

1. Kristyn Kocsis
2. Family Science
3. Intern in the Family Readiness Center
4. ~~Air National Guard~~,
Family Readiness Center/ agency address and 402-309-1588
<http://www.155arw.ang.af.mil/>
5. "Mission first, families always"
6. Karen Jordan and Family Readiness Program coordinator,
402-309-1588
7. The purpose of my internship is to help families in the military, either in the stages of pre-deployment, deployment or post-deployment. I also am involved in informing the members about different resources and organizations that are available for their usage.
 - 8a.) My worked responsibilities ranged from several different things. For example I helped plan the Christmas party, Easter egg hunt, plan Family day at the Air Base and also activities for month of the military child in April. I also worked on developing the Key volunteer program which included reading documents, making phone calls, presenting to groups, and creating binders. When I wasn't planning any event I would help organize documents, talk to service members and reading and study resource materials for military members.
 - 8b.) The skills I acquired over the course of my internship are communication skills such as talking to members and their children. I learned efficiency and time management. There were so many tasks to accomplish in one day so I learned how to manage my time and get as many things done as best as I could. I also learned about my learning style, which is more hands on and I work well with others.
 - 8c.) The knowledge I gained through my internship was first that I want to work with military families. I also learned the differences in military life. For example I learned what the rankings mean and the different jobs that occur within the military. I also learned about resources that are available for military members and how each resources can help the families. For example Tri-Care, which is the insurance that the military offers, along with several others.
9. The most critical moment at my internship was when I worked at the Easter Egg Hunt. This may sound strange, but I was able to interact with the military member's and their children and it was such an eye opening experience. I than realized at that time how important it is for military members to spend time with their children and how important these kinds of activities are. It secured the idea I wanted to work with military children and families.

10. My recommendations for future internship students in a similar position are to keep an open mind and be open to learning. I have learned so much in this internship experience and I have used this information to help with members in the military. Also to always be empathetic. The members of the military have gone through things that are unimaginable to most people. So it is key to be empathetic regardless of the situation. Also involve yourself in as many opportunities as possible. There are several different tasks and projects to work on in the family readiness center and allowing yourself to try them all can be beneficial.

11. I would recommend this organization to future internship students because I have worked with not only families, but also service members, children and other military branches. I have gained first hand experience and feel that I have been able to help service members and their families. I have been able to apply course concepts within my internship such as ethical statements, goals, etc. It has been a positive and eye opening experience. If anyone is interested in helping military families I would highly recommend the Air National Guard Base in Lincoln, Nebraska.

Jessica Borgmann

Child, Youth, and Family Studies

Family Readiness Program Intern

Nebraska Air National Guard, 155th Air Refueling Wing
2420 W Butler Ave Lincoln, NE 68524
www.155arw.af.mil

Building resiliency and readiness by providing support through educational, social, and personal resources.

Karen Jordan-Anderson: Family Readiness Program Manager
402-309-1588

The purpose of my internship was to gain knowledge in working with service members in our military. Also, by learning about how our military provides resources and services to better help them with their needs.

I helped Karen with any filing that needed to be done, organized paperwork, put together resource packets, helped with events (Yellow Ribbon events, Easter egg hunt, and Family Day event). I talked to Karen about what she does in her job, and what her main priority is. I discussed with her how important it is to make sure that everything is confidential and that a lot of things cannot be discussed with others. Karen also showed me how she has to file paperwork, enter it into the computer, and has to call family members to see how they are doing if their service member is deployed. I also talked to others within the military about their job and what they do. I talked to Cody Hollist (who is a Chaplain for the Guard) and helped him with an event that he was going to be doing.

I learned how to effectively organize paperwork and learned how to file them in the correct way. I also learned how to effectively communicate with others and learned to be more of an active listener and also to ask questions.

I gained a lot of knowledge in understanding how the military works with their service members and also, what kind of resources and programs it offers to them and their families. I also gained knowledge about the mental health area and how it can affect the service members and their jobs. I also was able to gain knowledge in the area of the Yellow Ribbon program and what its purpose is and how it works.

My most critical moment at my internship was learning about sequestration and how it affects government employees. It was a time in my internship when I was not sure if I would be able to keep being an intern because my supervisor and others within the military, were very stressed out and unsure of how the sequestration

would affect their jobs. I was an eye opening moment and gave me insights on whether I would want to work within the government or not.

I would recommend for future internship students that are preparing for the internship experience to know that it can be a lot of work to juggle school, work, internship, etc. I recommend setting a schedule right away when your internship begins and get into the routine of things. Time management is crucial and it can take time to get everything done. With this specific internship, in the military, a lot of their events (drill, Yellow Ribbon, etc) happen on the weekends, so I would say to be prepared to also do your internship not only during the week, but also on the weekends too.

I would recommend this internship to any student that is interested in working within the military. There are many different areas in the military, but this internship gives you some insight on how it all works. Be prepared that there are restrictions and rules to follow since it is within the military and you would be working with individuals that work for the government. I enjoyed working with Karen and thought that she thoroughly gave me a lot of useful information that will help me with my future career. Karen is helpful and also provides feedback and answers any questions that you may have. Karen is also a good resource to have in case you want to talk to other individuals (for an example, I also talked to the Director of Psychological Health).

Internship Description

1. Jenna Prather
2. Family Science: Child, Youth, and Family Studies
3. I didn't have a particular title at my internship.
4. ~~The Arc of Lincoln~~
5730 R St, Suite C-2 Lincoln, NE 68505
(402) 421-8866
arclincoln.org
5. "To 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, Director of Individual and Family Support Services
Phone: (402) 421-8866
7. The purpose of my internship position was to help The Arc of Lincoln advocate for people with special needs in any way that was required.
 - 8a.) I spent most of my time in my internsrhiop organizing vacations for individulas with special needs. I designed activites, destinations, and vacation plans. I also helped to organize the budget-side of the vacation program.
 - 8b.) I learned about how to budget special needs programs, I learned how to interact and assist people with special needs, and I learned how to communicate and interact in a professional manner.
 - 8c.) I learned a lot about what it takes to run different programs for people with special needs. I also learned a lot about how a non-profit organization runs, an what it entails.
9. The most critical moment at my internship was when I presented The Arc's services to high schoolers with special needs and spent the day with them. It really helped me realize that I want to work with this population, and that they really need all the help they can get. I had a wonderful experience with the population that the Arc served, and I realized then and there that this was a close-knit community that I wanted to be a part of.
10. I would recommend working on self-starting skills, and gaining the confidence to create your own jobs and work to help. I found that these were very important to making my internship a success. If I didn't jump in and ask to help, or didn't find my own jobs, then I wouldn't have a lot to do. The staff at The Arc is very laid back, and oftentimes would overlook giving me work, so I dug around and made my own, which made the experience all the better.
11. I would recommend this internship site to other students on one condition. If you would like to work with people with special needs, and learn about the background/administrative work

that is involved with an advocacy organization, this is the place for you, but do NOT agree to work on the vacation program. I agreed to do so, and I found myself feeling more and more like a vacation planner and travel agent, rather than an advocate every day. I had always wished that I refused to do the vacation program, and wanted to work in the Individual and Family Support Services Department. If you do this, you'll learn so much! I would highly recommend The Arc. They only have 1.5 staff, and great volunteers, and it gave me the opportunity to become very close with those I worked with, they're great people!

Internship Description

1. Chris Howard
2. Child, Youth and Family Science
3. Intern
4. Boys and Girls Club of Lincoln/Lancaster County, 855 S. 8th St., (402)477-4134
5. To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.
6. Brent J. Doctor; Unit Director; (402) 477-4134; Fax: (402) 483-6564
7. The purpose of this internship is to mentor, supervise, and interact the youth and being a positive role model.
8. a. Majority of the time that I am there, I interact with the kids by participating in different activities with them and helping them with their homework. I also help lead different tournaments.
b. Some of the skills that I have learn at this internship are knowing how to interact with the youth better and learning how to become more of a leader.
c. Some of the knowledge that I have obtained is seeing the basics of how an after-school program works and being a better role model for the youth.
9. The most critical part of my internship was in the beginning. In took me a little bit longer to get in the swing of the things. But as time went on, the more comfortable I got.
10. Some of my recommendations I have for a future intern at this site are to come with an open mind and heart. Also, be prepared to have a lot of fun.
11. I would absolutely recommend this organization to future internship students. It's a great program for the youth and it provides them a way they can escape from everything and have fun in the process.

Internship Description

1. Name: Kellie Armstrong
2. Major: Family Science
3. Position Title: Youth Care Worker 1
4. Organization: ~~Boys Town~~
14100 Crawford St
Omaha, NE 68010
5. Mission: Changing the way America cares for children, families and communities by providing and promoting and Integrated Continuum of Care that instills BoysTown values to strengthen, mind, body and spirit
6. Supervisor: Joe Bauer 402-498-1300
7. The purpose of my internship was to supervise and teach at risk youth placed in the Intervention and Assessment homes at Boys Town. These were temporary homes that youth were placed in for a variety of reasons.
8. A. My major responsibilities at Boys Town were to teach youth social skills and independent living skills through a point system using the Boys Town model of teaching.
B. The skills I learned at Boys Town included how to respond to negative feedback (a lot of negative feedback,) how to stay calm in situations in which you might have a noncompliant youth, and how to keep a positive attitude in a working environment you do not enjoy.
C. The knowledge I learned at Boys Town about troubled youth was awesome. There is a two week training that provides you with many skills on how to handle any situation that may arise.
9. The most critical (positive) moment for me at Boys Town of my internship was during the time I spent at a police station with a non compliant youth. While being called every name in the book, having magazine thrown at me and food dumped on me, I saw a glimmer of hope in this young girl when she was telling another youth to work through. I thought about how this girl was really a good girl, she just needed guidance and support.
10. I would recommend that someone looking at this position really works on accepting negative feedback that may or may not be true. I would recommend they are also willing to deal with situations in which youth call you names and are extremely rude.
11. I would not recommend Boys Town's Intervention and Assessment Program as an internship site. The house in which I worked in had a very high turnover rate, which in my opinion says a lot about the working environment. It felt as if you had someone watching your every move, which in reality you were on camera and audio 24/7, so that is true. I have never had a worse job, and ended up switching my internship site because

it was such a horrible experience. Every person I went through training with in December has since quit as well. The only nice thing was that it was paid.

