be confident in saying that I have acquired are networking skills. By spending four days at a conference with all the coworkers at NDE I was able to get to know them better. I will be spending a lot of time there because I am participating in 300 hours of interning, so I do believe this is an important step.
  - 8c.) The type of knowledge I am gaining pertains to self-definition. I am learning to find out what my skills are and how to use them.
9. I would have to say the most crucial part of my internship so far is attending the teacher conference, where I got to make stronger relationships with coworkers and my supervisor.
10. My advice for future students and their internship experience starts with the search. I should

have started searching and applying much sooner than I did. I feel like this has had a major impact on my internship experience. I did have ideas very early on but I failed to apply until it was too late.

11. As far as a recommendation goes, I do believe a student could have a great internship experience with NDE, however, it might depend on the time of year. Right now I am interning at a very busy time of the year, and pertaining to what I stated above, I did not have a ton of prep time and neither did my supervisor. Knowing this, if we both would have more time to prepare for each other, I might be having a different experience. I feel as if I am forgotten about and there is nothing I can do because they didn't have any duties or tasks planned out for me sooner. I am learning some important knowledge and this experience will follow me, which is all I can ask for.

Internship Description Guideline  
(Due Friday, June 21<sup>st</sup>)

You are required to describe your internship in 1-2 typewritten pages using the format below.

**A copy of your description will be put in the CYAF "Internship Notebook" and used by future intern students to evaluate sites for completing their internships!!**

**Assignment:** Follow the outline below; complete the assignment in **outline form**- not paragraph form!

1. Your name.
  - a) Nate Hoeckelman
  
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
  - b) Family Science
  
3. Practicum position title.
  - c) Executive Head Coach/Director of Coaching Staff Development
  
4. Organization / agency name,
  - d) Nebraska Orange Lacrosse
  - Organization / agency address and contact number
  - e) 7311 North 16<sup>th</sup> St. Lincoln, NE
  - Organization website if available
  - f) <https://sites.google.com/a/kcorangelax.com/neorangelax/>
  
5. Mission of the organization or agency.
  - g) The mission of the Nebraska Orange is to provide opportunities for high school student athletes to travel to compete in tournaments against better competition than what is available locally. It also allows these athletes a chance to work with an experienced coaching staff. It also offers coaching clinics for the staff on the Nebraska Orange, and other coaches in NELAX
  
6. Supervisor's name and title,
  - Supervisor's contact number (phone and fax, if available).
  - h) Greg McManus 402-318-4273
  
7. Describe the purpose of your internship.

The purpose of the internship is to allow high school students a chance to play competitive lacrosse all over the country and to help build quality coaching staffs not only within the Orange but also within the NE Lacrosse league. Also to grow the game.
  
- 8a.) Describe your major work responsibilities of your internship (i.e., what did you do?

How did you spend your time?

i) The main things that I did in my internship was training, coaching clinics, players clinics, coaching my team, and traveling to tournaments.

8b.) What skills did you acquire over the course of your internship?

j) I increased my presenting skills because I gave so many coaching clinics. I also acquired more skills on how to plan things behind the scene. Greg and I really worked a lot of hours making sure that things were in place to make events and travel go smoothly.

8c.) What type of knowledge did you gain?

k) I gained more general coaching knowledge. I learned better on how to run the backside of an organization. I also learned that by teaching younger coaches and giving them a chance to get onto the field I gained just as much from them as they did from me.

9. What was your most critical moment at your internship? Explain *why*.

l) The moment that I realized that the owner of the company had a different vision and direction than when he first hired me. It was tough knowing that our vision had changed from growing the game that I love into just a money making venture. Seeing someone that I thought cared about the sport make me feel like they were just in it for the money made me feel like I had been used. I decided at that point that I could still grow the game and do what I promised to do at the beginning of the internship, and that was to be a keeper of the game.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.

1) I would tell them to understand what the direction of the internship is clearly. I would even ask for it in writing. There is nothing worse than feeling like the job you got hired to do got changed on you in the middle of the internship.

