

## **Susan Bauer**

Family Science  
Family Support: Program Support Worker (PSW)

Better Living Counseling Services (BLCS)  
7100 S. 29th Street  
Lincoln, NE 68516  
Ph. (402) 476-0104  
Fax (402) 438-2801  
<http://www.betterlivingcounselinginc.com/>

At Better Living Counseling Services, Inc., the mission is to strengthen and improve current family functioning by cultivating growth and change in order to preserve the family unit.

Justine Leathers, BLCS Supervisor  
Email: [justine.leathers@blcsne.com](mailto:justine.leathers@blcsne.com)  
Phone: 402-890-2805  
Fax: 402-438-2801

### **Purpose:**

The purpose of my internship was to explore the child welfare system in the aspect of supervising family visits between children and their biological parent.

### **Responsibilities**

- Communicate with the foster parents upon pick-up of the child, travel to, and transport the child to the visit; as well as, communicate with the biological parent as to when and where the visits for their child would be for that day.
- At visits I would observe and record, while making sure the child was kept safe.
- If a parent was struggling the responsibility was to step in and talk to the parent.
- When the visits were over the responsibility was to take the child back to their foster home.
- Documentation of the parent/child visits were then required using an online portal system posting within 24 hours after the visit.
- Weekly emails to case workers are also a responsibility that have to be met.
- Daily Logs, Signature, and Mileage sheets are to be turned in everyday by noon.

### **Skills**

- Communication Skills with Parents/Children
- Setting Boundaries with Clients.
- Cultural Competency: Respecting & Learning each families own cultural background.
- Structured Decision Making: Helping Clients Hit Goals.
- Nurturing Parenting

### **Knowledge**

I gained knowledge in what it was like to be "out in the health and human services field" as well as, how to interact with children, parents, and families as a whole while I was alone with them. I also grew a bit of knowledge about the Child Welfare System and that if parents aren't meeting their Goals given by the Court and Caseworkers that the families can suffer consequences from the court.

**Most Critical Moment**

The most critical moment in my internship was when I had to transport a teen to Lincoln from Harvard, NE. This teenager was to reunite with her mother for the first time in quiet some time. During this visit the teen and I were told by her mother that her uncle had died the night before; causing the visit to be a grief session. I personally took this as a time to discuss death and funerals with the family because it was a comfort zone of mine to discuss my experience with funerals and death. After writing my documentation report I did get talked to by the staff who goes over the reports because none of that should've been discussed at the visit; she stated that, "these visits are to focus on the daughter/mother relationship."

I say this was a critical moment for me because it made me realize that I wanted to interact with the families and talk out their grief. I wanted to give my advice and to be there for the families. I didn't want to have to write reports that the courts were going to read and ridicule like the staff did about my documentation. In the future I want to impact families and know I'm there to help them and talk them through their grief. It was a critical moment for me because I figured out my empathetic state could get me into a different working position then a PSW in the future.

**Advice**

My advice to future intern/program support workers is just to be prepared to figure a lot of things out alone. You also find yourself being alone with the families a lot where it's just you and them. Family Science and Education knowledge from UNL courses will help a lot when you are needing to intervene with the parents or explain the child's behavior to the parents. You also need to be ready to put on a lot of miles to your own personal vehicle. The reward of being around the families and them thanking you for the visit is great but there are days where you struggle to leave work behind until you fall asleep due to all of the after work documenting responsibilities.

**Not Recommended**

I personally would not recommend this agency to interns. Even though it was paid it seemed like a very unorganized work environment. Questions I would ask one person would lead me to go ask others who didn't know the answer either. The days become very long where you're expected to put in long trips and mileage. I was told I'd be paid for mileage but in the end they start to blame the agencies; 1st 20miles last 20miles rule, therefore I do not get reimbursed to what I was understood I'd get back. It is also very hard to have "time away/to yourself" as my supervisor was constantly contacting my cell phone through calls and texts about a service needing done, a document needing fixed, or something she needed.

In the end, I feel if you were one who had absolutely nothing going on or like to work somewhat on your own with little guidance you'd be great to try out BLCS otherwise it makes it hard to balance "life, college courses, and work." The experience and guidance I thought I would have had was not given to me as expected, therefore I grew a lot personally with trial and error rather than with guidance from someone being there with me to provide feedback and assistance.

1. Your name.
  - a. *Rebekah Binder*
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
  - a. *Family Science*
3. Practicum position title.
  - a. *Group Leader (for a small group and also two different teams)*
4. Organization / agency name, - *Cru*  
Organization / agency address and contact number – *NA (located all around the world, we have an organization on our campus in Lincoln but they do not have a specific location, it is a group of multiple individuals.)*  
Organization website if available - [www.cru.org](http://www.cru.org)
4. Mission of the organization or agency.
  - a. *Cru is a caring community passionate about connecting people to Jesus.*
5. Supervisor's name and title,  
Supervisor's contact number (phone and fax, if available).
  - a. *Sara Allan- Director of Cru in Lincoln Nebraska*
  - b. *Phone number- 402-310-2798*
6. Describe the purpose of your internship.
  - a. *Come along side and work with college students, helping them grow in areas of leadership, responsibility, work ethic, social and relational skills, and spiritual and emotional growth.*
8. Work responsibilities, skills, and knowledge:
  - 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time?  
*-I lead two teams. One was a women's team where I organized, collaborated ideas, and facilitated weekly women's times meetings. I also helped lead a team for our service day where we partnered with different not for profit organizations and served them for the entire day. I worked and spent intentional time every week with three women. Apart from these things, I also spent a large amount of time in staff meetings and on UCSD campus sharing, and other nightly activities that we would have on every evening.*
  - 8b.) What skills did you acquire over the course of your internship?  
*-I acquired time management skills, problem solving skills, relational skills, and leadership skills.*
  - 8c.) What type of knowledge did you gain?  
*-I gained knowledge in how to speak truth into women's life, knowledge of the bible, and knowledge in how to deal with and talk about past experiences.*
9. What was your most critical moment at your internship? Explain why.

Internship Description Guideline  
(Email to [rdallal@unl.edu](mailto:rdallal@unl.edu) in a Word document by Friday, July 3<sup>rd</sup>)

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

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

1. Your name.  
Shanice Cushinberry
  
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)  
Family Science w/ a minor in Education
  
3. Practicum position title.  
Shanice the intern!
4. Organization / agency name,  
Organization / agency address and contact number  
Organization website if available  
Center for Central Plains- PALS Program- 215 Centennial Mall Lincoln, NE
5. Mission of the organization or agency.  
Help foster youth transition from being in the system to being an adult.
6. Supervisor's name and title,  
Supervisor's contact number (phone and fax, if available).  
Jeff Smith- Regional supervisor- 402-714-5089
7. Describe the purpose of your internship.  
The purpose of my internship was to see and help foster youth transition out of foster care. If they already aged out we would help them with basic necessities.
8. Work responsibilities, skills, and knowledge:
  - 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time?) Most of my time was spent shadowing the specialists and helping with various activities that were needed. I fixed the multi-functioning printer, I wrote up a letter for donations, handed out flyers for our paper drive, and etc. I also volunteered at a camp for foster siblings who are separated by foster care. The camp allows siblings to spend a weekend together at 1 of 3 camps that is offered.
  - 8b.) What skills did you acquire over the course of your internship? Some skills I have acquired is having courage. I am what I like to call a talkative introvert. I love talking, but when it came to introducing myself or speaking with the other specialists in a big group then I just sat and listened, so in other words I am more confident. Volunteering at the camp, I also learned how to be a better problem-solver. I try to avoid confrontation and let things play out, but I had 2 siblings at the camp and like most siblings they argue and fight, so there I did have to step in and become a problem solver. I also had to help my camper because he missed his biological mother. That was an issue I could relate to, but we made it through and that helped us both.

8c.) What type of knowledge did you gain? I gain so much knowledge! I learned the different programs that are offer to the youth that we serve. Anything from finding them housing or a job, I could probably help in any field. I was able to drive around to various places in my first week and get different pamphlets and brochures for different agencies to learn more about them .