1. **Your name:** Muriah Hartgrave
2. **Major area of study or focus (e.g., Family Science, Early Childhood Education, etc.):**
Family Science
3. **Practicum position title:** Intern
4. **Organization / agency name:** CASA for Lancaster County
Organization / agency address and contact number: 1141 H Street, Suite C
Lincoln, NE 68508. Phone: (402) 474-5161
Organization website if available: <http://www.casa4lanaster.org/>
5. **Mission of the organization or agency:** Helping abused and neglected children through court room advocacy.
6. **Supervisor's name and title:** Dawn Rocky
Supervisor's contact number (phone and fax, if available). (402) 474-5161 Fax: (402) 474-5188
7. **Describe the purpose of your internship:** The purpose of my internship is to gain knowledge of what happens behind the scenes of a foster child. CASA for Lancaster County deals with more of a court aspect dealing with DHHS, various foster care centers, attorneys, community outreach centers, and more. Also as an intern, to be a CASA volunteer and help a foster child directly.
- 8a.) **Describe your major work responsibilities of your internship (i.e., what did you do? How did you spend your time?:** As an intern I did a lot of paper work, filing, data base work, and so forth. I also was able to attend as many hearings that I wanted, go to team meetings, contact people at DHHS, foster homes, etc.
- 8b.) **What skills did you acquire over the course of your internship?** I learned how to run a foster care manager which is essential to know when working with lots of different children.
- 8c.) **What type of knowledge did you gain?** I learned concepts and words that are used in the everyday court system for foster children. I learned how to write a court report, email important people, and how to conduct meetings.
9. **What was your most critical moment at your internship? Explain why.** I would say the most critical moment at CASA was the knowledge to write a court report. Learning material from court and other agencies is not taught in school or in books. When I learned how to do that, I felt that I could actually take on cases and work for them. I knew all the language to use in court and how to contact the 10 people that also worked on the case (attorneys, caseworkers, Foster care centers, etc). After writing my six page report for the judge and him accepting it, I feel as though I am ready to work in the foster care field.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization: Be prepared to talk to other agencies. Knowing what a caseworker, CPS, CAC, TPR, and other names are. Be prepared to read cases that are very sad. You must know how to deal with children that are abused/neglected. Most of these children have had very rough lives. Knowing developmental stages, how a child be mentally and physically at a certain age, how parents should parent.. all important things when dealing with foster care agencies. CYAF classes are very important in this field.

11. Would you recommend this particular organization or agency to future internship students? *Why/why not?*: I am going to say that I recommend this place only because I learned a lot of terms and contacts from them. My only downfall is that if you don't know how to do work by yourself, you will find this internship very boring. Some days I couldn't find any work to do and they had none for me, so I read abuse/neglect books to gain more knowledge through those. I would recommend CASA for people who are interested in becoming a GAL or who want to work in the court room. If you want a more interactive field internship, I would not recommend CASA.

Your name.

Adam Christiansen

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

3. Practicum position title.
Life Skills Center, Youth Specialist

4. CEDARS
6601 Pioneers Blvd., Ste. 1
Lincoln, NE 68506
<http://www.cedarskids.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.
Supervisor's contact number (phone and fax, if available).
Rico Zavala- Supervisor- (402)-499-0511

7. Describe the purpose of your internship.
The purpose of my internship is to help troubled teens do better in school, find employment, and learn how to better respect adults in there school and community.

8a.) Describe your major work responsibilities of your internship (i.e., what did you do? How did you spend your time?
I spent my time at the internship working directly with teens in looking up job opportunities in the papers and on the computer. I also got to do groups on different educational things with the teens, where they would do a work sheet or have a discussion over the topic I chose. I also got to do progress notes on the teens and there service plans and discharges when they were done with the program.

8b.) What skills did you acquire over the course of your internship?
The main skill I acquired working with these teens is patience and how to better handle teens in this program. I am better able to understand what some of these teens are going through and it has gave me the skills to help better the life of that teen to the best of my ability.

8c.) What type of knowledge did you gain?
The knowledge that I gained was how to handle different situations with different teens since none of them are the same. The way you can work with one teen is completely different than working with the next. I gained a lot of knowledge on how to deal with different situations and how to make it the most comfortable to each teen I worked with so they were learning and happy to be in the program.

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

The most critical moment in my internship was when my supervisor allowed me to do the service plan of a teen all by myself. This was really critical to me because it showed that my supervisor trusts me with these teens and allows me to make a service plan for the teen, which is setting up a base line on what the teen needs to work on and accomplish at CEDARS.

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

I would recommend the teen to be very open and ask questions if they are not sure about something. At my internship I could ask questions whenever I wanted and my coworkers were always happy to answer them for me. I feel like this was the best way to learn how to do things and make sure they were done right.

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

I would recommend doing your intern at CEDARS. You are able to work hands on with the teens each day to see how everything is run. In addition all the staff members in the entire building are there and are really nice, they will answer any question you may have. It is just a really nice and friendly environment to go into each day for your internship so would recommend interning for them.

1. Your name: Katie Ortmeier
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
 - Family Science
3. Practicum position title.
 - Family Support Services
 - Early Childhood Development Centers
4. Organization / agency name,
Organization / agency address and contact number
Organization website if available
 - CEDARS, 6601 Pioneers Boulevard, (402) 434-5437, www.cedars-kids.org
5. Mission of the organization or agency.
 - To help children that have been abused, neglected, and homeless achieve safety, stability, and enduring family relationships.
6. Supervisor's name and title,
Supervisor's contact number (phone and fax, if available).
 - Amelia Stutzman- Supervisor in Family Support Services, (402) 570-8375
 - Emily Wesslin- Service Area Administrator for ECDC, (402) 730-3923
7. Describe the purpose of your internship.
 - The purpose of my internship was to help me get a better understanding of what I want to do in my future. I had a hard time determining what I exactly wanted to do, and interning at CEDARS helped me see the different programs out there.
- 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? How did you spend your time?
 - On Monday and Wednesday I worked in the ECDC department. I helped revise the Teacher Handbook, Parent Handbook, and the Behavior Handbook. I also got to go to the different Early Childhood sites and see what they offered to the children who were enrolled there. On Fridays I was with the Family Support Services. I enjoyed this program because I got to many different cases that involved neglect, child abuse, and drug/ alcohol abuse. With Family Support, I also got to help supervise visits of families that had children in foster care. That was very eye opening since some parents only saw their children once a week. I also went and observed on some Saturdays as well. My supervisor did two different visits then and I learned a lot from going on visits.
- 8b.) What skills did you acquire over the course of your internship?
 - One thing that I learned was how to do all the paperwork. I did not realize how much paperwork that I would have to do within my career. While working in the Family Support program, I saw my supervisor writing client reports, medical reports, releases, and monthly reports. It was great to learn all the different skills that I have gained.

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

- I gained so much knowledge while interning at CEDARS. Since I was placed in two different programs I got to learn many different things about each. I also gained more about how difficult my future could be. Working with families who are fighting for their children because they have been taken away is hard. After seeing a few different cases, I gained more knowledge about how much people need help in their lives.

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

- The most critical moment at my internship was going to Family Support meetings. At those meetings my supervisor thinks of different goals to help her clients have a successful family. Some of these parents may be too young to parent, or just need help with different things to do. It was nice seeing how these clients were struggling, and then overcame all their struggles and completed their goals.

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

- I would recommend students to be organized with their time. It is very important to know when you will be going to your site, and crucial to get all of your hours in. I also would recommend letting your supervisors know when your hours need to be done, and how many you need each week. Then you both will be on task with everything

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

- I would recommend CEDARS to future internship students because there is so much to learn. CEDARS have different programs within their site. I was lucky enough to be in Family Support Services and in the Early Childhood Development program. I saw many different things that involved both children and families.

Shelby Randel
CYAF 497 D Internship in the community
Internship description
April 3, 2013

1. Shelby Randel.
2. Child Youth and Family Science with a minor in Education
3. Intern at CEDARS in Foster Care.
4. CEDARS/Foster Care,
CEDARS/6601 Pioneers Blvd Lincoln, NE (402) 434-5437
<http://www.cedars-kids.org/>

5. Helping children who face seemingly insurmountable odds is the important work of CEDARS. Founded in 1947 by the Reverend Charles and Alberta Danner, CEDARS continues their vision today to create a place where children can "experience a real childhood and begin planning for the future." That simple act of kindness more than 60 years ago has resulted in thousands of children building new family lives. The Danners' passion still lives on through our work today as we offer young people safe shelter — and the skills to adapt to a quickly changing world. Today's reality is harsh, and the challenges disturbing. All homes today are not safe for every child. Poverty, drug use, mental illness, criminal activity, and neglect place children at extreme risk. CEDARS continues to respond, giving hope to youth in need and direction to families struggling to stay together. It is the mission of CEDARS to help children who have been abused, neglected, and homeless achieve safety, stability, and enduring family relationships.

6. Jodi Hitchler, Program supervisor
Supervisor's contact number (direct line: 402- 437-8830) and fax: 402-437-8944).
7. Describe the purpose of your internship.

- There is many purposes of my internship, but for me it was growing and learning more about my major. I never worked with foster care before, so this was a great way for me to learn more about that too. I think every student that is doing an internship wants to get out into the community and it is a great way to meet new people that can give you recommendations. Also to build up my resume for future jobs. I looked at my internship as a cross between my major and career, and will not only be valuable to my career choice, but also planning my studies. So my internship and my study will help my focus thus help me establish my individual career outline.

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

- My one major job was to update old foster parent profiles. There were over two-hundred profiles so it will take me until my last day to finish that project because in between that I had other assignments to do. The profiles were packed with papers and training hours so

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CYAF 497 D Internship in the community
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each profile took a while to finish up. Other than that I had small jobs to help with. Those jobs included: calling references, typing home studies, mailing post cards to parents, foster care meetings, and I got to see an adoption take place. That was how I spent my time each day at CEDARS. It was nice to have a variety of things to accomplish and not just stick with one assignment.

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

- I acquired several different skills that I didn't know I had before this internship. One of the biggest skills was net working. I really got to know the employers in foster care and build relationships with them. Which those relationships were more than just the sum of their parts. It provided me with nurturing new ideas in training and helped me to be creative. I learned that net working wasn't just to find jobs, but to build relationship and that was a skill I never looked at. Another one was time management. I learned that time management depends on effective action that you take in an assignment. I saw this skill after I was working on profiles because there were several employers that needed an extra hand. So I had to understand how to manage that time and how much time I could use helping others.