11. Would you recommend this particular organization or agency to future internship students?

*Why/why not?*

a) I would recommend doing an internship with this agency. I love working for Greg. He is always there to support me. I think other students would really enjoy doing the work that I do. Although it is a very small niche it still has been a great experience for me.

Internship Description Guideline  
(Due Friday, June 21<sup>st</sup>)

You are required to describe your internship in 1-2 typewritten pages using the format below.

**A copy of your description will be put in the CYAF "Internship Notebook" and used by future intern students to evaluate sites for completing their internships!!**

**Assignment:** Follow the outline below; complete the assignment in **outline form**- not paragraph form!

1. Your name.
  - a. Tanner Hohlen
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc... ).
  - a. Family Science
3. Practicum position title.
  - a. Teacher
4. Organization/ agency name,
  - a. North Creek Child Development CenterOrganization/ agency address and contact number
  - b. 2070 Fletcher Ave, Lincoln, NE 68521
  - c. (402) 477-5440
5. Mission of the organization or agency
6. Supervisor's name and title
  - a. Sara- Head SupervisorSupervisor's contact number (phone and fax, if available)
  - b. (402) 477-5440
7. Describe the purpose of your internship

8. Describe your major work responsibilities of your internship (i.e., what did you do? How did you spend your time?)

- a. Every day that I went into work I would take the kids on a field trip to many different places throughout the city of Lincoln. (sprinkler parks, pools, playgrounds, etc.) When the field trips would end I would bring them back to the center and have many different activities for them to complete. (art, creative writing, etc.)

What skills did you acquire over the course of your internship?

- b. One skill that I acquired over the course of my internship was being able to relate to children a lot better. You definitely learn a lot working with many children throughout the day and have to be able to adapt in order to connect with each different child.

What type of knowledge did you gain?

- c. Over the course of my internship I gained the knowledge of how to deal with multiple parents. Each day I would have to talk to all of the children's parents and be able to explain what their child did wrong that day if there was an incident.

9. What was your most critical moment at your internship? Explain *why*.

- a. My most critical moment at my internship was when a child became very upset and ran out of one of the front doors. I had to run after her and get her back inside and calm her down. It was a very difficult to keep calm because I was very upset with the child that was running from. It was not a big deal after my supervisor and I talked to the child, but it was pretty nerve wrecking at the time.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization?

- a. One recommendation that I have is that a student keeps an open mind going into this type of internship. There will be days where you become very stressed around the children but also there will be days where you absolutely love your job. You can never judge this type of internship off of one day at work, so the student definitely needs to keep an open mind.

11. Would you recommend this particular organization or agency to future internship students? *Why/why not?*

- a. I would absolutely recommend this organization to future students, if working with kids is something that you enjoy doing. My supervisor as well as all of the other teachers were great throughout my time there. They were all very helpful and you could always turn towards them if you needed help or had any sort of questions.

1. Chelsey Teuscher-Blair

2. Child, Youth and Family Studies with an emphasis in advertising/PR (ADPR)

3. Marketing/PR Intern

4. Omaha Media Group  
18010 R Plaza Omaha, NE 68135  
omahamediagroup.com

5. Omaha Media Group LLC is a web creative management company that designs and develops intuitive web, mobile and SEO friendly applications to help companies take advantage of the power in social and business collaboration, cloud computing, mobile applications, and next-generation tools for the enterprise businesses.

6. Brad Niefert - CEO/Founder

7. I am here to work on the marketing side of OMG. I am redoing on of their major softwares website, Email Contactor, and making more appealing to potential customers. I am also writing blogs for the website that will be added each week.

8.

a. I am in charge of updating OMG website with blogs to try and lure potential clients. I was in an office with a computer researching different positives I could reach for to write about. I also tested several different home pages to figure out which one would draw in more people.

b. I improved my written and oral skills. I am writing blogs and also have the chance to sit in on meetings with potential clients and sometimes I am also able to inform them about the software and process used.



c. I gained knowledge in the workforce in general. I have never worked in an office full-time and given tasks to fulfill while working with other people so I am now better with the team building skills.