9. What was your most critical moment at your internship? Explain *why*. Most critical moment was when I lost my car. I had such a difficult June and my co-workers all helped me in various ways. Since I myself was a former foster kid, I was still eligible for the program and so they made some calls and talked to some people and helped me get a car that had been donated! This was the most critical time during my internship because the after I lost my car I was had to go to that camp. In that same week (actually the same day as the camp) my phone completely quit on me. I was also trying to find a way to pay for my daughter's birthday, while still fulfilling my internship hours and working. I made it through so that is nice.

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

Be open, do an internship in the same field/ area that you want to work in. It will help you decide if you really want to work in that field. And also be the best you can be, you may get a job offer! ;)

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

I would definitely recommend this agency to future internship students because it is such a great opportunity to be more than someone from the system in these kids' lives.

## Module #6

### Internship Description

1. Kerry Dawson

2. Major: Family Science; Minors: Sociology and Education

3. Intern/Volunteer at the Lighthouse

4a. Lighthouse

b. 2601 N Street Lincoln, NE 68510; Ph. # 402-475-3220

c. [info@lincolnlighthouse.org](mailto:info@lincolnlighthouse.org)

5. "Increase the likelihood of high school graduation of middle and high school-aged youth by providing high quality programming." Lighthouse provides the unique combination of a free, spiritually inclusive, education-focused program for middle and high school students. Students thrive in their pursuit of a high school education through tutors and technology while building social skills and a nourished and healthy body.

6a. Falah Al-Hirez, Facility Manager/Volunteer Coordinator

b. [falah.alhirez@lincolnlighthouse.org](mailto:falah.alhirez@lincolnlighthouse.org)

c. 402-475-3220

7. The purpose of my internship has been to gain more experience and knowledge working with youth in the middle school and high school age group. I wanted to work with more at-risk and troubled youth, and this program is designed to help keep kids on the right track and encourage them to make smart decisions.

8a. My major work responsibilities of my internship were to interact with the youth and build relationships with each of them and the staff. I would play basketball, volleyball, ping pong,

pool, video games, and many other activities with the kids. I went on college visits and field trips to the pool with them and learned a lot about their individual lives. I would also help out with serving dinner and cleaning up the dining room and bathrooms. I also did some yard work out in the garden. I did a little bit of everything, but my main job was to interact with the children.

b. Some skills that I acquired during my internship were patience, teamwork, communication and aspects of leadership. I also learned some problem solving skills that I had to use when the kids would be arguing or getting mad at each other for random things.

c. I gained knowledge about after school programs and non-profit organizations. I also learned a lot about working with older youth, since I'm used to working with younger kids like in the toddler and preschool age group.

9. I really didn't have a most critical moment at my internship. Nothing really came up that caused a great deal of difficulty to handle. One situation was when some of the boys got into an argument in the gym over the score to the basketball game, and none of the staff were around to help them work it out. I was the only adult in there at the moment and had to calm all of them down and help resolve the issue. That particular incident helped me to think quickly about what needed to be done before things escalated.

10. My recommendations for future interns would be to start looking around for places early to do their internships. I waited until the last minute and felt stressed and overwhelmed, but I was lucky enough to get the opportunity to intern at the Lighthouse and I have loved it. I think every intern should think thoroughly about what they want to do in the future and try to find a place that will really help them reach their goals of finding a position in that area.

11. I would definitely recommend the Lighthouse to future interns. It is a great program and a lot of fun. I have loved interacting with the youth and the staff that I worked with were all

extremely welcoming and great people. I gained a lot of knowledge and experience working with this age group and I never once dreaded having to go in. It was a little tiring, since I would work all day and then my internship was until 9pm, but it has been well worth it. I would definitely tell other interns to check out the Lighthouse because I have had a great experience here.



Internship Description Guideline

(Email to [rdallal@unl.edu](mailto:rdallal@unl.edu) in a Word document by Friday, July 3<sup>rd</sup>)

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

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

1. Your name.

Hannah Gates

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

Family Science

3. Practicum position title.

“Volunteer and Development Intern”

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

Make-A-Wish Nebraska  
11836 Arbor Street □ Omaha, NE 68144  
402-333-8999  
<http://nebraska.wish.org>

5. Mission of the organization or agency.

*“We grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.”*

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

Lauren Piller, Manager of Events and Community Outreach  
Direct: 402-991-2837  
402-333-8999 ext. 111  
Cell: 402-917-7360  
Fax: 402-333-8228

7. Describe the purpose of your internship.

The position involves working closely with the Manager of Events & Community Outreach and all staff members. The key element to this position is to combine community service with academic learning and reflection to benefit both student and community. The Volunteer and Development Intern is responsible for assisting in all development functions including special event planning, communications, and media relations. In addition, the intern also performs volunteer duties, such as orientations and other external event volunteer needs.

8. Work responsibilities, skills, and knowledge:

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

8a.) Throughout my internship I have spent the majority of my time working on the "Benefit Crop" which is an fundraising event in August that I am planning with another woman. To do this, I have been working a lot to find sponsors and donors in order to make this event possible. This consisted of a lot of mailing, calling, and going to places to see if they would donate. Other responsibilities include working with my supervisor on day-to-day tasks such as working on an upcoming event, attending/speaking at an event, and shadowing my supervisor's visits with children and their families.

8b.) Some skills that I acquired over the course of my internship would be working in teams, leadership, public speaking, and planning fundraisers/events.

8c.) I gained the knowledge of knowing that I want to work for a nonprofit after I graduate. My experience was so positive that it solidified that this is what I want to do for a living.

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

I believe that my most critical moment at my internship was when I got to meet the first wish kid. It was at the beginning of my internship and I think it really set the pace for me to want to work extra hard at my job. I got to see first hand at how these children's wishes come true and it was a magical thing to witness.

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

I would recommend to future internship students to make strong connections with the people that you work with because it will benefit you currently in the internship and also in the future.

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

1,000% YES! I have loved my time at Make-A-Wish and I do not want it to end! Once I

get back to Lincoln for the school year, I want to volunteer at the Lincoln office because I have enjoyed working at Make-A-Wish so much. Anyone that is interested in working for a non-profit should definitely look in to interning for Make-A-Wish. I have learned so much and gained so much experience that I can carry with me to future jobs. I am truly grateful to be given this opportunity and will take everything that I have learned and apply it in my future career after I graduate.

1. Your name:  
Cecilia Hernandez-Chavez
2. Major area of study:  
Child Youth and Family Studies with a minor in Spanish.
3. Practicum Position title:  
Home visitor assistant
4. Organization / agency name,  
Organization / agency contact number:  
Federal Programs Lincoln Public schools – Student Parent Program  
Phone number: (402) 436-1968
5. Mission of the organization or agency:  
The Lincoln Public schools Student-Parent Program in partnership with the larger community, is to assist pregnant and/or parenting youth to attain independence and self-sufficiency through enhanced educational, health, social services, vocational, and parenting opportunities.
6. Supervisor's name and title, Supervisor's contact number:  
Monica Asher: Infant Toddler Coordinator  
Phone number: (402) 436-1968
7. Describe the purpose of your internship:  

The purpose of my internship is to better understand what is working with youth and families like. I want keep going to grad school and become a social worker. The Student-Parent Program has home visitors that work with social workers, and this has given me a lot of knowledge of what is to work with families and also social workers. Home visitors are some kind of social workers and I like what they do. Home visitors visit parents at their homes and they see that their needs are and provide with services that they might be of help to them. They are there to provide information and resources for the parent and their children.
8. Work responsibilities, skills and Knowledge:
  - a. My main responsibilities were to organize the bag that home visitors needed when they had a meeting with a student. I also helped organize and store books and other interactive equipment. I also helped with the Socializations. During the summer you don't do much but I will be there once the fall semester starts and at that point I will be doing a lot more.
  - b. The skills I have acquire over the course of my internship have been mostly how to deal with other's problems. Know that you can only do so much and it is up to them to change the course of their lives. I