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

- I gained so much knowledge at CEDARS in foster care. I have never done anything in foster care so each day I learned something new. I gained a lot of knowledge in all the paper work that goes into foster care and what all the paper work is. The majority of foster care is paper work because you have to go through so many steps in order for the parents to become foster parents. I also learned that you need to love what you do because I will be putting over one hundred and fifty hours into this. If I didn't like what I was doing or enjoy who I was working with it would have been along couple of months. Lastly, I got to truly see how many children suffer from bad home lives due to their parent's actions. I never actually knew that many children and students go through foster care and how many parents want to become foster parents. So overall I gained an immense amount of knowledge.

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

- I never had one certain critical moment at CEDARS, but going to the foster parent training for eight week really opened up my eyes. I never knew how many hours foster parents put into before even coming foster parents. Seeing all of the parents that came was so humbling and I could tell each one of them truly wanted to do this. This was beneficial too because I could bring that work over into the office when I was doing tasks in the office. Getting to know all the parents was fun because I could inform all the works about them. This made me feel like I was a part of the team because I knew the foster parents.

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

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- For students wanting to experience their internship at CEDARS in foster care my number one recommendation would be to read over the mission statement. I think that covers the majority of each area in CEDARS you could be working with especially foster care. Also I wish I would have learned more about what foster care is because I have never worked in foster care. So if I would have done this it wouldn't have taken me so long to understand and catch on to how foster care works.

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

- I would recommend CEDARS to other future internship students in a heartbeat. I had an amazing experience there in foster care. I loved working with everyone in that area and they made me feel like an employer not an intern. CEDARS is an organization that really reaches out to children and helps them to get back on track. I have always worked with children while I have been in college, so if you like working with children on a different level this is the internship for you. Foster care was a hard area to work in because so many children are suffering a bad home lives, but when they get placed into a foster parent home there life can transform. And knowing that you had a slight part of that makes it beautiful. My supervisor is great and I get along with her so well. I feel comfortable enough that I can ask her anything and she really wants me to experience everything in foster care that can help me grow. Also CEDARS has several different areas you can work in, so there should be one that will fit your needs and interests as a student.

Rachael Brugman

Child, Youth, and Family Studies – Family Science Major

Intern at Child Saving Institute

~~Child Saving Institute~~

4545 Dodge Street

Omaha, NE 68132

(402) 553-6000

www.childsaving.org

Mission: Responding to the cry of a child.

Vision: All children have homes where hope is kindled and dreams can be achieved.

Supervisor:

Lana Verbrigghe

Director of Child Welfare Services

(402) 504-3630

lverbrigghe@childsaving.org

The purpose of my internship was to gain knowledge, skills, and experience in the foster care field; an area that I previously had not worked in. I hoped to gain these aspects by directly working with clients while observing and following co-workers in this field. I had also hoped to gain experience working in a professional setting while gaining connections with others that I may utilize upon my college graduation. I wanted to benefit from this experience as well as benefitting the organization I was working for.

For the first month of my internship, I worked at the Triage Center. This center is a place where children are brought to when they are taken from their home for unsafe reasons and are waiting to be placed with other family members or in a foster home. This can be a scary and confusing time for the children. My job was to make these children feel safe, comfortable, and cared for while staying at the center. My responsibilities included meeting their basic needs, feeding and giving them new clothes when needed, and playing with them. When children were not in the center, I would spend my time helping staff organize and sort through numerous donations. The second half of my internship I spent time following two foster care specialists on their home visits, family team meetings, and court hearings. When there were no meetings or hearings scheduled I would spend my time in the office going through files and updating information on their computer system that contained all of their foster families. My responsibilities included observing, taking notes, following through with directions, completing tasks that were asked of me in the office, and being flexible and willing to ride along to visits and court hearings.

The skills and knowledge I have gained from my internship go hand in hand as I have learned a great deal about the foster care field and what I can do to aid in these processes. I believe I have become more understanding, patient, empathetic, and open toward others as a result of my experiences. I feel comfortable in my skills to respond to a situation where a child has been taken

from their home or is in the foster care process. I believe I have also developed professional skills while working in an office setting that will help me in my future career opportunities. From this internship, I have learned a great deal about the foster care system and the various processes. I have also become knowledgeable on the various terms associated with the foster care system and understand the court processes and stages. I have seen these processes in action, starting from the beginning when a child is taken from their home, to the end when reunification, adoption, or independence is achieved. I understand there is still more for me to learn and new skills for me to develop, but I believe this internship has given me a great start in working within the foster care field.

The most critical moment of my internship involved a situation that occurred while I was working in the Triage Center. An hour before I was scheduled to leave for the day, the staff learned that we would be expecting an infant and four boys to arrive at the center. These children were coming from three different homes and were being taken away for various unsafe reasons. At this point I had a choice to make; either stay late to help or leave as I was scheduled. I decided to stay to help staff with the children and gain more experience. I think this was a critical moment in my internship because I could have easily decided to leave but instead I stayed three extra hours and I am extremely glad I did. After this long day I realized that I am fully committed to this internship. I had such a strong desire to stay, not only to gain experience, but to interact, play, and provide for the children. At my own will, I chose to work longer that day, realizing my true passion for this field.

It is hard to prepare yourself for the situations you may face in this field. You never know what to expect so you really have to be flexible and open to change. Working in the foster care field you come across shocking stories and unbelievable conditions under which children are living. These are really sad and can be hard to cope with but you must regain your composure and not dwell on the negatives. You must also treat this internship as if this was a real job; even if you are not getting paid. It is extremely important to act professionally in all situations following the organization's rules and code of conduct. Overall, my advice for future internship students would be to remain flexible, stay positive, act professionally, be open to differences, and take lots of notes!

As much as I enjoyed interning at the Child Saving Institute, I do not think this would be the right fit for everyone. While I was working at the Triage Center, there were days when we would have no children come into the center and so my days were spent with staff doing other tasks around the office. While I was working with the foster care team at CSI, I would follow the foster care specialists to their family team meetings, home visits, or court hearings. On days that these specialists did not have anything scheduled, I had to find other things around the office to do; which turned out to be more busy work. The unpredictability of this site made me question whether I would recommend it to future students. However, I would recommend it to students who plan on interning for more than the required minimum 150 hours. I feel that if I was there for a longer period of time I would have been able to take on more responsibilities and even take on my own case load. Overall I thoroughly enjoyed working at the Child Saving Institute but it may not be right for everyone.

Internship Description Guideline
(Due Wed. April 3rd)

1. Marc Otero
2. Family Science
3. Afterschool Supervisor
4. ~~Clyde Malone Community Center~~
2032 U Street
402-474-1110
5. The mission is to strengthen the African American Community by serving as a cornerstone for educational, cultural, and advocacy programs for all people.
6. Nate Woods
402-474-1110
7. My purpose of this internship was to see how to run a Community center but focusing on education and programs dealing with students.
 - 8a.) I am in charge of the kindergarten and 1st grade classroom were we work on Monday's Tuesdays and Thursdays. The other days I am in charge of picking kids up from school and going into the schools during the week to work with our kids in the program.
 - 8b.) I have learned how to run an educational after school program. I have gained a lot of leadership skills and other skills by working with a bunch of great people.
 - 8c.) I have learned how to solve problems with kids and other situations that happen at the center. How to stay in contact with parents and make sure kids are staying safe and having fun.
9. Going into the schools and working with the kids was very critical. Seeing them progress and having the teachers tell me how well they are doing now is great.
10. Show up with room to learn. Even if you have worked at places like these there is a lot more that goes on that we think.
11. I would definitely recommend this place. They offer hours that will make sure you get your hours done and they love having interns. Nate is really nice and down to earth and knows how to run a good center.

1. Kyle Steinacher
2. Family Science
3. Youth Specialist Intern
4. ~~Clyde Malone Community Center~~
2032 U Street, (402) 474-1110
<http://www.malonecenter.org/>
5. Is to strengthen the African American Community by serving as a
cornerstone for educational, cultural, and advocacy programs for all people.
6. Nate Woods, Assistant Director
(402) 304-8745
7. The purpose of this internship is to gain an understanding of what all goes
into making an after school program possible from managing a staff and
volunteers to getting funding to run the program.
8.
 - Learn the ins and outs of an after school program including leading
and teaching children, time sheets for both children and staff, and
creating an inventory for their supplies.
 - Skills include time management, people skills, and communication
skills
 - Knowledge gained includes adjusting to different teaching
environments, implementing my own ideas into the center, and I
learned how to be a better leader.

9. We went on a field trip to the roller skating rink and one of the little boys had an accident while skating. This required thinking on my feet and formulating a solution. Had to act cautiously to make sure the problem went unnoticed by other children. We were able to take care of it in a timely manor with the resources we had. This helped me learn how to deal with unforeseen difficulties that may arise in the future.
10. I recommend starting the process early and calling or meeting with possible sites to do your internship to try to find your best fit.
11. I would definitely recommend this to anyone who is looking for a great internship experience. I learned a lot through this internship process and have enjoyed every moment of it.

1. Amy Nguyen
2. My major is Child, Youth, and Family Studies with a specialization in Family Science. I also have a minor in Psychology.
3. I am a Pre-school Teaching Intern and an Intern at a Community Learning Center, both at the YMCA.
4. ~~Cooper YMCA~~
6767 S. 14th Street
(402) 323-6400
<http://ymcalincoln.org/locations/cooper/>

~~Elliott Community Learning Center~~
225 South 25th Street #403
(402) 436-1563
<http://ymcalincoln.org/locations/northeast/elliott.htm>
5. "The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all."
(<http://ymcalincoln.org/general/index.htm>)
6. Kimberly Pair, Youth, Teen, & Family Program Director
(402) 323-6408
7. The purpose of my internship was to develop more efficient skills in working with students and obtaining teaching methods to add to my professional repertoire.
8. a) I spent 99% of my time working directly with children. In the preschool classroom, I assisted the two certified teachers in any way they needed me. These tasks included helping clean up areas, passing out worksheets, etc. but most my work was in assisting the students with their work. There was always a student asking a question or for some additional help, so I kept busy this way. At the after-school program, I was trained in Behavioral Intervention Support Team (BIST) to address behavior problems in the most efficient way. BIST taught me how to convey my stern message to students who acted out while still showing them that our staff and I care for them.

b) The most avid skills I developed was in talking with children effectively. I credit these skills to my training/shadowing with BIST. I was also taught basic skills in how to run a classroom and develop teaching plans.

c) I gained knowledge in how to work hands-on with students. In the preschool class, I learned how to effectively teach subject material to students and how to intervene if they were having difficulties. In the after-school program, I learned how to address behavior issues and correct those behaviors for a more productive day.