9. The most critical moment was when I had ordered various promotional items for an event that was 4 hours away and one of the companies I had ordered from emailed me and told me that they were unable to fulfill our request in time and so I spent all afternoon calling and driving around to see who could get this done in time and finally found a local place and they were made just in time.

10. I think you have to have a sense of creativity to be able to survive in this field of work. You use your imagination everyday to help better a wireframe website or to improve colors for a homepage. I used it when helping the designer come up with different logos and how they would look printed on certain items or placing on their site.

11. I would definitely recommend this organization to any students wanting to go into this area of work because this office is small and laid back and a great place to start while gaining valuable experience to help better your decision in the future.

1. Rebecca Roberts
2. Family Science
3. Family Services Intern
4. Operation Breakthrough
  - a. 3039 Troost, Kansas City, MO 64109; 816-756-3511
  - b. <http://www.operationbreakthrough.org/>
5. There is no mission, but the website gives more information about their services and what they provide.
6. Heidi Brake, School Age Family Social Worker, 816-756-3511
7. My purpose is to assist the social workers in the day to day activities with their clients. I have one of the biggest and most important assignments of the year, and I have to keep it all organized and not let anyone down. I know that I will make mistakes, and I will embrace them, but I still want to make everyone proud.
8.
  - a. I am the point person for donations that come into the center. There are a lot of donations that come into the Center everyday and sometimes keeping track of it all becomes very difficult. I also help with emergency services, this includes helping the clients get clothes and food if they need it, finding shelters if they are in that need, and in some cases finding a safe place for a client to go if they are in a violent situation.
  - b. One of the biggest skills I think I am going to take away from this internship is how to positively interact with clients. Before starting my internship there were times at other jobs where I was nervous about talking to clients and interacting with them. But the population that I deal with at this site, I have to learn to have a thicker skin. There is not always going to be the nice clients or the ones that understand what you are saying, sometimes I am going to have really difficult people to deal with, and if I learn to deal with it now, I will be better prepared when I am out in the field alone.
9. I haven't really had a critical moment at my internship yet. I am not looking forward to the moment and hope that I don't have a moment that is too bad.
10. My recommendation for future students is to just keep an open mind when going into the internship site. There may be some things that you didn't think you would be doing but, if you go with the flow and try and deal with it as best you could, you will have a much more fulfilling experience.
11. I would recommend this site to anyone that is in Kansas City. This organization is doing great things for the community and I think there would be people in bad shape if it wasn't available.

1. Nakisha Hall
2. CYAF- Human and Family Services Administration
3. Domestic Violence Advocate
4. Providence House-Safe House Location

Due to confidentiality reasons I would rather not disclose the location of the Safe House. I contacted the Providence House directly and they put me in touch with the director who gave me the address of the Safe House.

318-226-5015

5. The mission of the Providence House (taken from the company's website):

***The Lord who created you says, "Fear not, I have redeemed you; I have called you by name; you are mine." (Isaiah 43:1)*** Underlying the mission of Providence House is God's gracious intention, sovereign purpose, and steadfast love for each and every person. In providing shelter, care, support, and encouragement for families in need, we would be a visible sign and instrument of God's own provision for his children.

6. Patricia Mulvaney- Domestic Violence Program Manager
7. The purpose of the internship is to empower survivors of domestic violence helping them to create an environment in which themselves and their children feel safe, secured, cared for and supported.

8a. My major responsibilities included but were not limited to conducting in-takes on new admissions to the shelter, conducting room checks, getting rooms ready for new residents, and preparing meals. I spent majority of my time interacting with the residents (sometimes that just meant listening to them when they needed to talk), getting resident's supplies such as toiletries/clothes diapers for their children or anything they may need, and monitoring the camera system.

8b. I believe I already possessed the skills necessary for the internship but I feel as though the skills have been enhanced. I'm honestly not sure what those skills were but the reason I say I felt I already possessed them is because the Program Director encouraged me to apply for a job with the company. The director said the job has a-lot to do with common sense, so maybe I just have good common sense and I don't think it hurt that I'm sensitive to the needs of others.