## Internship Description

1. Leah Hladik
2. Youth Development – Children, Youth and Families
3. Program Director, Fremont After School and Summer Learning Programs
4. Fremont Public Schools  
130 East 9<sup>th</sup> Street  
Fremont, NE 68025  
402-727-3055
5. The mission of Fremont After School and Summer Learning Programs is to provide youth with enriching opportunities during out-of-school times to develop intellectually, socially, emotionally and physically.
6. Brad Dahl, Executive Director Student Services  
Brad.dahl@fpsmail.org / 402-727-3024
7. The purpose of my internship was to gain experience and competence in the development and management of a youth summer learning program.
8. a) The majority of my time was spent preparing for the summer program and then directing/managing the program. I planned the 8 week summer program by working with community partners, hired staff to work directly with youth, and continue to manage all aspects of the program from daily operations to the budget.  
b) Being more assertive and clear in my management style is a skill I have built upon during this internship. This really means that I've taken a clear stance in the daily operations of the program and expectations for staff. I have been more assertive in what is expected from staff.  
c) The knowledge I have gained includes considering ethical decision making and translating ethics into the operations of the program.
9. The most critical experience from my internship was holding a staff orientation prior to programming start. This moment was critical because it was my first opportunity to gather all staff and make expectations clear for summer programming. This was critical also, because it allowed for easier, more comfortable communication between myself and staff.
10. For someone else preparing for a similar internship, I would recommend reading literature about program management and observing a program manager. Directing a program is one thing, in terms of planning a program, but management of the program and staff is a whole entirely different aspect to the position. Preparation for the spectrum of management should be a high priority for a successful internship experience.
11. I would recommend someone for an internship with Fremont Public Schools, although I would not recommend an intern for my current position (director of programs) – unless there was proper supervision and help from a current employee. I do not have much help, so I wouldn't recommend someone learning this for the first time.

Internship Description Guideline  
(Email to [rdallal@unl.edu](mailto:rdallal@unl.edu) in a Word document by Friday, July 3<sup>rd</sup>)

1. Rachel Hofstra
2. Child Youth and Family Studies/ Journalism and Mass Communications
3. Editor
4. KLKN TV  
3240 S. 10<sup>th</sup> Street, Lincoln, NE 68502 (402)436-2236  
KLKNTV.com
5. Our mission is to get local news out as fast and as accurate as possible. We want to keep Lincoln informed.
6. Mark Haggar News Director,  
(402)432-4673
7. The purpose of my job is to edit all of the video for the 5, 6, and 10 o'clock shows. I am also responsible for posting stories to the web and assisting reporters.
8. Work responsibilities, skills, and knowledge:
  - 8a.) My major work responsibilities are editing all video needed for the five, six, and ten o'clock shows for Channel 8 News. I also put stories on the web, shoot video, and help the reporters as needed. I spend a majority of my shift in the edit bay cutting and putting together video.
  - 8b.) I have drastically improved my editing skills! I feel confident in my skills now and really contribute to the show. I have also developed my writing skills and video shooting skills.
  - 8c.) I gained a lot of technical knowledge and knowledge of how a real news room and news show is ran. I have real world experience and feel that with this knowledge I am much closer to reaching my goal of being a full time reporter.
9. The most critical moment in my internship would have to be when they wanted me to go shoot a breaking news story and I was so nervous I almost panicked because I didn't really know what to do. They walked me through the video settings, what to do, who to call, and now I feel like I am fully capable of handling breaking news in the future.
10. My recommendations for future internship students who are looking to go into the news industry is to ask questions constantly and stay involved. An internship is what you make of it. You have to ask to help and ask to do things. Hands on is the best way to learn and most people like to help young people learn and develop. Also ask for critiques and take them constructively they are only trying to make you better.
11. I would recommend this to any CYFJ major who is interested in the news industry. This is on

1. Sarah Huebner
2. Family Science
3. Refugee Resettlement Intern
4. Catholic Social Services  
2241 O St.  
(402) 474-1600  
[www.cssisus.org](http://www.cssisus.org)
5. Our Mission as Catholic Social Services of Southern Nebraska is to perform the Works of Mercy in response to the Call of God.
  - a. Feed the Hungry
  - b. Clothe the Naked
  - c. Visit the Sick
  - d. Bury the Dead
  - e. Give Drink to the Thirsty
  - f. Shelter the Homeless
  - g. Visit the Imprisoned
6. Seth Odgaard – Refugee Director  
(P) 402-327-6231  
(F) 402-474-1612
7. The purpose of this internship was to introduce me to the work of case management and to better prepare me for a career after graduation.
8. Work responsibilities, skills, and knowledge:
  - a. Responsibilities included: Home visits, taking food to refugees, taking refugees to appointments, helping refugees file paperwork, teaching refugees how to be self-sufficient, legal paperwork, and cultural orientations.
  - b. Skills acquired: Time management, better organization, proficiency in filling out legal documents, communication skills, better attention to detail.
  - c. Knowledge gained: cultural competency, location of legal offices in Lincoln, location of rental properties in Lincoln, how to file paperwork, how to communicate with a language barrier, local of doctors' offices in Lincoln, knowledge of different countries and languages, knowledge of current issues in the world, how to handle different work and management styles, and how to be flexible.
9. Most Critical Moment: Being asked to take a family somewhere by myself for the first time. This was the first time I had to navigate the language barrier alone. I had no knowledge of their language and they didn't speak mine. It also meant a lot more responsibility, and that

1. Jennifer Johnson
2. Child, Youth, and Family Studies
3. Child and Family Services Specialist
4. Department of Health and Human Services/ Children and Family Services  
5220 S 16<sup>th</sup> Street  
Lincoln NE, 68512  
402-309-9040

5. The mission of Nebraska Department of Health and Human Services is to help people live better lives through effective health and human services.

6. Jane Gentry, CFSS Supervisor  
Phone: 402-471-5014, email: [jane.gentry@nebraska.gov](mailto:jane.gentry@nebraska.gov)

7. The purpose of my internship was to get a feel for what a career with the Department of Health and Human Services would be like. Not only was I able to help children, but families as a whole.

8. Work responsibilities, skills, and knowledge:

- Investigate allegations of abuse/neglect, visit homes, conduct safety assessments, establish safety plans, and initiate court interventions.
- Develop, implement, and evaluate treatment plans, authorize, coordinate, and provide family services.
- Prepare cases with appropriate legal staff and testify in court.
- Develop community resources; work with schools, law enforcement, and mental health providers; inform the public of protection and safety services.
- Perform crisis intervention.
- Prepare documentation, correspondence, and court reports.
- Casework may be with children/juveniles who have been adjudicated as delinquent or status offenders.

Knowledge of: family life issues and dynamics; community services; child adolescent and adult behavior.

Skill in: interviewing clients to collect and elicit essential information and assess client's needs and progress; openly and honestly discussing concerns with others in a non-judgmental way.

9. What was your most critical moment at your internship? Explain *why*.  
The most critical moment for me at my internship was being able to make contacts with the families. Since I want to work in the human service field, it was important for me to get familiar with ways to approach families and what resources I had available to help them.



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

I recommend taking great notes and asking lots of questions. Working with families means that every case will be different and you can never be too prepared. I found it was best to ask lots of questions to know why the caseworkers made the decisions they made, especially if I wasn't clear on why they made the decision. There were lots of times that I could see myself making a different decision than the one that was made. It was great to take notes and compare where the differences came from afterword.

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

I would absolutely recommend the Department of Health and Human Services. It gives a great insight into the field of social work. DHHS always gets such a negative reference from people in society but after being there I can see that they really strive to help families and make a difference in the lives of children.

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

1. Mykayla Lofgren
2. Family Science, Education Minor
3. Cedars Foster Care Intern
4. Cedars Youth Services

6601 Pioneers Blvd # 1  
Lincoln, NE  
(402) 434-5437

<http://www.cedars-kids.org/>

5. CEDARS mission is to help children who have been abused, neglected, and homeless achieve safety, stability, and long-lasting family relationships.

6. Mindy Parker, Assistant Program Manager  
402-904-3255

7. The purpose of my internship is to learn more about the foster care system. I did not know much about foster care, which is an important part of human services when dealing with children in any work place, and truly learned a lot. The majority of my internship was shadowing visits, editing completed home-studies, and doing other small projects around the office, such as recording what personal liability each foster parent had for their home.