9. My most critical moment during my internship was more of a series of observations concerning relational bullying among the fourth and fifth graders. I had to question a lot of different things when considering this situation. How was the bully bullying (physically, verbally, etc.)? Does this bully know the consequences of these specific actions? How exactly is the victim being affected by the bully's behaviors? It is something I am still working on. Unfortunately, I am unsure how much of it I will be able to resolve with my supervisor before the end of my internship. This has caused the only trouble I've had in the course of my internship because it's a fragile situation. I don't want to bully the bully into believing he/she is a bad person, but I don't want the victim to feel like I am not doing anything about it. Of course, there are also the raging pre-teen hormones that negatively affect the process. Suffice to say, it's been a rough ride.
10. My biggest recommendation for internship students looking at similar positions as mine is to put your main focus on building relationships with the children/students you work with. Having a strong, professional relationship with the students will make your work with them a billion times easier. They will open up to you, tell you the truth, and want to make you proud. The conversations will flow more easily and your assistance will be much more appreciated by them. Also, become friends with your coworkers. Good friends. A staff that gets along well and has fun together is going to be much more successful than a staff that is bland, unfriendly, or unfocused.
11. I recommend interning with the YMCA with absolutely no reservations. It is a fun place to get your foot in the door for similar positions within careers surrounding Child, Youth, and Family Studies. My supervisor, Kim Pair, allowed me to get whatever experiences I was hoping to obtain, so that helped me put a focus on some things I have been interested in exploring.

1. Haley Strobel
2. Family Science
3. Child and Family Services Specialist
4. ~~Department of Health and Human Services: Initial Assessment Department~~
1050 N Street, Suite 250
Lincoln, NE 68508
www.dhhs.ne.gov
5. The Department of Health and Human Services Initial Assessment's mission is to provide safety, permanency, and wellbeing to the families they serve and they do that through assessment, case management, education, and family support services.
6. Jane Gentry, Child and Family Services Specialist
Work Cell Phone Number: 402-326-1474
Fax: 402-471-7158
E-mail: jane.gentry@nebraska.gov
7. The purpose of my internship was to gain experience in the initial assessment department working on child abuse and neglect cases.
- 8A. My major work responsibilities included documenting case information, working and documenting in the N-Focus program the department uses, going out on interviews of collateral to find out more information surrounding the case, attending court hearings on the cases that were assigned to Jane, and documenting and responding to all information that's concerning about the cases.
- 8B. I acquired many skills over the course of the semester from people skills to documentation and interviewing skills. I learned the appropriate way to go about interviewing collaterals and people for cases, along with the specific questions that are required to ask. I also learned the proper documentation for cases and how to navigate my way around their N-Focus program that they use. Another minor skill I acquired is working in a setting that's mostly women. I am not used to working with so many women at once, and this can be challenging, so I learned how to work with a diverse group of women. I also learned professionalism skills since it was a government agency that I was working for.
9. A critical moment for me was when I was sitting in an interview of a child and realizing that these children are relying on these workers for their safety and well-being. It's hard to grasp that someone would maltreat innocent children and the only way they will be saved is if the worker can prove that abuse or neglect is taking place. It is all in the hands of these child and family services specialists to prove the guilt of the perpetrators and this is a tough job. It was a critical moment for me because these children need advocates for them and it takes special people to be able to do this job.
10. The recommendations I have for future internship students to prepare for the internship experience is to go to the department's website and browse around. It's good information before you start to know what the department is about and the mindset that they have about protecting children. It's also essential to mentally prepare yourself for the different cases you might see and to take care of yourself throughout the internship.
11. Yes, I would definitely recommend this internship site. It was a big eye opener for me and I seen at as more than just an internship, it was about me making friends, helping those who can't help themselves, and appreciating what I have. Everyone was very welcoming and always willing to help me take advantage of the learning experience by taking me with them on different cases. I believe everyone should have an internship like

this one to open their eyes to the world and the social problems that there are and get to experience the satisfaction of helping those who can't help themselves.

1. Your name.
 - a. Cassandra Hottovy
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
 - a. Family Science
3. Practicum position title.
 - a. Intern for the Youth Ministry Coordinator
4. Organization / agency name,
Organization / agency address and contact number
Organization website if available
 - a. ~~Family Life Office – Department of Youth Ministry~~
 - b. ~~Diocese of Lincoln~~
P.O. Box 80328
Lincoln, NE 68501
Phone: 402-488-2040
 - c. http://www.dioceseoflincoln.org/Pages/youth_home.aspx
5. Mission of the organization or agency.
 - a. As part of the Family Life Office, the Office of Youth Ministry coordinates programs and events for Catholic students and young adults.
6. Supervisor's name and title,
Supervisor's contact number (phone and fax, if available).
 - a. Jeff Schinstock – Youth Ministry Coordinator
 - b. jeff-schinstock@cdolinc.net
7. Describe the purpose of your internship.
 - a. The purpose of my internship was to get a greater understanding of what youth ministry coordination was and whether or not it was something that I wanted to continue to pursue post-graduation.
8. Describe your major work responsibilities of your internship (What did you do? how did you spend your time?
What skills did you acquire over the course of your internship?
What type of knowledge did you gain?
 - a. I assisted in preparing and organizing details for upcoming events and programs hosted by the Family Life Office Youth ministry department. I also was in charge of directing a portion of one of the main reoccurring events hosted by the Family Life Office Youth Ministry Department.
 - b. I learned how to use the online system that my organization uses to register participants in events and programs. I also was able to work on my phone communication skills in speaking with individuals about upcoming events and I

was able to work on a newsletter and other advertisements to promote upcoming events/programs.

- c. I now understand and have a taste of what goes into organizing one single event/program. I was able to see from start to finish what needs to be done for something to go successfully. Everything from advertising, streamlining registration and payments, reserving the appropriate amenities, lining up volunteers for chaperoning, ensuring that the event is going well while happening, and tying up any loose ends once the event has concluded. I was also able to see how policy affects what this organization does and how they need to take into consideration not only these policies, but how they effect and influence the Catholic morals and teachings and how they have to account for that in their programs/events.
9. What was your most critical moment at your internship? Explain *why*.
 - a. I wouldn't say there was one critical moment that I experienced while I was there. I think that, for me, it was just the constant reassuring feeling I was gaining from the experience there that what I was doing is something that I want to continue to do and hope to do once I have graduated.
 10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.
 - a. I would recommend that if you are going into any religious sort of organization I would prepare and inform yourself in that religion's teachings. I would also really research what that organization's mission is and what they are trying to reach out to do. For me, because I have participated in programs hosted by the Family Life Office prior to my internship and I am Catholic, this was relatively easy for me to adapt to and understand. I would make sure that your beliefs and end goals match up with what that organization's beliefs and goals are.
 11. Would you recommend this particular organization or agency to future internship students? *Why/why not?*
 - a. I would recommend this site as a future internship opportunity. It was so beneficial to work here, personally. I would say that one of the main reasons I had such a great experience with this was because of my site supervisor. He gave me constructive feedback to help guide me and teach me in doing things in a better and more efficient and professional way. I was so grateful to have this experience and it honestly was very fun and for the most part never seemed to have that 'day-to-day-drag' that most people associate with work.

Internship Description Guideline
(Due Wed. April 3rd)

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- **Jared Galusha**
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)-
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- 501 S. 7th St. Lincoln, NE, 68508/(402) 441-7949
Organization website if available- **familyservicelincoln.org**
5. Mission of the organization or agency- **Provide quality programs and services, which effectively assist and strengthen individuals and families in our community.**
6. Supervisor's name and title- **Maclaine Randazzo: Rousseau Site Supervisor**
Supervisor's contact number (phone and fax, if available)- **(402) 314-1223**
7. Describe the purpose of your internship- **Provide supervision for kids before and after school while the parents are at work. Participate in various activities with kids while gaining experience to work in a setting involving elementary age kids.**
- 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? How did you spend your time? Our main goal as teacher assistants is to watch over kids while their parents are at work. I spend most of my time leading activities and playing games with the kids.
- 8b.) What skills did you acquire over the course of your internship? A big skill I acquired was being able to diffuse altercations among the students. Before the internship it was hard to know what the right thing to do was when you were faced with a problem, but working here gave me the skills to be confident when dealing with unruly children.
- 8c.) What type of knowledge did you gain? I think I mostly gained experience working at this site. It gave me an idea what it is like to work with kids and families.
9. What was your most critical moment at your internship? Explain *why*. **The most critical**

moment for me was working with parents. I did not have much experience with parents before this internship. It was a difficult thing talking to parents about certain things such as a misbehaving child. I was worried that parents would just be defensive that I was targeting their child. After my 150 hours in the internship I became much more confident talking to parents about their kids and found more times than not the parents supported the teacher rather than defending their child.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization- **Some people going into this internship may not have much experience, but that's ok. When you find a place you think fits you don't be afraid to ask questions. When someone agrees to bring you on as an intern they take on the responsibility to be there guide you along. Ask as many questions as you can and leave your comfort zone. Be as outgoing as you can and you will make the most out of your internship experience.**

11. Would you recommend this particular organization or agency to future internship students? *Why/why not?* **I would recommend Family Service to anyone who needs a place to do their internship. They have flexible hours and the people there are great to work with. They really guide you along if you need help with anything. I strongly encourage people to work for Family Service.**

Erica Effken
April 3, 2013
Internship Description
CYAF 497D

1. Erica Effken
2. Family Science
3. Assistant to the Life Enrichment Director
4. ~~GracePointe Assisted Living & Memory Care Suites at Tabitha~~
4620 Randolph St., Lincoln, NE 68510
<https://www.tabitha.org/>
5. Mission Statement: "Motivated by Christian compassion, Tabitha delivers a continuum of exceptional and innovative Elder care services that promote the dignity, independence and well-being of older adults."
6. Megan Novell (Assistant Director)
Phone Number: 402-484-9885
7. The purpose of my internship was to get experience in the field of gerontology. I wanted greater insight of the various fields of gerontology.
8. A. I spent my time engaging with the residents in any appropriate way. I would assist with the planned activities and start activities that were unplanned. I also worked with residents one-on-one in areas of communication.
B. The major skill that I acquired over the course of the internship was in communication. I also acquired knowledge of Alzheimer's and Dementia, as well as, learning how to self-start activities with the residents.
C. Not only did I gain knowledge of the internship site, I also gained knowledge on how to effectively communicate with individuals who have Alzheimer's and Dementia.