8c. I gained a wealth of knowledge about domestic violence. Prior to the internship my scope of knowledge was limited if not shallow. Domestic violence is complicated and each victim's response is different. I learned how to respond to each woman differently. I learned to not be so sensitive because I needed to be strong when with speaking with victims and their children. I learned how to take crises calls and assess a woman's situation based off of specific questions. I learned to appreciate my life and my education. I learned that victims don't always want to leave their abuser, which was a hard realization for me but one I had to learn to accept. I learned that no matter how hard you may want to help a person they have to want to help themselves first.

9. To date my most critical moment would have been when I was taking a crisis call and one of the residents' children opened the emergency door. I only had a few moments to figure how to move forward. I couldn't let the alarm keep going off because I didn't want the fire department to show up and I couldn't end the crises call. Eventually the alarm went off and the fire department didn't show up (now that I think about it I'm not sure if that was a good thing). I also managed to complete the crises call and get the family moved into the shelter.
10. I'm not sure how one could prepare for an internship of this magnitude. I would recommend that a student take advantage of all the training opportunities that the internship has to offer. The program director sent me conference call/web-ex opportunities and power point materials on a weekly basis. They were always filled with helpful information. Also ask questions of the other advocates, working with victims of domestic violence is complicated and the other advocates will help you maneuver through situations and provide with valuable information that you can't get from books.
11. Yes, I would recommend this organization to future internship students. I would recommend this organization because it's extremely hands on which was beneficial for me because it taught me how to deal with a population that I didn't have any experience dealing with.

Alexa Lind  
Internship Description  
CYAF 497D  
Due: June 21, 2013

1. Alexa Lind
2. Family Science
3. Intern
4. Sarpy County Sheriff's Department  
Juvenile Justice Center  
9701 Portal Road.  
Papillion, NE 68046  
Contact Number: (402) 537-7000  
<http://www.sarpy.com/sheriff/jjc.html>
5. This facility and its programs offer a safe and structured environment for juvenile law offenders who are awaiting court ordered placement and/or court hearing. The alternative school provides an educational program for those juveniles who have been expelled from school and are currently in the Juvenile Court system, who have been ordered to attend the Sarpy County Educational Program. Juveniles may be placed on electronic monitoring as a means of supervision to track the juveniles at home, school or work. Juveniles are continually assessed and their progress monitored while in the program. Our staff is dedicated to working in professional, scalable, and individually tailored programs to provide youth an environment that is proactive, safe, caring and responsive.
6. Tami Steensma, Deputy Director  
Contact Number: (402) 537-7022  
[tsteensma@sarpy.com](mailto:tsteensma@sarpy.com)
7. The purpose of my internship, in my eyes, is to learn as much as I possibly can by shadowing, at first, those who are in this profession. I have already learned so much more than I ever thought I would and I am beginning to be more hands on. I am starting to also incorporate my own skills in my own way. This internship is fulfilling every possible aspect that I have thought of regarding my area of study and I believe it is the perfect fit for me and will help me tremendously in my future ambitions.
8. A.) My time has been split in half for the most part. Half of the time I am riding along with the C.A.R.E officers who check on the juveniles that are on house arrest. I assist the officers when going inside the homes, documenting the house checks and any situations that may arise. I have also been to court hearings regarding the individuals and have the opportunity to listen in on their thoughts as

well as their family's thoughts. I have also been to drug court, which is a completely different court hearing. When I am inside the JJC with the detained juveniles, I mainly participate in supervision and documentation. During the summer months, the majority of the juveniles participate in a day school program where a teacher comes in and does activities with them. This is when I get to join in and sit at the tables with the juveniles and participate with them. This is also when I get the most one on one time with them and get to converse with them.