8. Work responsibilities, skills, and knowledge:

8a.) I had very minimal responsibility at Cedars. I primarily shadowed workers to learn more. I shadowed a worker in another department who facilitates visits between the biological parents and the children. I attended team meetings at the court house and even witnessed an adoption. I mostly learned new aspects of foster care and did not do a lot of hands on work. I did edit home studies that would be sent off to the whole team on the case after the workers were finished writing them.

8b.) I learned more about being sensitive with sensitive families and cases. Throughout college I always learned how to do these types of things, what to say, what not to say, how to be empathetic, and so on, and was able to utilize a few of these skills in order to learn them in a new way. I wasn't able to talk to the clients much since I was not an employee, but a few times they would directly talk to me, in which I was able to respond, and use empathetic skills. Additionally, the children were typically chatty with anyone and I was able to talk with them once they chatted with me. Overall I really was able to use a few skills that I had learned through college.

8c.) I learned a ton about the foster care system. I think that this is important to know because as a teacher in a low-income area there may be students that I work with who are in the foster care system. Knowing what happens in the foster care system would allow me to stay in the loop with foster parents and to know how the whole process works for children and their families. I learned about working with people who have experienced trauma, which I hadn't learned before, through an extra training that Cedars offers to new employees. I also learned about Mandt, which is an approach to prevent and contain escalated situations and people, without using restraints or any physical touch. I learned so much about foster care while shadowing and learned a lot about techniques in working with families who have experienced trauma or hard times while attending new employee trainings, and even received a certificate for Mandt.

9. I think the most critical moment was seeing the adoption take place. Not necessarily because of the adoption itself, but because I got to see the positive outcomes of all of the hard work of the workers, foster parents, and even children. In this case it was a set of grandparents adopting their grand-daughter who was 2. This experience was more critical when thinking about all of the times children are put into the system, shuffled from home-to-home, what thinking about all of the hard work the workers do to make the process easier on children, families, and biological families, and thinking of the positive outcomes of either reunification or adoption.

10. I went in to the internship with no real expectations because I knew nothing about foster care. I felt a little disappointed at times because I really wasn't able to do much besides shadow and do small projects here and there. Go into the internship with an open-mind and ask more questions during the interview process to see if it is a position you will like. I still learned so much from my internship since I knew almost nothing about how foster care worked, but I am a very hands-on person and at times didn't enjoy just sitting quietly and watching.

11. I would recommend Cedars to future interns, 100%. I honestly just applied there because I had heard of friends doing their internships there and knew that there were a lot of departments to choose from. As a whole, Cedars does amazing things for children and families. I learned a lot about other services in town through Cedars that will help me in my future careers when working with people in need. I would recommend Cedars to anyone interested in helping in human services, but if you love to be very involved in what you are doing and want to do more than learn, choose the shelter, TLC program, or CLC program at Cedars. If you love learning and don't mind learning by watching, Foster Care is a great program where you learn a lot and get to experience a lot.

## Internship Description Guideline

1. Niki McKinstry .
2. Children, Youth and Family Studies
3. Camp Counselor
4. Camp Solaris  
Camp Solaris 2349 NE-34B Spur, Firth, NE 68358  
<http://campsonshinememories.org/summer-camp/camp-solaris/>
5. "Camp Solaris is committed to offering families the highest quality programs and a fun, faith-filled environment for campers to thrive in. Campers will be refreshed and experience tremendous personal growth as they tackle unique adventures, build life-long friendships and take on new team challenges." - <http://campsonshinememories.org/>
6. Alexa Mueller: Site Manager  
Alexa: 402-580-0784/ [alexa@campsonshinememories.org](mailto:alexa@campsonshinememories.org)
7. The purpose of my internship was to learn how to provide quality childcare through a camp setting. Through my role as a camp counselor I provided child care for the campers. Another purpose of my internship was to learn how to plan program activities for campers.
8. Work responsibilities, skills, and knowledge:
  - 8a.) My Major work responsibilities included child care and program planning. I provided child care through my camp counselor role, I led a cabin of girls each week. Another responsibility was to plan program activities. I would spend time planning scavenger hunts, sports, dodge ball tournaments, and paint wars.
  - 8b.) I acquired the skill to plan a large group activity. I learned how to facilitate large groups of around 20 campers in an engaging activity. I also acquired the skill of group control. I learned how to manage groups, small and large. One other skill I learned was a relational skill, I learned how to comfort a homesick camper. I learned skills such as having the child write a letter home, or having them journal about the fun activities they were experiencing at camp.
  - 8c.) I gained knowledge about the different age groups of campers. On camp grounds we had groups ages 3<sup>rd</sup> grade through 9<sup>th</sup> grade. I had the opportunity to work with all the ages at some point in my internship. Most of my knowledge came from working with the age groups and knowing what they are capable at their age. I learned age appropriate games for each level of campers. I learned not to play the same games with my 3<sup>rd</sup> graders that I play with my 9<sup>th</sup> graders. Therefore, I gained knowledge in age appropriate play. I also gained knowledge of physical needs for each age group. Knowledge such as, the younger kids needing more sleep, but the older kids needing more food.
9. I believe the most critical moment of my internship was when I was assigned to plan a large

group activity for all of the programs. I had to combine my skills of working with kids and my knowledge of age appropriate play for campers. My task was to combine all of the groups for an evening event for camp. I had to combine campers age 5<sup>th</sup>-9<sup>th</sup> grade in the same activity. I settled on creating a safe environment for a paint war. I was nervous about how the event would work out. Therefore, I did a lot of prepping and planning for the large paint war. When it was time for the event, the campers loved it. Now it is a weekly tradition and my plan is being used all summer. This showed me that I am capable of using my knowledge and skills I have learned.

10. My recommendation for future students is to prep ahead of time. In a camp setting personal time is rare. Planning games and activities for the children ahead of time is a life saver. You will want to be as prepared as possible before the campers arrive. I would also recommend to get to know the people you work with. They will also have great advice and ideas as well.

11. I would recommend this particular organization to future internship students. I loved my time at camp serving as a camp counselor. I feel like I learned so many valuable skills that I could not have learned sitting behind a desk this summer. Being in a camp setting allowed me to grow in ways I never could before. I now feel confident in my skills and knowledge because of my experience at camp.

## Internship Description

**Name:**

Danae DeBoer

**Major and Minor:**

Family Science and Education minor

**Job Title:**

Intern Child Specialist

**Intern Site and Location:**

Behaven Kids

1145 High St, Lincoln, NE 68502

(402) 423-6464

[www.behavenkids.com/](http://www.behavenkids.com/)

**Mission of Internship Site:**

To passionately teach effective skills that change children's lives and ultimately changes our future

**Supervisor Name and Title:**

Hannah Crabtree, Assistant Program Coordinator

**Purpose of Internship Site:**

Working together with families and community to give children a chance; a chance at success, a chance for the future.

**Work Responsibilities:**

Provide a safe, structured learning environment  
Interact with children in a professional, positive manner  
Implement Behaven Kids model of case and curriculum.  
Implement treatment goals and objectives  
Communicate effectively with parents, peers and supervisors.  
Perform other duties as assigned.

**Skills Acquired:**

How to communicate effectively.  
How to redirect a child.

**Knowledge Gained:**

How to working with children of different behavior or learning challenges.  
How important it is to keep a consistent routine.  
The benefits of proactive teaching.

**Most Critical Moment:**

The most critical moment would have to be when I am in the timeout room with an aggressive child who needs to be restricted. I need to know how much I can handle and restrict before I need to take a break and ask someone to step in for me. It is critical that I know when I am getting tired and need a break before I get too exhausted or end up taking my anger out on the child.

**Preparation for this Internship Site:**

I would suggest to not get discouraged at first. You spend the first week just observing in the classroom and doing readings about all the procedures and guidelines that have to happen in the classroom. It can seem like you are not going to do anything at first but observe but give it time because it is so important that you know how the classroom operates before jumping in because those children need such a strict routine to function.

**Recommendation:**

I would recommend this agency for students who are looking to work with children of behavior challenges. They do a great job of training their staff and making you feel comfortable in the environment. You have the opportunity to work with all ages of children between 2 to 12 and with many different types of behavior and emotional challenges. It is the most I have ever been exposed to and have broadened my knowledge greatly.