9. The most critical moment at my internship was simply just understanding that each day is different when you are working with individuals with Alzheimer's and Dementia. When you walking into that building, your sense of reality should be forgotten and you have to enter into each residents' reality. I was taught his from day one, "if they think it is spring and it is really winter, it is now spring to you too." Do not be condescending with them, however, get them talking about what they do when it is spring time and what reminds them of spring, etc.
10. I recommend that if you are thinking about this internship site that you can be flexible in your communication and thought process. Often times you will be talking to a resident that will either switch topics fast or you have no idea what they are talking about, yet you still have to be flexible enough to carry on a conversation with them. Be open to new ideas and be willing to engage in activities with the residents.
11. If you enjoy working with the elderly population, then this is a terrific site to fulfill that! Everyone that I was working beside was very friendly. They welcomed me with open arms and they also aided in building my knowledge in the area.

Your name.

- **Laena Frederickson**

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

- **Bachelor of Education and Human Science; Family Science**

Practicum position title.

- **GOALS Center Practicum Student**

Organization / agency name,

Organization / agency address and contact number

Organization website if available

- **Health and Human Services- GOALS Center**
OPS TAC Building
3230 Cuming St.
Omaha, NE 68131
www.goals-center.org

Mission of the organization or agency.

Mission: To address absenteeism and at risk behavior through encouragement of coordinated efforts to improve student attendance and learning

Purpose: To improve school attendance and learning by offering assistance to youth and families in need. This purpose will be accomplished by early assessment and prompt delivery of coordinated interventions that promote school attendance and eliminate at risk behaviors.

Supervisor's name and title,

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

- **Treva Haugaard**
Executive Director
402-557-2299
treva.haugaard@goals-center.net

Describe the purpose of your internship.

- **The GOALS Center is focused on improving attendance of students struggling with tardiness and missing school before hitting twenty days and becoming involved in the court system.**

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

- **My main project within my internship site was to create a binder of resources in our community that would benefit the students involved with the program. I had to call community resources across Omaha that I thought would benefit the students that we are working with. Some of those services included tutoring, therapy, summer programs, substance abuse classes, and family support groups,**

etc. On most days I would spend my days with one of the Family Advocates going to school and home visits to discuss the progress of each of the students and see what the next step is for them. I also attended many triage meetings and courts at the court house. Triage is when students pass the twenty days, during the meetings a group from different organizations in the community come together to discuss what the best action is for each student. Triage court is when the parents and child come to the court house and talk with a county attorney on their progress and decide the next step to get them back on or stay on track.

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

- During home and school visits I learned the skill of asking questions and how to ask questions to get students and parents to keep talking and not shut down. It is important to see what is going on or has happened in the family to cause the missing of school for the student. If you ask questions in a certain form you can get them to keep talking and telling you more on what has happened in their life.

What type of knowledge did you gain?

- I think I gained a lot of overall knowledge of being the human services field and the resources our community has to offer to children and families. I think the most important thing I learned in this job is to be open minded about each family that we help because you never know what they have gone through that has brought them to this point. Another important aspect I learned is to be flexible! People are going to constantly reschedule or cancel meetings, not show up to meetings, and meetings are going to go longer than expected.

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

- The most critical moment in my internship was when my family advocates I work with said "This will be your student to work with, you ask the questions, you decide what you feel are the best services for him/her then we will help you" I was so scared to actually have to ask the questions, I was so use to just taking notes and asking input questions. After doing my interview with the family, it was not near as nerve racking as I thought. Now I have three families that I have fully done and made the initial resource referrals for. I believe this is a perfect example of keeping an open mind and overcoming your fears.

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

- Prepare for your internship site early to avoid last minute problems as I had. Have your internship site set shortly after Thanksgiving. It is much better to have your internship planned early, than calling during Christmas time and New Years. Keep an open mind and don't be afraid to try new experiences such as calling other organizations for information, asking questions in a meeting, taking detailed notes during a meeting, and asking questions to your coworkers and supervisor.

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

Why/why not?

- **I would definitely recommend this site for future interns. Both the family advocates and supervisor have been extremely helpful in learning and experiencing the human services field. They are very open to answering questions and helping you receive the experience you deserve in this class. I received many hands on experiences that I feel that many others do not receive. They also gave me the opportunity to shadow at Nebraska Family Collaborative and Project Harmony giving me more insight of other services in the community.**

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(Due Wed. April 3rd)

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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. Paul Siebold
2. Family Science
3. Paraprofessional
4. Integrated Learning Program (ILP) 3030 Spaulding St. *Omaha*, NE 68111

www.ops.org/alternative/ilp

5. The mission of Integrated Learning Program is to provide educational opportunities that enable all students to achieve their highest potential.

6. Ms. Bender-Principal 402-344-7895

7. Describe the purpose of your internship.

The purpose of my internship is gain useful knowledge I will be apply in my career in working with youth.

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

My internship was at Integrated Learning Program in Omaha, Nebraska. The vision of this school is to provide an environment in which all students, parents, staff, and community take an active role to ensure that the goals and aspirations of students become realities. I served in the capacity of a Paraprofessional. My duties included supervision, assisting with academic

instruction, creating hands on activities, down syndrome, learning disabled and several forms of autism. My time was spent working on academic tasks with individual children and groups of children. I assisted with de-escalating situations with individual children to empower them to handle individual conflicts.

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

The skills I acquired were learning various strategies to assist with learning and behavior management. I witnessed children becoming completely out of control to manageable within a small period of time. I realize that learning has taken a more hands on approach than in the past. The most successful intervention I observed was when the adults utilized the power of two choices. When given the method of two choices rather than told what to do, the adult controlled the situation but the child also had some power and control. These children have been powerless by their home situation and / or disability. Every adult I witnessed had learned to utilize this strategy effectively. The planned choices controlled the situation for the adult but also gave power back to the child.

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

This experience has enabled me to develop skills to work with challenging youth. The skills I acquired will enable me to assist children in various types of settings. The tools I have learned can provide assistance in a family setting, group setting, or any other youth program. I want to empower students to reach their goals and aspirations so they can become a reality. My passion is to help the youth of tomorrow achieve their highest potential. My life was impacted by my experiences at the Boys and Girls Club and this has become my calling and passion. I hope to impact our youth to believe in themselves as others did for me. I will be the first one in my family to achieve a college degree. I hope this will impact my five sisters and brother to follow

in my footsteps as well.

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

The most critical moment in my internship was when I realized that they viewed me as a changing adult in their life. I had several tell me they were glad to see me and wanted to work with me. However, the most heart wrenching was an eight year old. He was totally out of control, swearing and throwing a temper tantrum. The teacher was removing him to the Student Success Center to get himself back in control. He saw me and stated buddy I will see you tomorrow, right. This moment touched my heart for I felt the impact I had on his life just for the brief time I worked with him. I realize to teach a child is to touch a life forever.

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

My recommendation for future internship students preparing for the internship experience would be to set goals to absorb as much knowledge as possible during their internship. I would recommend asking a lot of questions while in your role so that you can gain the most knowledge. They need to establish positive relationships with the students. Another piece of advice would be to practice their professionalism while in this role. After gaining knowledge I would suggest trying to implement some of the strategies you learned.

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

Why/why not?

I would recommend this internship site for future students because it gives them a wide range of children to work with from 1st grade -12th grade. There is something that can be learned every

single day. There are no two days that are alike. This experience will make you a more well rounded person in working with youth.

1. Amy Ehly
2. Family Science
3. Intern/Assistant
4. ~~Joy's Pre-Start~~

231 Jameson N 402-304-9216

5. To get young children ready for kindergarten.
6. Jordan Taylor, Teacher
402-432-5067
7. The purpose of my internship was to learn about all of the different parts that go into making a home-preschool run and work properly as well as learning how to teach a preschool lesson.
8. A. At first I mostly observed and played with the children during play time, but as the semester went on I got more responsibilities and by the end of the semester I was teaching a lesson or two a week.
B. I learned how to capture and keep the attention of preschool children. I learned appropriate ways to interact with children this age.
C. I learned how to put together a lesson plan and how to react and change the lesson plan mid-way through the lesson if I need to.
9. My most critical moment at my internship was one day when a child came in screaming and crying because he didn't want to leave his parents who had just dropped him off. It was difficult for me to deal with a hysterical 4 year old, but I feel like I learned a lot about dealing with upset children of this age and I think my relationship with that boy became much stronger.

10. I would recommend that anyone going in to an internship where they are going to work with young children keep an open mind. Those kids are not going to be exactly what you think and they will surprise you every day in good ways and bad, but if you let them, they can bring a lot of joy and entertainment to your life.

11. I had a lot of fun at this internship, but I knew the supervisors before I got the job and I was the first intern they took on. They talked about how it was nice to have a new person around to help and to learn the ropes and I think they will take more interns in the future. I would recommend this internship if you want to work closely with two to three other people in a home-preschool setting because it was a lot of fun and I got very close to the supervisors and the children throughout the semester.