B.) Skills that I have acquired really relate to communication and listening skills, as well as patience. I have learned to be a careful listener because a juvenile might be saying one thing, but meaning something totally different. They may actually be reaching out for help but are too afraid to do so. I have learned to pick up on the differences between tones of voice and have acquired a sense of control and confidence, which is huge for me. I have also developed a better set of communication skills, which help me come across in a way I have never been able to. I have always been an understanding person, which definitely is portrayed at the JJC, but I also developed another sense of sternness.

C.) I gained more knowledge than I ever expected to. Not only did I gain knowledge relating to our justice system, I gained knowledge dealing with juveniles in these situations. Even deeper, I gained so much knowledge about families, poverty, and drugs. All of these things seem to be a common denominator, whether it be one or the other. Family structure is actually the number one thing I focused on during this internship and I was able to experience these families on a first hand basis. Whether I was in their home, or whether they came into the JJC, I feel like I have now seen it all.

9. The most critical moment at my internship is hard to recall because there have been so many break through moments for me. Being with these juveniles everyday and learning more and more about them is saddening at times. The moments that stick out to me the most is hearing the juveniles talk about their own experiences. It could be rape, drug abuse, or even witnessing a murder; it is hard not to feel compassion because it seems to be a never-ending cycle. If I had to choose one moment, it would be a girl I became familiar with, checking up on her at her house and then the next day hearing she almost died from alcohol poison, allegedly on purpose. I realized I feel a need to help these individuals in any way that I can, yet it is an extremely hard and frustrating job.
10. I would advise future students to expect the unexpected in this area. Myself and my coworkers all agree you must have the strength and the heart to be around this, especially when it is juveniles ages 12-18.
11. I would definitely recommend this organization for future interns. You definitely need to be somewhat prepared and have to know what you are getting yourself into, but I think it is the best decision I have made in a long time and love every minute of this work. Everyone at the JJC is kind and is in this area of work for the same reason. They have all been nothing but helpful and accommodating to me.

Internship Description Guideline  
(Due Friday, June 21<sup>st</sup>)

You are required to describe your internship in 1-2 typewritten pages using the format below.

**A copy of your description will be put in the CYAF "Internship Notebook" and used by future intern students to evaluate sites for completing their internships!!**

**Assignment:** Follow the outline below; complete the assignment in **outline form**- not paragraph form!

1. Kelsey Downing
2. Child, Youth and Family Studies: Family Science
3. School-age Summer Camp Teacher
4. ~~Sheridan Child Development Center~~  
6955 Old Cheney Rd  
Lincoln, NE 68516  
<http://www.sheridanlutheran.org/scdc>
5. Sheridan Child Development Center, Inc. serves children and their families by providing a safe and loving Christian environment for all children and their families. Sheridan Child Development Center wants them to leave with a sense of knowing the right thing to do because Christ is always in their heart.
6. Brenda Wilcher, Intern/Volunteer Coordinator/Assistant Director  
402-423-5037
7. The purpose of my internship is to teach elementary students alongside two other teachers throughout the summer in the summer camp program. The program is just for school-age students and is all day.
- 8a.) I lesson planned on a weekly basis throughout the whole summer. This included planning out the daily craft, weekly field trips, science experiments, gardening days, snack prep, etc.
- 8b.) So far I have gained better multi-tasking skills. A lot is always happening and I am often needed in many places at once. Being flexible is something I have also become better at. Often times things need to be changed and going with the flow is a must!
- 8c.) Knowledge I have gained would be learning the administrative side of the summer camp. I have been able to observe, learn and help out with paper work/forms/office work.

9. What was your most critical moment at your internship? Explain *why*.

10. I suggest going into an experience like with an open mind and open heart. Sometimes things don't seem like they will work out, but being optimistic helps you keep a positive mindset. In addition, remain humble and flexible through the time because this makes things go much smoother!

11. I would absolutely recommend this site, however I am not sure if they will continue to do internships due to the center growth. However, if they do I highly suggest checking it out! The directors, teachers and kids are incredible. Everyone is easy to get along with and you connect with the kids easily. There are the inevitable bumps along the way, but that is to expected. Overall, the site is amazing and I recommend it!