Shelby Diers  
CYAF 497D  
July 1, 2015

1. Shelby Diers
2. Family Science minor in Gerontology
3. Intern of social services
4. Good Samaritan Society- Long term care facility
  - 1622 Walnut Street Syracuse, NE
  - (402) 269- 2251
5. "To create an environment where people are loved, valued, and at peace."
6. Pam Lefferdink (402) 269-2251
7. The purpose of my internship was to ultimately determine whether I wanted to pursue this type of career in the future, see the different skills required for the career, and hopefully find my passion, while being able to make a difference, and help others.
8. I helped to set up cognitive assessments, give more detail to care plans- by providing preferences, interview residents about their stay- any concerns, learn different admission/discharge information, sort files, overlook behaviors, and overall help to get a sense of the resident's preferences in all areas. I've learned that a social worker has knowledge in multiple areas; Medicare, Medicaid, any pharmacy bills, scheduling appointments, etc. I've learned multiple aspects about the paperwork, process, and plans of each resident.
9. The most critical part of my internship had to do with the number of different people you must contact, work with, and get feedback from on a daily basis. It was only critical in the beginning because it was overwhelming knowing the process you had to go through for appointments, paperwork, etc.
10. I would recommend working in a smaller facility, I was able to learn a lot of things that aren't necessarily part of the social work description, but have learned it'll likely be helpful when working/interning in a larger facility.
11. Yes, Pam was so great to work with and learn from. I could tell from the start she was very passionate about her job, the residents trusted her, and always came to her for help, and she definitely helped me to get a better understanding of the tasks we must do, the software we use, and different important pieces to take with me as I go on to another adventure.



Internship Description Guideline  
(Email to [rdalla1@unl.edu](mailto:rdalla1@unl.edu) in a Word document by Friday, July 3<sup>rd</sup>)

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

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

1. **Name:** Brittany Ehly
2. **Major:** Family Science
3. **Practicum Position Title:** Assistant Adoption Search Coordinator
4. **Organization:**  
Nebraska Department of Health & Human Services Division of Children & Family Services,  
**Address and Contact Number:**  
DHHS / 301 Centennial Mall South, PO Box 95026, Lincoln, NE 68509  
(402) 471-3121  
**Website:**  
[dhhs.ne.gov](http://dhhs.ne.gov)
5. **Mission of the Organization/Agency:**  
To provide the least disruptive services when needed, for only as long as needed to: give children the opportunity to succeed as adults, help the elderly and disabled live with dignity and respect, and help families care for themselves; resulting in healthier families and safer, more prosperous communities.
6. **Supervisor's Name, Title, Contact Number:**  
Chris Jones - DHHS Children and Family Services Program Specialist,  
Phone: (402) 471-9254 Fax: (402) 471-9034
7. **Internship Purpose:**  
Conduct adoption searches for the public: helped adopted individuals local biological family, medical information, non-identifying information, etc.
8. **Work responsibilities, skills, and knowledge:**  
8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time?)  
My internship was for the adoption search coordinator. Most of my time was spent investigating search requests for birth parents, siblings, medical information, etc. This involves using various search engines and databases, calling funeral homes, news papers, libraries, etc for old obituaries, and other tools that assist in searching. It takes patience and attention, sometimes it's more difficult to find people and the search can become

frustrating. In those times it was important to remember cutting corners and skipping steps will get you know where because valuable information can be found in the least expected places.

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

Independence

Self-motivation

Professional writing, telephone, and communication skills

Resourcefulness

Computer Program Skills: NFOCUS (Nebraska Family On-Line Client User System),

NDEN (Nebraska Data Exchange Network), Genogram Analytics Program,

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

Nebraska's Law and Statutes - Gained knowledge and understanding about the laws regarding adoption and foster care.

Foster care adoption caseworkers - Learned about the different types

Home visits - The who, what, where, when, and why

Adopting process

The Department - learned the operations of DHHS and about the division of duties and services

9. **Most critical moment at your internship:**

The most critical moment I have had at my internship so far was when I closed my first adoption search successfully. This was an important moment for various reasons. One reason was this moment really allowed me to bond with my supervisor. I felt that my hard work paid off and that I had reached a goal. I also felt connected with the searcher and the family. I didn't really expect that to happen since I have never met them or spoke to, but I have definitely become invested in these individuals and families and helping them meet their goals.

10. **Recommendations for future internship students for preparing for the internship experience in a similar position or organization:**

My biggest piece of advice is don't be afraid to ask questions! Since my job was mainly independent work, this was essential. I was hesitant to ask questions at first because I was worried I might inconvenience my supervisor. Though within the first few days she reassured me that she was here to help me and answer any question I had.

I also think that it wouldn't hurt to ask your supervisor if there are any specific topics that you should familiarize yourself with prior to beginning your internship. I know I would have benefited from having a better understanding of adoption/foster care laws when I started.

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

I would definitely recommend this organization to future internship students for a few reasons. First off, the learning experiences are priceless. They have so many opportunities for interns to participate in and learn from, while being engaged with professionals in the field. Another reason I would recommend this particular organization is because of the various focus areas and services offered. There are so many different areas to work in. If an intern

was feeling unsatisfied with their experience, they could easily move to a different area or even be engaged in multiple areas.

Natalie Floreani

Dr. Rochelle Dalla

CYAF 497D

3 July 2015

### Internship Description

1. Natalie Floreani
2. Major: Child, Youth, and Family Studies  
Area I want to study in graduate school: Higher Education
3. Practicum Position title: Daycare teacher
4. Agency name: Little Munchkinland Daycare  
Address and contact number: 4440 N 24<sup>th</sup> St, Lincoln, NE 68521  
Phone: 402-742-4776
5. Mission of agency: Child care center for children ranging from ages of 6 weeks to 13 years
6. Supervisor's name and title: Cheryl Dubas, Director and owner of Little Munchkinland Daycare  
Contact number: 402-742-4776
7. The purpose of my internship is to get a better understanding of how babies and children work. I chose my internship at Little Munchkinland because I love children and I think I'm good at working with all different types of ages of children.
8.
  1. My major duties and responsibilities at Little Munchkinland is to take care and keep responsibility of the children. It's important I keep the children safe and make them my number priority. I'm usually with the two-year-old group at Little Munchkinland and everyday we work on some type of craft project. I also make sure the children get their physical activity, meals, snacks, naps, and free play time.
  2. Over the course of my internship, I think I have become more assertive with myself. I've been able to explain what I want and I'm not afraid to say if I don't want to do something. I've also gained a better understanding of how a young child operates and grows everyday. Overall, I've learned more about children and since I do want to have children someday I can take these valuable skills and apply them to being a mother.
  3. Some knowledge I have gained includes what children should eat and not eat, how to sanitize things and make sure all the toys and appliances at the daycare are always clean, how to get children to sleep, and how to stop children from crying.
9. I would say the most critical moment at my internship was when I saw bugs in a young girl's hair and realized she had lice. I've never seen lice before but I knew something was wrong and she had it. I immediately went to my supervisor and she agreed. I would say this is a critical moment because if I hadn't had seen the lice the young girl could have spread the lice to the other children and the daycare would have had a lice issue going around.
10. If other students were doing their internship at a daycare I would just warn them that it is a big responsibility because you are taking care of children and you have watch them and

- keep them safe for long periods of time during the day. I would also say it is exhausting in that you are constantly on your feet and having to run after young children.
11. I would recommend this particular agency to other students because it is a really nice daycare and the employees are really fun to work with. The agency has numerous resources for the teachers and children and the children are also so cute. If you don't like working with children I wouldn't recommend it because you are spending your whole work day with all different types of children.

1. Name: Yesica Flores-Trejo
2. Major area of study or focus: Family Sciences
3. Practicum position title: Program Coordinator Assistant
4. Organization Information:  
El Centro de las Americas  
210 O St.  
Lincoln, NE 68508  
Tel. (402) 474-3950  
<http://www.elcentrodelasamericas.org>
5. Mission of the organization: "In the last 30 years, we have provided services in the areas of education, family support, strengthening of youth, health, and general support for clients."
6. Steve Solorio  
Golden Warriors Program/Joven Noble, Program Coordinator  
(402) 714-7324  
[Steve@elcentrone.org](mailto:Steve@elcentrone.org)

7. Describe the purpose of your internship.  
The purpose of my internship is to get more experience in the field of human services. I have set up specific professional and personal goals for myself, and through my internship, I hope to reach them. My internship has also helped me redefine my future professional goals.