Jon Wolf
Internship Description
4/2/13

1. Your name. **Jon Wolf**
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc. . .)
Family Science, Minor in Education
3. Practicum position title. **Assistant Teacher**
4. Organization / agency name, ~~-KinderCare Learning Center~~
Organization / agency address and contact number – 1460 W A St. Lincoln, NE 68522
(402-477-2700)
Organization website if available- http://www.kindercare.com/lp/center-search/?cid=G_State_Nebraska+-+Branded_PPC_3_kindercare+daycare&s_kwcid=TC|22057|kindercare%20daycare||S|b|19535339069&gclid=Clee8qqrLYCFVSVMgodv04AEw
5. Mission of the organization or agency. **-Partnering with families to provide high-quality child care and award-winning curriculum**
6. Supervisor's name and title, - **Janice Anderson (Director)**
Supervisor's contact number (phone and fax, if available). (402-477-2700)
7. Describe the purpose of your internship. **The purpose of my internship was for me to really get a good look of what life would be like working with children and would I be interested in doing something like this in my future.**
- 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? How did you spend your time? **In the mornings I would go around and give teachers their breaks, mostly for an hour at a time and in that time I would do activities with the children and the activities would be different based on the age group of the children. In the afternoon I would get my own class with the school age kids and I would help them with homework or do a fun activity with them that involved their curriculum that they were studying at that time.**
- 8b.) What skills did you acquire over the course of your internship? **You have to have people skills with this job as well as patience. There were some days where the kids just pushed me to my limits and I wanted to quit by the end of the day. It was hard for me to keep my patience but in time I learned how to hide my anger and frustration and took my time and made sure that I would make the right decisions. The people skills had to deal with the parents of the kids. In this internship you had to deal with some very frustrating parents. As a new male teacher you have to be able to gain their parents trust and the only way you can do that is by talking with them and making sure that they know that you are very serious about this position and will do the best that you can.**

8c. What type of knowledge did you gain? **Well patience is what I learned about myself and also how to deal with different ages of the children. You have to deal with all of the different ages of the children special. I learned that my attitude has to change with all of these ages. I also learned how to deal with angry parents calmly and getting your point across without starting fights.**

9. What was your most critical moment at your internship? Explain *why*. **The most critical moment at the daycare for me was when I really knew that I was making a difference. When I put my two weeks in at the daycare and word got around I had many different parents come up to me and asked me to stay. I had a couple parents say that their children have been acting better at home since I've been there and they are excelling in school. It made me feel so good that I have changed the lives for not only the kids but the parents as well. It was a critical moment for me because I had a choice to make. Either I stay at the daycare and work on my craft and be there for the kids, or I could go explore other options.**

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization. **My recommendations for this internship is that this place was a great place to work and learn about yourself. Warning students that this is hard work and not every person off the street can do the things that I had to do. At the end of the day you are emotionally drained. You have to deal with so much there that would normally make a person crack but it takes a mentally strong person to work at this internship, so I would challenge you to not go out and just do something easy for an internship but go out and jump right into the mix of it and take the hits of this place and only then will you see if you can handle this in your life or not, so as an internship this place will challenge you, so try it. Plus this was a paid internship so you can't hate that.**

11. Would you recommend this particular organization or agency to future internship students? *Why/why not?* **I would only recommend it to future students who can step up and handle hard situations. I would challenge them to this because this internship was mentally hard and not every student could handle it. If you think that you want to jump right into the struggles that our poverty world goes through then I challenge you to go this daycare and give it your all. This place will knock you down and keep you there if you let it, but in the end you will begin to see the big picture if you survive.**

Jason Ankrah
April 2, 2013
CYAF 497

Internship Description

1. Jason Ankrah
2. Major is Family Science with minors in education and sociology
3. School age teacher/ supervisor
4. Organization name Krayon Campus

Organization address: 6001 Normal Blvd
Number: 402 486 4847

5. Our mission at Krayon Campus is to help build the character and creativity through the social, emotional, careful attention, solid support, positive reinforcement, and creative developmental growth. We stride to provide high quality care through the loving hearts and gentle hands of our caring and well trained team of teachers. We do this because we know that you never get a second chance to make a first impression in a child's life.

6. Supervisor name is Jocelyn Johnson and she is the Director and owner of Krayon Campus. 402 430 6835

7. The purpose of my internship is to gain the knowledge and experience of working with the after school aged kids. I also serve to provide the supervision and protection of the children till their parents come to get them.

8. a. My job at the daycare everyday was to set up and serve snack to the kids when they arrive to the daycare. Once they sit down for snack I mark the ones off who come in and eat snack because it is state law that you mark down who you offered lunch to for record reasons. When that's done they must do their homework before they play or do any activities and I was there to help them out with any questions they have regarding their work. When that's done they can go to any station they would like, but there is only allowed to be 4 at each station at a time so my job was to manage that fairly. Other than those things I supervised the kids and conducted some activities and games till their parents come to get them.

b. I acquired a couple skills from working at Krayon Campus and one of these skills is learning how to work with children's parents on a professional level and coming to an understanding. Before I started this job I was nervous about this role because I didn't want to offend anybody. Another skill I acquired is time management and knowing what to do with the time that I have with the kids. Time management is something I think I was lacking before working at Krayon Campus because I have never had a job before this. School and athletics of course, but an actual job was not one that I had before the internship. One last skill I think I have gained is being disciplinary enough to where children know how to behave around me. They knew me to be the fun one who played with them, but after a while that just made them think they could do what they wanted, but that changed the longer I stayed there.

c. I gained knowledge about the daycare setting and what to do and not to do regarding children and feeding them, discipline, and what to do when they get sick. I also know now to be prepared for anything regarding children and situations that happen at home or outside the daycare. We never know what they are going through so I limit the questions until they need to be brought up.

9. My most critical moment at my internship was the day they brought the preschool aged kids in with my kids because we were low in numbers so I had to watch them as well. There was one little girl I always say hi to when I see her around, but this day she had a mark beneath her eye. I was curious about it so I simply asked her "hey sweetie, did you hit your eye on something?". She replied "no, I was just playing really loud one day at home and daddy hit me in the eyes with a shoe". At that moment I was sad, mad, confused, and nervous all at the same time and did the only thing I knew I should do

and that was to tell my supervisor. This was the first time of them hearing about this and dealt with it the next day. That's when I realized that the safety of the children is my number one responsibility and I will act when I feel they are in danger or pain.

10. My recommendations for students planning to work in a similar internship setting as my own would be to have patience and be open to new ideas. When I say open to new ideas this doesn't mean drop your own morals and beliefs in the workplace, but to be able to listen to your supervisor and incorporate the things you need with what you know. I would also recommend for them to get to know the people you are working with because they know the kids there better than anyone else does so they can show you the things you need to know. You need to get to know the kids you are working with as well because if they don't know and trust you, they won't respect you.

11. I would recommend this place to future students because the hands on experience from the first day will be the same till the last day your there. If you want to catch on fast with the job you will be doing then this is the place because you get thrown into fast and must know the rules as well. Once you get those things down it gets easier from there and then you can actually work with the children. It is a great experience and if your major is the same as mine and Krayon Campus sounds like a place you would like to start off at then this is the place. It isn't too big where you would have to remember many names, but it isn't too small where there is only a select few children there. The agency goes from 6 weeks of age to 5th grade so if these are any of the ages you wish to work with then this is the place for you.

1. Samantha Jones

2. Major/ Family Science Minors/ Native American Studies & Psychology

3. Volunteer

4. ~~Lighthouse~~

2601 N. St. Lincoln, NE 68510 / phone (402) 475-3220

<http://www.lincolnlighthouse.org/default.htm>

5. The Lighthouse After-School Program offers middle and high school aged-youth academic support, evening meals and enrichment/recreational activities during non-school hours, Monday-Friday, twelve months a year. The Lighthouse After School Program goal is to *"Increase the likelihood of high school graduation of middle and high school-aged youth by providing high quality programming."*

6. Sam Christiansen Volunteer Coordinator/Facility Manager

sam.christiansen@lincolnlighthouse.org

7. The purpose of my internship is to interact with the youth at the Lighthouse and maintain a positive role model attitude.

8. a) My major work responsibilities of my internship were helping serve and prepare snack and dinner. Interact with the youth by participating in sports, games or watching television. I also participated in small group activities with the youth: GIRL POWER, GIRL STEM and Nutrition Club. I helped clean up at the end of the night that includes daily household cleaning duties.

b) The skills I have acquired through the course of my internship are more teamwork communication skills and working together with staff. Skills towards the youth I got better at Mario Kart and Guitar Hero, as well as how to communicate to youth in a manner that they do listen.

c) The knowledge I gained from this internship is really how to work with youth, what works in this particular setting and what doesn't. Another thing I gained was how to interact with staff in a positive outcome and how to separate myself from work/interning and personal life.

9. My most critical moment at the Lighthouse was when I was presenting about the topic Addictions and this little girl was talking about her mom and her mom's recovery from addiction. This hit home for me because of personal reasons, but also that the topic wasn't taken likely to them. This topic was important and they wanted to know more by the way they were engaging the whole time.

10. I recommend remembering what it feels like to be the new person and that anxiousness you feel, that will come again. Be prepared that you will be the new kid and depending on how you interact in new situations will make a difference on how fast you can adapt to a new place and setting. I'm shy, and the kids could see that, so it took me a long time to establish relationships and connections with some of the youth. If you can just keep in mind that over time it will get easier then this place can be a lot of fun and make your day.

11. Yes, I recommend this internship site. I recommend it for everyone because I did it and was not interested at in working with youth in my career. Now, after my internship I've broaden my range of ages I want to work with in substance/alcohol abuse. This place does take you out of your comfort zone and the kids teach you a lot about yourself and what some of them go through every day.

Internship Description Guideline
(Due Wed. April 3rd)

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. Diana Flesner

2. Family Science

3. Co-Director/Teacher

4. ~~Little Scholars Academy~~
3100 North 14th Suite #101 /402-477-0667
Littlescholarslincoln.com

5. Childcare Center

6. Kayla Munoz-Director Diana Flesner-Director
402-477-0667/fax 402-435-0423

7. Purpose: To learn how to open and run a quality childcare center.

8a.) Description: Responsibilities—everything! I did everything from scrub bathrooms to meet with city and state officials. The majority of my time is spent caring for children 6 weeks to school age. I did lesson plans, facilitated activities, general care of children and interacted with their families daily. I did hiring of staff, training, set up (even the floor plans), interviewing families and giving tours, creating flyers, parent and staff handbooks. Everything it takes to get a center running!

8b.) Skills: I now know how to open and run a childcare center!

8c.) Knowledge: I've learned how to interview and train employees, many state regulations and requirements, how to fill out grant applications, what services and expenses a childcare requires, office duties, food program, how difficult of a process it is to open a center.

9. Critical moment: When the state licensing resources specialist finally made it to the center. Her advice was so valuable, I wish the state would have sent her out much sooner in the process.