1. Your name.

Hillary K. Davis

2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)

Majors: Sociology and Family Science  
Minors: Psychology, Education, Ethnic Studies, Criminal Justice

3. Practicum position title.

Office staff /Coach at Abbott Sports Complex

4. Organization / agency name,  
Organization / agency address and contact number  
Organization website if available

TeamMates Mentoring Program  
5905 "O" Street  
Lincoln, NE 68501  
402-436-1990  
www.lincolnteammates.org

5. Mission of the organization or agency.

"To positively impact the world by inspiring youth to reach their full potential through mentoring"

6. Supervisor's name and title,  
Supervisor's contact number (phone and fax, if available).

Judy Warren – Office Manager  
402-436-1990

7. Describe the purpose of your internship.

Part of my internship is at the TeamMates office. The purpose at the TeamMates office is for me to get a better understanding of what an office type of job is like for this type of social work. The other part of my internship is being a coach/counselor at Abbott Sports Complex for a summer camp that's sponsored by TeamMates. My purpose at Abbott is to help kids learn to work together, teach them simple sports, and give them a different and perhaps more enjoyable environment than their home life. Many of the kids are kids that are in the TeamMates program and their home life isn't always the best.

8a.) Describe your major work responsibilities of your internship (i.e., what did you do?  
How did you spend your time?)

My responsibilities at the office include: using Word and Excel, scanning documents to the computer, answering phone calls, doing projects on the computer for my supervisor, typing letters to parents and people who have donated money, and entering/looking up data on the computer about mentors or youth in the program.

At Abbott, my duties include: teaching and helping youth with learning a sport, making sure kids are acting in a kind manner, trying to teach teamwork, teaching listening skills, being there for kids who need someone to listen to them, and disciplining kids when needed.

8b.) What skills did you acquire over the course of your internship?

One skill that I have acquired is learning how to answer a phone professionally. Many people probably don't think of that as a big deal or something that is a "skill" but it was actually something that was really hard for me to do. When at Abbott, I have also learned how to be more directive and authoritative because if I'm not, then kids will just run me over and get their way all the time.

8c.) What type of knowledge did you gain?

I have gained a lot of knowledge and most of it has come from working at Abbott because I'm working directly with the kids so I can see what's actually happening right in front of my eyes. The biggest piece of knowledge that I have gained is to not judge kids because I have no idea what is going on in their life. It seems like something so simple and something that, as an adult, I should have known and done going into this internship.

9. What was your most critical moment at your internship? Explain *why*.

Going back to the previous question, the most critical moment at my internship was when I first got to Abbott on the first day of camp. The kids there range from 3<sup>rd</sup> to 8<sup>th</sup> grade. When I first walked in they were all really loud and weren't listening to any of the other coaches. Some of them were making fun of some other kids and the first thing that I thought was that the kids were super bratty. After spending the entire day with them though, they definitely proved me wrong. I realized I never should have judged them. The kids there are really great and it's been one of the best experiences I could have ever imagined.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.

I would tell students to go in with a very open mind. When working at TeamMates and at Abbott, there are many kids who come from very diverse backgrounds. Most of the kids, 90%, come from single parent homes. If you don't have an open mind when working at a place like TeamMates or Abbott then you're going to end up being judgmental the entire time which isn't fair to the kids or yourself.

11. Would you recommend this particular organization or agency to future internship students?  
*Why/why not?*

I would definitely recommend TeamMates to someone else! The staff at the office is very welcoming and they are really willing to help whenever I have questions. If someone is taking the class in the summer though, they don't have much work that is directly with youth. I think they kind of pulled some strings to get me out at Abbott as one of the coaches for the camp. They have mentioned that if I was doing my internship in the school year though, that I would be able to go into the schools and interact with the youth there. Other than that part, TeamMates has been wonderful! My internship has gone way too fast and I wish I had more time to spend with the people there and with the kids and other coaches at Abbott!