8. Work responsibilities, skills, and knowledge:

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

At El Centro de las Americas, I work with two of their various programs. One of them is called, Joven Noble (Noble Youth). This program is for Hispanic, male youth. A few of the youth are referred to the program by probation officers, social workers, or parents, but it is open to other male youth. I helped facilitate group discussions, which would be based on topics such as defining manhood, identity, anger management, and career services. When school is in session, we also help students with their homework. I also help coordinate the program. These responsibilities include case management, event planning and program planning, and meeting with parents. I also coordinate a parent support group/committee based on this youth program. Another of my major responsibilities includes working with the Creating Lasting Families Program. This program works with parents and their children to create healthy relationships within the family. During this program I also hold the role of a facilitator.

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

At my internship, I learned how to better communicate with youth and families. I also improved my teamwork skills, as I had many opportunities to work with my colleagues and supervisor on projects and the programs. As I was given the opportunity to coordinate the parent support group/committee, I also improved my leadership skills as well as planning and organizational

skills.

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

One of the major things I learned was the general roles and responsibilities of being a program coordinator. I also received a lot of insight about Hispanic families and what their major struggles are, especially within the family.

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

The most critical moment at my internship was working with the Creating Lasting Families program. It was one of the first times I was able to work directly with parents, as opposed to children. The environment and interaction was completely different and was something I have never experienced before because in the past, I have worked mainly with children and youth.

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

The majority of the people I interacted with were Hispanic, so I would recommend being culturally competent regardless if you were to work with this particular culture or organization. I would also like to state the importance of being open and having good communication with your supervisor, as they will be a major source of learning and support.

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

Yes, I would recommend working with El Centro de las Americas because it will give you the experience of working in the family service field and also give you the opportunity to work with diverse families.

1. Julia Mitchell
2. Family Science
3. Intern
4. Urban Impact Ministries  
2344 S Miro, New Orleans, LA 70125  
(504) 523-5556  
urbanimpact.org
5. Creating a neighborhood where kids can ride their bikes to a safe place to gather, a church that cares, schools of excellence, and a house their family owns.
6. Tre Penington, NOLAfusion Director  
(504) 388-8383
7. The purpose of my internship is to share the Good News of Jesus Christ in Central City New Orleans through day camp and urban outreach. This includes administrative work, such as planning lessons and field trips, and hands on work, such as discipline or teaching at camp. This all helps to develop the intern's interpersonal skills and professional skills.
8. The major work responsibilities at my internship are running a day camp for inner city kids and challenge circle (leading games as an outreach) in the housing projects. Day camp includes work such as lesson planning, teaching, making snacks, disciplining, and leading and utilizing volunteers. Each week, new teams of volunteers come to assist in running day camp and challenge circle. We have the responsibility of training them to work alongside us and help educate them about Central City New Orleans. After training the volunteers, we have to put them to work and use them in a way that plays to their strengths. I acquired many skills over the course of my internship. I was thrust into a leadership role because I am one of the more confident and organized interns, so that was a new experience for me. I had to do a lot of planning and training of new people, as well as problem solving and conflict resolution. A huge part of leadership in this position was delegating tasks, which is difficult for me since I tend to like to do things myself instead of taking the time to find someone else to do something. Another skill that I learned was how to be flexible. I had to adapt to many situations that were unexpected and that I did not have the training for, but I had to work through them and continue with my job. I feel like this is a great skill to have, since you can bounce back from almost anything and keep working if you can adapt. I also gained a lot of knowledge throughout my internship. I learned how important communication is to an effective and comfortable workplace. I also learned so much about working with children and with people from lower socioeconomic classes. These are things that I could not have learned in Nebraska, and I am so glad that I had the chance to come to New Orleans and learn these things.
9. The most critical moment in my internship was when I realized that I was completely overwhelmed by the number of kids that we had at day camp (167) and knew that I could not do



this job without the help of God and my other interns. I could not ever do this job on my own strength and I definitely could not do it alone. We just had so many kids at day camp and so few helpers, and I almost broke down crying right there, but I knew that with ten of the most amazing interns in the world by my side and God going before me, we would not fail. That was when I knew that I was here for a purpose and that what I was doing had significance.

10. If I could give any advice to students doing a similar internship, I would tell them to budget their time well and to give their internship all the energy that they have. The only way to get everything possible out of your internship is to pour 100% of yourself into what you are doing. Without committing yourself to your internship, you will not feel satisfied when you are done. Also, be open to change and new experiences so that you can have the best experience possible.

11. I would absolutely recommend Urban Impact Ministries to anyone looking for an internship where they work with all ages within a Christian setting. I have had a great experience here and I have learned so much during my internship. The only downside is that it is really far from home and that it can be really difficult to spend your entire summer working 14 hour days in 100 degree heat.

Kayla Morgan

CYAF 497D

Internship Description

July 3, 2015

1. Your name
  - a. Kayla Morgan
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
  - a. Family Science
    - i. Minors: Communication Studies, Psychology, Sociology
3. Practicum position title
  - a. Resident Advisor (RA)
4. Organization / agency name,  
Joffrey Ballet School Summer Intensive (Housing)  
Organization / agency address and contact number  
61 Grove Street  
New York, New York 10014 (one of the four buildings used for housing)  
646-260-4436 (RA on duty number)  
Organization website if available  
<http://joffreyballetschool.com/nyc-ballet-intensive-employment.html>
5. Mission of the organization or agency.
  - a. The Joffrey Ballet School transforms passionate dance students into versatile, individualistic artists able to collaborate and evolve fluidly in a fast-changing society.
6. Supervisor's name and title,  
Kolbe Rubin, Grove Head Resident Advisor  
Supervisor's contact number (phone and fax, if available)  
646-260-4436 (RA on duty number-she can be reached here)
7. Describe the purpose of your internship.
  - a. The purpose of my internship was to supervise and assist student staying in housing for the Joffrey Ballet School Summer intensive classes.
8. Work responsibilities, skills, and knowledge:
  - a. Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time?
    - i. Answering parent phone calls and emails
    - ii. Collecting mail

- iii. Making sure that students signed in/out from class and checking in for curfew
  - iv. Making sure that students cleaned their apartments/took out trash/washed dishes
  - v. Helped chaperone evening activities
  - vi. Took students to the doctor
  - vii. Enforced rules of the building
  - viii. Helped check students in/out of the building at the beginning/end of their intensive, and reported maintenance issues
  - ix. A lot of my time working was spent on-duty/on-call in the building and helping to chaperone activities
  - x. If I wasn't doing anything at night on my own and wasn't scheduled to work, sometimes I would hang out with the students in my apartment and get to know them more
  - xi. I did have free time that I was able to explore the city and see Broadway shows if I wanted too
- b. What skills did you acquire over the course of your internship?
- i. How to handle stressful situations better
  - ii. Letting students know that they need to clean up after themselves or they will get fined
  - iii. How to handle worried/mean parent phone calls and emails.
- c. What type of knowledge did you gain?
- i. Even during stressful times, you can still really enjoy your job. There were sometimes that some students were stressing me out because of what they were saying and doing, but I wouldn't do this job if it wasn't for them because I like helping others.
  - ii. I also now know that everyone is unique in their own way and that can make for a great learning experience to further enhance your job skills for your position.

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

- a. A critical moment that stood out to me at my internship was a Sunday night that I was on-duty. Sundays are check-in days for students and sometimes can be crazy, busy day for the staff. This particular Sunday we had a (chaperone) student checking in late (after 4pm-which isn't uncommon) and we got a call from a staff member at another building that houses Joffrey students saying that she was also on their roster. Since the girl was already starting to unpack in the building I was in, we just told her to stay there. Chaperone students are ages 12-13 and are always with a chaperone or RA.