10. I would love to see interns come to Little Scholars! The center strives for the best experience for children and their families possible! Before choosing a childcare center, be sure to check it

out thoroughly because if it's not a good center, it won't be a very helpful to your future and a good center could make it a lot of fun. Where else can you get paid while blowing bubbles???

11. I would definitely recommend this particular organization or agency to future internship students because I will continue work there. It'd be wonderful to have UNL students come bring us some new perspectives and we are always hiring, so it could possibly turn into a paid internship.

1. Laura Hinton
2. Child, Youth & Family Studies (Focus in Early Childhood Education)
3. Intern
4. Lincoln Animal Ambassadors
 - a. P.O. Box 67072 Lincoln, NE 68506 (402) 817-1168
 - b. <http://www.lincolnanimalambassadors.org/>
5. Lincoln Animal ambassadors' mission is "to promote enriching our community through progressive thinking, education, awareness and public support." As an organization, they are committed to improving lives of animals and alleviating animal cruelty in Lincoln and the surrounding areas.
6. Mary Douglas
 - a. (402) 540-7017
7. Lincoln Animal Ambassadors has two programs: the pet food bank and the low-cost spay neuter program. We help individuals/families in the Lincoln/surrounding area who can't afford pet food. We also help individuals/families spay/neuter their pets when they can't afford to pay the full amount.
8.
 - a. I returned client phone calls and helped them get an appointment for pet food or get them on the spay/neuter list. I helped at the pet food bank on Monday/Thursday nights. I even helped with fundraisers and events. I entered data into the spreadsheets (donations & client information).
 - b. I acquired better people skills. I got more comfortable returning phone calls over the course of the semester.
 - c. I gained knowledge about how a non-profit organization is run.
9. Dealing with clients who get new animals when they signed an agreement to not do so since they can't afford to feed the animals they already have. Or clients who tell us they have gotten their animals spayed or neutered so they can get food but really haven't gotten their animal(s) fixed.
10. If you have good people skills, use them! If you are looking to learn better people skills, this is a good opportunity to do so.

11. I would definitely recommend this organization to future internship students. My supervisor was very hands on and very involved. We were in contact multiple times throughout the week and she made sure I understood everything and was never overwhelmed. If you love working with people, this is a good site for your internship because we are constantly talking with our clients.

1. Andrea Sutherland
2. Family Science
3. Intern
4. Lincoln Crisis Pregnancy Center
4247 O Street Lincoln, NE
402-483-4247
lincolncrisispregnancycenter.org
5. "Offering hope, help and healing to those with pregnancy-related concerns. Lincoln Crisis Pregnancy Center is a non-political, non-profit organization that offers FREE and confidential services to women, men, and families with pregnancy related concerns."
6. Kim McCarthy, General Director
402-483-4247
7. The purpose of my internship was to learn about non-profit organizations and gain experience working with clients in crisis situations.
- 8a. I shadowed client education, created presentations for school sex education programs, redesigned parenting class worksheets, conducted client follow-ups, worked with material assistance for clients and did general organization and office tasks.
- 8b. I acquired sensitivity in dealing with crisis pregnancies and abortions, general client assistance skills and professionalism.
- 8c. I learned quite a bit about abortions, sexual education in schools and prenatal development.
9. The most critical moment may have been when an abortion-minded client made a last minute decision to continue her pregnancy because she felt the love and support of the center could help her through. It was critical for my experience as an intern because it really shed light on the wonderful things that LCPC does. They instill hope in people in crisis situations.
10. I would recommend learning about abortion laws and procedures before coming in to this internship. This is a huge issue politically and morally and I feel like everyone should have the information, especially before jumping in at the center where it is one of their primary focuses.
11. I would absolutely recommend this internship site. Everyone who works there is wonderful, caring and made me feel totally welcome. The services they provide are positive and I felt like I was a part of an organization that truly cares about the clients.

1. Ashley Carr
2. Family Science
3. Intern/Tutor
4. ~~Lincoln Literacy~~
745 S. 9th Street (402) 476-7323
lincolnliteracy.org
5. "To assist people of all cultures to strengthen our community by teaching English language and literacy skills."
6. Clayton Naff- Executive Director
(402) 476-7323
7. The purpose of my internship was to be able to gain experience with working alongside local immigrants and refugees by teaching them English literacy skills.

8a.) My major work responsibilities were:

- Preparing lesson plans and teaching three different English classes each week (10 hours)
- Working on small office projects (4 hours)
- Creating the 2012 Annual Report for Lincoln Literacy
- Assisting and developing plans for fundraising events

8b.) Major skills acquired:

- Prepared lesson plans for English learning adults at different levels and cultures
- Taught using careful pronunciation and simplified sentences
- Developed strategies for each level and group
- Established ways to communicate needs with language barriers
- Became more culturally educated, and equipped to serve needs outside LL.
- Created an Annual Report using Adobe InDesign, Illustrator, and Photoshop
- Collaborated with others to form the best plan of action for big events
- Created mail-merges and detailed envelopes for donors
- Led conversations that produced conversation for English learners
- Taught lessons for English GED

8c.) Knowledge gained:

- Researched peer-reviewed articles to find best ways to teach the students, and applied strategies to my classrooms
- Read two books about cultural resiliency, and awareness in Lincoln, NE
- Lincoln Literacy's ethics, policies, and professional partnerships
- Limitations and strengths with state regulations

9. The most critical moment at my internship was the time when I began teaching my first week of classes on my own after only about four hours of tutor training. I definitely didn't feel as equipped as I wished I could've been. I didn't know what to expect nor want to start off the semester on a bad note. For that first week, I spent so much time researching ways in which one could teach adults a foreign language, and talking to experienced tutors. I am so glad that I dedicated that extra time in learning strategies, and developed trusting relationships with my students right away. It paid off in the end knowing that I started strong, and would continue to work hard for them because they deserve it.

10. I definitely suggest reading the book, *The Middle of Everywhere* by Mary Pipher, before starting an internship with a similar organization working with immigrants and refugees. This book gave me a strong insight on what they face beyond the huge language barriers. Not only that, but the book is written specifically from immigrants and refugees in Lincoln, Nebraska. It opens your eyes to the cultural diversity existing in our own city, but also suggestions on how to grow in resiliency and sensitivity to foreigners. Also, the biggest thing is not being afraid of leaping outside of your comfort zone to explore other cultures, and gain an irreplaceable and appreciation to the diverse city in which many of us call home.

11. I would absolutely recommend this organization for future interns. To me, it was the best of both worlds. I got the experience of teaching different levels of English to foreigners from all over the world, and experience the behind the scenes office work to make it all happen. It was incredible to see the progress of what has already been established, and be apart of the goal making for the years to come.

1. Hannah Langdon
2. Family Science
3. Intern
4. Live Yes Studio
330 South 13th St, Lincoln, NE, 68508
Studio phone: 402-904-4216
www.liveyesstudios.com
5. To provide an alternative art therapy program for adults with developmental disabilities.
6. Supervisor: Jen Lewis
Phone: 402-904-4216
Fax: 402-904-4346
7. The purpose of my internship was to help the studio provide services to the adults they care for.
8.
 - a. Each day, I would go in and my supervisor would assign me a group to work with. Groups consisted of 1-2 staff and typically 3-5 participants. This group would usually then tell me which adult they wanted me to work with. I then would help this artist complete their artwork throughout the day. I also helped with bathroom breaks and changing participants when needed.
 - b. I gained a lot more skills in working with adults with disabilities, as opposed to children. I learned how to problem solve and prevent crisis situations, as well as controlling these situations as they occurred. I gained skills in monitoring behaviors, such as using boundaries, as well as using holds when necessary to keep participants safe.
 - c. The adults in this case mostly live in group facilities, so it was a much different perspective. It helped me in understanding various life circumstances people may go through, as well as understanding these adults' desire to have independence within these situations.
9. One of my most critical moments was one of the first days I was there, actually. The participants can become verbally aggressive towards staff in certain situations, and this happened to me twice in one day. A male who is very kind normally got angry when I encouraged him to do artwork, but later apologized and said he was upset about something else. A female also became upset because I had to be within audio range (meaning I had to be able to hear her conversations, because she has a history of elopement, or running away). She yelled at me and said to stop following her around like a dog. This was upsetting because I do not want anyone to feel like I'm invading their personal space. Other staff told me I was just doing what I was

supposed to. It was hard for me to accept people were going to get mad at me for doing my job. The participants they are adults, but they still need to be monitored. I just had to not take it personally and move on. It was critical that I learned that early on, though, because often the adults would outwardly express themselves in inappropriate ways, and I just had to accept this.

10. I would make sure they knew not to take it personally if someone does burst out. I knew this ahead of time, yet I took it very personally. Working in the studio helped me realize that this could happen to anyone, sometimes participants may yell at whoever is nearest to them for no reason that's necessarily obvious. I'd make sure you know that nothing's personal, and to just be on your toes for when controversy does arise! Although I bring up all this, the vast majority of my internship was spent doing art and hanging out—not fighting!

11. I would definitely recommend Live Yes Studio! It's an amazing place, and the people there are incredible. I've really grown in my skills and being able to adapt to any situation. It helps you work with very high functioning adults who may need some adaptation and help to aid in their success. The staff there is very accepting, and the adults are great. I'm really sad to be leaving but I'd be happy for someone to have the same amazing experience as I did!

Internship Description Guideline
(Due Wed. April 3rd)

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: Raesha Rixstine
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...): My major is Family Science, with a minor in nutrition.
3. Practicum position title: Intern (Jessie's Assistant)
4. Organization / agency name: LPS Nutrition Services
Organization / agency address and contact number: 505 South St. Lincoln Ne 68502 Phone: 402-436-1745
Organization website if available: lps.org
5. Mission of the organization or agency: The mission of the Nutrition Services Department is to safeguard the health of the district's children by providing acceptable high quality food and nutritionally well-balanced meals at a moderate cost according to federal, state and district regulations while maintaining a self-supporting, non-profit program.
6. Supervisor's name and title: Jessie Coffey, Special Diet and Nutrition Specialist
Supervisor's contact number (phone and fax, if available): jcoffey2@lps.org 402-436-1745
7. Describe the purpose of your internship: The purpose of my internship was to assist and help Jessie with office, and help assist and lead a bodyworks program for children and families to learn together about living a healthy lifestyle, and also assist and lead an after schools cooking club at a couple elementary schools.
- 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? How did you spend your time? - Everyday I did something different. I got to work in the office helping Jessie get paperwork ready, make signs, send emails, enter data in spreadsheets, staple and cut things for her programs. Out of the office I got to help with a bodyworks program, which is an 8-week program (meeting 1/week for 2 hours) for children and their families to attend so they can learn how to live a healthy lifestyle together. I also got to help with an after school-cooking club at a couple elementary schools. I got to get the groceries and lead them.
- 8b.) What skills did you acquire over the course of your internship?- Through out my

internship I got the skills to be more of a leader. I know I'm still not the best at it, but I was put into a few circumstances where I had to lead and I did a lot better than I thought I would do. I also think that my supervisor taught me how to ask more questions and be prompt on answering emails.