- 1.) Lauren Peitzmeier
- 2.) Child, Youth, and Family Studies: Family Science
- 3.) Intern to the Project Director
- 4.) Ted E. Bear Hollow

7811 Farnam Drive, Omaha, Nebraska 68114

(402) 502-2773

<http://www.tedbearhollow.org>

- 5.) Mission Statement: To provide a safe and loving environment where grieving children and their families can recognize and honor their feelings of loss and grief through support and education.

- 6.) Supervisor: Cathy Fox, Program Director

(402) 502-2773

- 7.) The purpose of my internship is to provide direct and indirect support for the organization, and the people connected to it, in whatever way possible.

8. a.) My work responsibilities varied across my internship. I was involved in the various programs over the summer, including facilitating at the KidsKamps, monthly support groups, weekly support groups, and facilitator training. I was also instrumental in developing and organizing a workshop for community professionals that highlighted grief in the Special Needs population. Lastly, I was involved in several community outreach opportunities, alongside the Outreach Coordinator.

- b.) The skills that I have acquired over the course of my internship have been abundant. First, I honed my communication skills through daily interactions and community outreach. I also developed my sense of professionalism, and was able to interact in a competent manner. I

also made a concerted effort to sharpen my initiative. I was able to impress upon my supervisor that I was there to work. I went in to my initial meeting with goals in mind for my time there, and I did everything in my power to achieve them.

c.) I learned how to originate an informational workshop from the ground up. I was responsible for organizing the data, recruiting the guest speakers, and developing the format. Along with the creation of the workshop, I was also instrumental in the presentation of the workshop, and was therefore, able to gain experience in public speaking.

9.) The most critical moment in my internship happened very early on during my initial meet and greet with the staff. It was kind of sprung on me so, I wasn't totally prepared to do it, and subsequently appeared to be insecure and nervous. Which I was at the time, but am not generally. I was able to rectify this by setting up individual meeting times with each member of the staff. When it came time for those meetings, made sure that I was prepared with a list of questions so that I was able to guide the direction of the meeting. I therefore was able to leave them with a much better impression of me.

10.) My recommendation for future interns is to find a site that does something that you have a strong interest for. This course requires a large time commitment, and you would be doing yourself a disservice if you chose a site that wasn't going to give you the best experience.

11.) I would definitely recommend this particular organization to future internship students. I have had the best time over this semester. The staff was welcoming and accommodating, the requirements challenged me in a way that I have never before experienced, and the mission is something that I hold near to my heart. The only drawback that there could be is that there will probably not be an opportunity to be hired for employment after graduation. There are only 6 full-time staff members, and I'm not positive if that is going to change for some time.

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**Assignment:** Follow the outline below; complete the assignment in **outline form**- not paragraph form!

1. Your name.
  - a. Aly Ruhl
  
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
  - a. Family Science
  
3. Practicum position title.
  - a. Director of Sorority Recruitment
  
4. Organization / agency name,  
Organization / agency address and contact number  
Organization website if available  
UNL Greek Affairs  
NU Union 332  
4024722582  
unl.edu/greek
  
4. Mission of the organization or agency.
  - a. To promote UNL's Greek community, make sure that the community is living up to a higher standard. UNL Greek Affairs staff is there to make sure that all of the Greek organizations are living up to their values, and help them reach their goals.
  
6. Supervisor's name and title,  
Supervisor's contact number (phone and fax, if available).  
Linda Schwartzkopf  
4024722583  
Fax: 4024721700
  
7. Describe the purpose of your internship.  
The purpose of my internship is to promote sorority greek life to incoming students and their parents. Another purpose of my internship is to plan the details of sorority recruitment.
  
- 8a.) Describe your major work responsibilities of your internship (i.e., what did you do?

How did you spend your time?

8b.) What skills did you acquire over the course of your internship?

8c.) What type of knowledge did you gain?

Major responsibilities of my internship are giving presentations at NSE to parents that daughter's are interested in going Greek. I talk to incoming students and explain what Greek life is and explain the recruitment process. I work with recruitment chairs of each chapter to make sure they are on the right track. Lastly, I plan the details of the recruitment, I see what worked and didn't work previous years and make changes accordingly.