We got another call from the same member at the other building a little while later saying that there was another girl at that building that was also a chaperone student. The mom was telling that staff member that if her daughter was going to be the only student in that building that young, that she was just going to take her home. Fortunately I knew that there was one open bed in my room (so I didn't have to go searching for one somewhere else in the building) and told them that

she could stay in my room for the one week that she was here. Upon her arrival with her family at the building I was in, I welcomed them at the door and helped them with anything they needed-answering questions, asking them about themselves, and overall just providing great customer service. I didn't do this because I felt like I had to as part of the job, I did it because that's who I am. The mom appreciated all of my assistance and it made me happy that I was able to make someone's day.

It just felt good to know that even though something may start out stressful, if you do the right things it can work out in the end!

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

a. One main recommendation that I have for future students preparing for the internship experience in a similar position or organization is to gain experience before hand in the housing department at their institution. This could be by working as a desk assistant, office assistant, RA, dining service worker, and other various student worker positions within housing. Student could also learn more about housing and get involved with it through RHA, the Residence Hall Association. Students in RHA can plan events for students, hear legislation to fund events on campus, make decisions that will positively impact students living on campus, among other great things. In general,

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

a. Yes I would recommend this particular agency to future internship students. It has been a great learning experience for myself in more ways than one. I grew as a person knowing that I can make a difference in someone's life even if it is only in a small way. I also learned great skills for wanting to go into the Student Affairs field and work in a Housing & Residence Life department. I learned that not all housing departments are going to be structured or run the same, depending on the time of institution you are working at different types of situations may arise, along with some other skills that will help me to become a professional in this field. At Joffrey, you are able to experience working with a wide range of students from different backgrounds and it has been fun learning more about the dance world from them. You are also able to explore the city when chaperoning students to fun evening activities that are planned.

Courtney Naber  
Internship Description

1. Name: Courtney Naber
2. Major: Family Science
3. Intern for on-going case workers and initial investigations
4. Agency: State of Department of Health & Human Services
  - a. Address: 824 N Lincoln Ave, York, NE 68467
  - b. Website: <http://dhhs.ne.gov/Pages/default.aspx>
  - c. Agency: State of Department of Health & Human Services
    - i. Address: 320 S 14<sup>th</sup> St, Seward, NE 68434
5. Mission: The mission of the Division of Children & Family Services is to provide the least disruptive services when needed, for only as long as needed to:
  - a. give children the opportunity to succeed as adults,
  - b. help the elderly and disabled live with dignity and respect, and
  - c. help families care for themselves;
  - d. resulting in healthier families and safer, more prosperous communities
6. Supervisor: Amy Winter, APS
  - a. Phone: 402-362-5876
7. Purpose: The purpose of my internship was to gain knowledge on the judicial system and how to work with both families and adults throughout services.
8. Work Responsibilities
  - a. Major work responsibilities included shadowing cases, asking clients questions, taking notes and documenting.
  - b. Skills that I acquired over the course included: navigating n-focus and how to document, professional ways to talk to clients and confidence in talking to clients.
  - c. I gained a professional knowledge over the course in that I learned the process the state takes when working with both adults and children.
9. Most critical moment: The most critical moment in this internship thus far was about the half-way point (75 hours).
  - a. I say this because I have enough knowledge and have done this long enough to understand if I can do this for a life time or not.
  - b. At this point I decided I would rather do initial investments over conducting on-going cases.
  - c. I think this is critical because it is my future career.
10. Recommendations:
  - a. Background knowledge:
    - i. First of all I say background knowledge so you know what DHHS does.
  - b. Confidence
    - i. I say to gain confidence so you are able to talk to clients and document without being nervous.
11. Recommendations:
  - a. I would recommend this particular organization to future internship students because of the experience and knowledge gained.

## Internship Description Outline

1. **Name:** Kourtney Noble
2. **Major area of study or focus:** Family Science with a minor in Education
3. **Practicum position title:** Teacher Assistant
4. **Organization/Agency Name:** Family Service  
**Organization/Agency Address and Contact Number:**  
Community Learning Center site at Holmes Elementary  
5230 Sumner Street  
Lincoln, Nebraska 68506  
(402) 436-1143  
**Organization Website:**  
familyservicelincoln.org  
wp.lps.org/clc/holmes-elementary/
5. **Mission of the agency:** "In collaboration with others, the mission of Family Service is to provide quality programs and services, which effectively assist and strengthen individuals and families in our community."
6. **Supervisor's name and title:** Mariella Resendez Alvarado, Holmes CLC  
School Community Coordinator  
**Supervisor's contact phone number:** (402) 580-3981 Fax: (402) 458-3243
7. **Describe the purpose of the internship:**  
The purpose of my internship was to become a part of a Community Learning Center where the goals are to enrich students by providing a wide variety of activities, educational games, and outdoor experiences, as well as empowering families and creating neighborhood awareness.
8. **Work Responsibilities, Skills, and Knowledge:**
  - 8a. **Major work responsibilities-**My major work responsibilities included helping with the breakfast and lunch programs by making sure each child received a meal, helped them open cartons and wrappings, and teaching proper manners while eating. I cleaned and sanitized the tables. I lined students up to wash their hands and take them to bathroom breaks. I assisted the leader teachers in lessons plans, activities, crafts, games, and supervised the playground for outdoor recess. I took small groups to the Holmes Media Center to work on activities for the Summer Library Program. I read stories out loud to small groups of students.
  - 8b. **Skills acquired-**I learned the skills of being able to communicate with staff members and students ages Kindergarten through fifth grade. I was able to use many skills in handling conflict resolution between students on numerous occasions throughout the day. The lead teachers modeled different strategies for me that I was able to use. I learned the skill of talking calmly and processing with children so I could hear their side of the story and help to come up with solutions to help solve the problems.
  - 8c. **Knowledge gained-** I learned many things over the course of my internship. I learned that CLC Programs use a wide variety of space, including the cafeteria, the designated CLC room, the gym, the media center, and in the

outdoor playground space. I gained much knowledge in learning about Family Service as an organization. There are many components to Family Service such as food programs, before and after school programs, early childhood and youth development, and women, infants, and children programs. Family Service also offers classes on successful parenting and CPR/ First Aid. Family Service in Lincoln was established by a group of community leaders in 1891 as an organization to assist people in need. It continues today to help anyone in our community who needs support.

**9. Most critical moment:** The most eye-opening component of my internship was to witness the behavior issues that many of these children have, and to try to help. I tried to use the skills that I've learned so I can de-escalate the situation in a calm manner. By using the BIST system, I asked students to process with me, and I asked questions such as "Can you be okay?" I am not used to seeing such a wide variety of misbehavior from several students at the same time, so it is critical to try to manage these behaviors in a constructive way.

**10. Recommendations for future internship students:** I would definitely recommend taking the opportunity to go to the two-day training session before beginning the internship. By taking the training I was able to meet my coworkers and learn about the Family Service program. I also received a notebook explaining what the activities are for each day. I would also recommend that you set up a schedule with the site supervisor so that you are there at the same time each day so the students can rely on knowing that you will be there for a certain portions of the day. In my case, it was also helpful for my site supervisor to know that I could help with the breakfast and lunch program on a daily basis.

**11. Would I recommend this organization to future internship students?**  
I would definitely recommend Family Service/ Community Learning Center sites to future internship students because it is a wonderful way to connect with youth. It is a rewarding feeling to know that students in our community are being provided with food and productive activities with other children and caring adults.

1. Jenna Sorensen
2. Family Science
3. Toddler 2 Teacher
4. Brandy's Bunch ELC , 1111 Old Cheney Road, (402) 420-0460
5. Provide a safe learning environment for children to grow.
6. Tricia Stoppel, (402) 560-6647 ---cell (402) 420-0460--- work
7. The purpose of my internship was to get a better idea of what the daycare workplace was like, and see if I wanted to continue working with children after graduation.
8.
  - I interacted with children on a daily basis providing care for them
  - I learned new methods for working with children with behavioral problems or younger children who bite.
  - I enhanced my knowledge of songs and games to play with the children to pass time.
  - I taught children colors, shapes, letters, and numbers.
9. One of the most critical moments I had at my internship was working with one child in particular. It was not exactly one moment, but a lot of moments with this child. He is very aggressive towards the other children and at first I was really frustrated and did not understand why this child was so "evil". But once I stepped away from the situation I realized that he is just a child, and I don't know what his home life is like, or what his parents teach him. I



took this as a learning moment to never judge a child, but try to always see the bigger picture.

10. To know what you are getting into, because at some times it can seem a bit overwhelming. If you have never worked with children before then it takes a little time to get adjusted, but it is totally worth it in the end!
11. I would, but I worked 40-hour weeks and rarely got to take any time off. They do work with school schedules really well if you take it during the school year! Don't be expecting a big pay check though!

1. Kelley Stefanec
2. Family Science and Psychology focus on early childhood development and public health
3. Intern in Health Education and Pediatrics
4. Southern California Permanente Medical Group, Kaiser Permanente  
-Southern California Permanente Medical Group/ 13640 Roscoe Blvd.  
Panorama City, CA, 91402  
-kp.org
5. The Mission Statement for Kaiser is "Kaiser Permanente, to provide affordable, high-quality health care services and to improve the health of our members and the communities we serve."
6. Christina Fam/ Health Education Diversity Consultant/, (818) 375-3018
7. The purpose of my internship was to grow in a professional setting and broaden my awareness of the medical field in Health Education and Pediatrics.
8. The major responsibilities of my internship was observation, taking the lead, and learning how to complete a task with little direction. I spent some time in pediatrics as part of the medical consultation team. Our role was to observe autistic children as they play, interact with peers, and observe their visual stimulation. Also when the pediatrics team gathered for a meeting they would always ask if I had any contributions to make to better diagnose the child.  
In health education, I had to lead a bootcamp 5 minutes before the class was scheduled to start. There I just made up the exercises as I went along and made sure to conduct myself in a professional manner even though I was very anxious and nervous. Also in health education, I attended many classes to learn more about the various programs they offer and assisted the teachers set up classrooms and also helped teach classes as needed.
- 8b.) The skills I acquired over the course of my internship was how to act in a professional setting. Each day is different and each situation requires a different set of professionalism and new strategies to figure out the best solution. I also learned what type of people I work with best and also what areas of the medical field I find interesting.
- 8c.) The knowledge I have gained is can increase in confidence. At the beginning of this internship I was scared because I thought I would not have the skills to adequately finish the project to the best of my abilities or feel unprepared for what was expected to do as an intern. Through this experience I have learn to trust in my abilities and let myself take risks which allowed me to grow and learn. I have also learned what type of people I work with best. I work best with a supervisor that treats her employees with respect. A supervisor that allows you to take risks but will help you learn and grow.
9. In my internship I had two critical moments one was a positive experience and the other was a negative experience. The positive experience I encountered was in pediatrics in the child development center. This department had employees that were engaged in my interest, interested in my thoughts on a patient, and made sure I was getting the experience and knowledge I wanted for my internship. This department opened my eyes to an experience where this could be a possible career.

The negative experience I encounter was one where I was blindsided. I was in the pediatric cardiology department, shadowing a cardiologist. I would go into his appointments to observe what he did as a cardiologist. One of his patients was interested in losing weight but she was handicapped by an issue with her feet. The doctor did not have a direct answer for her so I told her about the Health Education department that offers weight loss programs and support groups. The patient was very grateful and so was the doctor, we gave her the number the Health Education building so the operators can give her more information.

I was so excited to tell my supervisor in the Health Education what I did to promote this program and the health education department. I told her what I did thinking that she would be excited and grateful for what I did, but she was not. I was taken back by her answer. She started scolding me telling me I was not allowed to go into patients appointments and how unprofessional that was. She also was upset that I promoted the class to this patient because she was not of age. To say the least I was shocked, I did not know how to react because in my head she would be excited about what I did. I did not know how to respond to the conversation we had. I was very upset by how she talked to me. After we had that talk all I wanted to do was go eat a donut to eat my feelings. But I did not let her have that power over me, I took a walk. There I relaxed and gathered my thoughts and sorted out my feelings. I was still very upset but I did not let her ruin my day. This for me was a learning experience on how to deal with a situation that I was not expecting, I know next time something like this happens I need to speak up and tell that person how I felt after that conversation. I need to take charge of my feelings and let them know that is not how you talk to an employee.

10. The recommendations I have for students going into the health care field is to keep an open mind. Everyday is different and every situation is different. It is how you deal with each situation which will make your outcome a positive one.

11. I would not recommend this organization to other students just because I did not have a positive experience with my supervisor. She did not treat me with respect and the only jobs she gave me were making phone calls and folding pamphlets. I had to make my own projects and branch out to other departments to make sure I got the experience I deserved and planned on.

1. Jeffrey Uher
2. Child, Youth, and Families Studies
3. Cooking Club Leader
4. Culler Middle School Community Learning Center (CLC),  
5201 Vine St, Lincoln, NE 68504 (402) 436-1210  
<http://wp.lps.org/culler/clc/>
5. Culler Middle School is a professional learning community with a tradition of service, a culture of collaboration, and a commitment to student learning.
6. Troy Mack  
Culler CLC School Community Coordinator  
436-1210  
Malone Center Office: 402-474-1110  
[tmack@lps.org](mailto:tmack@lps.org)
7. The purpose of the cooking club is to teach kids easy to use recipes that they could do by themselves at home. Cost was also a factor and we tried to find affordable recipes that make a lot and taste great.
8. Work responsibilities, skills, and knowledge:
  - 8a.) One of my major responsibilities was to plan ahead and either communicate what the ingredients would be to Mr. Mack or get them myself. This included making a lesson plan to go along with each recipe. Another responsibility was that I had to lead the club, usually 4-8 students, and demonstrate, either through a video or on site, what we were making and how to make it. The most important responsibility that I had was to ensure the safety of the students.
  - 8b.) As the internship progressed I felt more comfortable being the only adult leading the activities. Sometimes I would have to collaborate with outside sources, such as 4H, to enhance what the kids were learning. This helped me learn to take a step back and let someone else be in charge. This internship also helped me to work on planning skills, such as lesson planning, grocery shopping, and the timing of my lessons.
  - 8c.) While at my internship I learned about how to delegate tasks to different groups. We often had to split into groups because there was only one stove and not enough time for everyone to do it alone. I also learned that not everything goes according to plan. Once we tried to make hard boiled eggs and they didn't turn out well, so we had to do without them. Another thing that I learned was how important it is to stay on top of lesson planning. At times it seemed that I hadn't thought of something while in the lesson. Going with the flow and learning from mistakes was one of the most important things I learned. Even when things don't go as planned it is important to keep going and make sure that the objectives of the lesson are met.
9. The most critical moment of my internship was when one of the students, who was prone to outbursts of emotions, something I didn't know well at the time, was asked to go to the safe seat, got upset, and walked out of the room. This presented a huge problem for me because the group

1. Taylor Williams
2. **Major Area of Study:** Speech-Language Pathology and Child, Youth, & Family Studies
3. **Practicum Position Title:** Temporary Relief Specialist
4. **Agency Name:** CEDARS  
Address: 6601 Pioneers Blvd # 1, Lincoln, NE 68506  
Contact Number: (402) 434-5437  
Website: <http://www.cedars-kids.org/>
5. **Mission of the Agency:** "Helping kids in crisis, building strong families"
6. **Supervisor:**  
Name and Title: Bridget Olson-Program Manager  
Contact number(s):  
    Phone: 402-437-8815  
    Fax: 402-437-8833
7. **Purpose of your internship:** To gain more knowledge and experience working with culturally diverse families, and children who are in crisis.
8. **Work Responsibilities, skills, and knowledge:**
  - a. **Major work responsibilities:**
    - i. Responsible for meeting the day-to-day needs of the children and youth in residence, which includes:
      1. Enforcing the rules, responsibilities, and guidelines of the program
    - ii. Documenting records for the USDA food program
    - iii. Creating a safe, supportive therapeutic environments
    - iv. Attend and participate in agency in-service trainings
    - v. Provide transportation for youth as required by the program
    - vi. Adhere to all policies and procedures of CEDARS Youth Services
    - vii. Maintain professional boundaries in the provision of services
  - b. **Skills acquired over the course of the internship:**
    - i. Behavior management techniques
    - ii. Cultural competency
    - iii. Maintaining personal & professional boundaries
    - iv. Creating open communication with parents, guardians, and other care givers
    - v. Classroom management
    - vi. Working in a team setting
    - vii. Mandt Training (Relational)