9. What was your most critical moment at your internship? Explain *why*.

*The most critical moment of my internship so far is when I got asked by a parent during my presentation about hazing. She was worried that her daughter was going to be hazed as a freshman. This brought the stereotyped sorority image into reality, and it was important for me to make sure she knew that her daughter was going to be in good hands in any sorority that she chooses. It makes my position so much harder when I have to face the stereotypes of Greeks, but it also makes it so much more rewarding when I get to explain the benefits of going Greek, and how those stereotypes aren't the reality here at UNL.*

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.

Come into your internship prepared and do some research on the topic so you have some knowledge when first starting. Also, you can't do this on your own. Rely on others for help, and ask others for help. Use people who have been in your position before as a resource and don't be afraid to ask questions.

11. Would you recommend this particular organization or agency to future internship students?

*Why/why not?*

Yes and No. For me this was a perfect internship because I want to go on to school for higher education to work in the Greek Community at another college. If your not Greek though, or if you have no interest in working in the college system when you are out of college then this internship isn't for you. However, if you are looking into going into the college system for your career this is a great place. The Greek Affairs office lets you do your own projects and promotes learning. They want you to do things and get yourself involved in the office, which creates an amazing learning environment.

1. Mark Polaske
2. Major: Child Youth and Family Studies, Minor: Education, Psychology
3. Community Outreach Intern
4. VA, Vet Center 3119 "O" Street, STE A, Lincoln NE 68510  
[www.va.gov/RCS](http://www.va.gov/RCS)
5. To fulfill President Lincoln's promise "to care for him who shall have borne the battle and for his widow and his orphan" by serving and honoring the men and women who are America's veterans.
6. L.S. (Roy) Schoen, Team leader  
Phone: (402) 476-9736  
Fax: (402) 476-2431.
7. The purpose I choose the vet center was because it's a branch off of the VA hospital which is where I would like to eventually work at. It also gives me the ability to serve my country men who went overseas to fight for my rights. My family has always been in the military and this is a great way for me to give back to them.
8. A) The Majority of my time spent at the vet center was answering phone calls and providing information about the vet center and the VA. I also needed to call up vets to remind them about appointments or meetings that they were required to go to. I went with my supervisor Roy to a number of teleconference calls were they discussed outreach events all over America including Madison, New York and a lot of other major cities. Also on the weekends I picked up extra work shifts at outreach events handing out flyers and general labor.  
B) Time management was the most important skill that I acquired during this internship. with school and work I was constantly working so I had to learn to say known to friends when they wanted to go out and when to find time for myself. Another skill that I developed during this internship was a better sense of organization. I kept a filed binder with me throughout the course of my internship and I took it everywhere I went this summer. I always knew where everything was and I never lost any of my work.  
C) The greatest knowledge that I learned about was of other career fields that I am interested in being in. I learned this by talking to my superiors and discovering what they had to say about what they used to do and how they currently feel about their job right now.



9. My most critical moment at the vet center was when I had the opportunity to talk with the wife of a WW2 vet and to have her explain to me how grateful she was that we had our organization where they could come and talk in groups about day to day things. This experience was amazing for me and really made me feel like what I was doing was worthwhile.
10. I would recommend two things first to find an internship where you will be working primarily with the clients I had trouble with this because most of the people coming in to the Vet center were there for private counseling and I was not allowed to be a part of it. So the primary work that I did was paperwork and this gets old fast. The second thing that I would suggest would be to get to know your supervisors they know a lot about their field and where you are in your education the majority of my growth during my internship came from getting to know my superiors and finding out what they thought and what their experiences were in the past.
11. I would like recommend this internship because it is low stress and really easy going the superiors are very relaxed and its a very nice environment. However I cannot recommend interning at the vet center because I do not feel that it is adequate as field training for this profession. I hardly had any patient contact and you rarely have any work to do at all besides answering phone calls and directing people to their meeting. I constantly had to ask for more work and was never fully satisfied with what I did during a day. I am glad that I got to work with the vets but I wish I could have done more.