8c.) What type of knowledge did you gain?- I learned that her job involves many tasks. Everyday she has so much going on. She is so good at what she does; it was just a good experience to see her work as hard as she does. She really seems to love her job, and I think that is a key component in having a job in these certain fields.

9. What was your most critical moment at your internship? Explain why. My most critical moment at my internship is when I learned that both my supervisor and the grad student were not going to be at the bodyworks program and I had to lead the entire session without any notice. It taught me how to go with the flow and get out of my comfort zone.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization? My advice is to not wait until the last minute to try and find somewhere to go. I researched for different places and contacted a few people. But when I got an email back from Jessie it just sounded like the perfect opportunity for me. I really want to work with children and families in helping them develop a healthier lifestyle.

11. Would you recommend this particular organization or agency to future internship students? Why/why not? I most definitely would. I enjoyed going, and I feel like I learned a lot. No matter if I did office work or field work it was nice to always have something new to do. Jessie always gives you tasks to do. One thing I had to get use to was that she is really always busy and sometimes it is hard to understand what she wants, so asking questions is a must. The people are really laid back and very nice. It was a great learning environment and I'm very happy I got to have the opportunity.

Amber Root

Family Science

Early Head Start Intern

Community Action of Lancaster and Saunders Counties
210 O Street Lincoln, Ne, 68508 ; (402) 471-4515
<http://www.communityactionatwork.org/>

“We empower people struggling in poverty to reach their full potential and achieve self-sufficiency.”

Lynne Cook, Early Head Start Supervisor
(402) 875-9337

The purpose of my internship was to observe home visits and playgroups, and later to develop and implement lesson plans.

The major responsibilities I had at Community Action included observing home visits and playgroups, making homemade toys and activities, learning about Teaching Strategies and documenting visits, as well as developing and implementing lesson plans and activities. The skills I acquired were developing professional relationships with children, improved planning and organizational skills, strengthened communication skills, learning how to document observations with the software provided, developing lesson plans, and how to work as a team member.

The knowledge I gained included learning strategies for working with children in developing specific skills, learning how early education benefits children of low-income homes, learning about different resources available to help families in need.

The most critical moment during my internship was when I developed a lesson plan and took control of an entire home visit. This moment was most critical to me because the educator I was working with trusted me to construct this home visit based on observations I had already made, as well as what specific skills she was working on strengthening. I gathered some materials to find an age-appropriate activity to do, collected a few books to read, and found some great information to provide to the parents. After the visit, I was responsible for documenting the home visit into the software provided. This experience empowered me; as I was more than capable of working in this kind of setting.

I would advise future interns to try to schedule home visits with the educators as soon and as often as possible. It is the responsibility of the intern to schedule their time at the site. I would also suggest that future interns that will be spending their time in a similar position to have

patience and to always be respectful. This particular program sent educators into families' homes, so being respectful of culture and socio-economic status is extremely important and necessary.

I would strongly recommend this agency as a potential internship site for future interns. I hadn't wanted to work with children before this experience, but I came to find that working with children is such a rewarding and rich experience.

Martha Juliana Medina

6139 nw 2nd cir. Apt #157, Lincoln, Nebraska 68521 marthajmedina01@hotmail.com (956)3719655

Personal statement

I am a very outgoing person and easy to get along with. I am a quick learner and I'm always open to new things or receiving advice to better my performance. I am very punctual or always very early too any event or job. I am also bilingual, speaking both English and Spanish fluently. I am a people person and love interacting with people everyday or at least getting too meet them.

Work experience

Waitress (Apr-2012 – Aug-2012)

Old Chicago, haymarket Lincoln Ne.

I was in charge of providing our customers with great experience so that they would want to come back and dine with us again. I made sure that the customer was always satisfied and they were always right.

Food handler (Feb-2011 – May-2012)

Planet sub, UNL city campus union

I was in charge of working the register and making the sandwiches. I was also in charge of closing the store late at nights and making sure that everything was done and ready to go for the next day.

Education

High school degree

Med-High, south texas

I attended a medical high school where I became certified with a radiology technician assistant, CPR and first aid and a nursing assistant.

Bachelor of human sciences

UNL, Lincoln Ne.

I'M still in school and working towards my degree. I am majoring in family science, speech pathology and minoring in Gerontology.

1. Melanie Kottwitz

2. Family Science

3. Student Intern

4. Progress for People II

P.O. Box 30425

Lincoln, NE 68503

402-476-0404

5. We assist women and their families fleeing domestic violence or who are being coerced into having an abortion. Each family is provided a safe and secure environment to deal with the trauma caused by the abuse, become self-sufficient and learn to develop healthy relationships in the future.

6. Sister Bernadette Radek
402-476-0404 Ext. 154

7. I am there to provide love and support for the children as well as their mothers and the other women living at the home.

8. a. I supervised the children, played with them, and did activities with them to help them learn appropriate behavioral and social skills. I planned holiday parties for all the residents to help foster community among the women, children, and staff. I helped with odd-and-ends administrative and organizational jobs, such as preparing materials for house meetings and organizing donations (diapers, toys, clothing, etc.). I also read multiple books about domestic violence and the impact it has on women and children.

b. I gained leadership skills, especially with planning parties. I was in charge of them from start to finish – my supervisor was simply there to provide support if and when I needed it. From that I gained confidence in my ideas and in my ability to lead. I also learned how to adapt my teaching strategies depending on the child and the behavior he or she exhibited. I was able to then teach them appropriate social skills successfully.

c. I learned a lot about domestic violence and the impact it can have on women as well as children. I have always been more interested in children, so I learned quite a bit about the woman's perspective, whether or not she has children.

9. The most critical moment at my internship was the night I was finally able to reach one of the children. She was about 2 years old and always screamed and cried if I so much as smiled at her. She would never let me take care of her so that her mother could focus on the class or meeting she was attending. On a whim one night I tried speaking to her with my limited Spanish knowledge (her family spoke Spanish in the home). She finally began to trust me and gave me a huge amount of confidence in myself. Up to that point I had been struggling with confidence at my internship and this event marked a turning point in my perception of the experience as a whole.

10. I encourage you to explore your options. Even within the domestic violence/child abuse field there is a wide range of jobs and responsibilities. Find one that interests you, will challenge you, and yet will also be comfortable for you. Try to find the balance between a familiar or comfortable environment and one that challenges and stretches you.
11. I would definitely recommend Progress for People II to future internship students, but on two conditions. First, you must be a woman; men are not allowed to work there as it is a shelter for women fleeing domestic violence. Second, you must be comfortable working with religious sisters. I promise they won't try to convert you, but you have to be comfortable enough and respectful enough to allow them to share their beliefs without becoming offended or angry.

Internship Description Guideline
(Due Wed. April 3rd)

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

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

1. Kelsey Chastain
2. Child, Youth and Family Studies
3. Student Intern.
4. ~~Project Harmony~~
11949 Q. Street. Omaha, NE 68137
402-595-1326
<http://www.projectharmony.com/>
5. "The mission of Project Harmony is to protect and support children, collaborate with professionals and engage the community to end child abuse and neglect."
6. April Anderson, LCSW, Interview Specialist
Phone: 402-595-1326
Fax: 402-595-1329
7. The purpose of my internship was to gain experience and knowledge about child abuse in Nebraska and what is being done to help victims and prevent child abuse from happening. I also gained knowledge of the different agencies that are involved in child abuse cases and how they all work together in helping the children.
- 8a.) Describe your major work responsibilities of your internship (i.e., what did you do?
How did you spend your time?
My major work responsibilities were sitting in on forensic interviews with law enforcement, case workers, parents, and the forensic interviewer. I would take notes when the forensic interview was taking place, write up the report of that interview, then the report is sent to all who are involved with the case. I also worked for the Metropolitan Child Advocacy Coalition with their membership committee. I worked on forming their Therapy List that agencies use when it comes to referring clients to the right therapist in the area.
- 8b.) What skills did you acquire over the course of your internship?
I acquired many skills while working at Project Harmony. I learned how to write a report concerning a forensic interview. I learned how to work with different groups of

people in the building and how they each have a key role when it comes to child abuse and neglect. When communicating with other co-workers, I learned how to use the "language" and appropriate terms for certain things. There are many acronyms for the agencies, so memorizing and learning what each do took some time.

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

I gained a lot of knowledge from Project Harmony. The biggest thing I gained is knowing a little bit about each agency and what they do for child abuse and neglect in Nebraska. Going into this internship I had no idea how much of group effort it is when it comes to working with these children. I gained knowledge about law enforcement, how their laws work when it comes to child abuse and what actions they take in certain situations.

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

I would say my most critical moment was getting more responsibility from my supervisor. It showed that she was starting to trust me more which really meant a lot to me. I knew that by getting more responsibility I would have to work a little harder to keep it and not let her down. It is a great feeling when you are able to follow through and get that praise from your supervisor. It can really help your morale and make you want to work harder.

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

If you are looking to do an internship at Project Harmony, I recommend that you look into all the agencies that are located in the building. That way you get a feel for what they all do and how they all work together. I also recommend that you are self-sufficient. It is important for you to be able to go to others and ask about what they do and if there is anything you can do for them. It is important to your supervisor to see that you don't need someone holding your hand the whole time, that you can make connections with others in the workplace by seeking them out by yourself.

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

I would definitely recommend Project Harmony for your internship site. They do great work when it comes to helping children tell their story. They make the children feel safe and they truly want what is best for the child. Project Harmony works hard to educate the public on child abuse and neglect to help put an end to this societal problem. The people that work there are great people to work with. They are nice, caring people with a sense of humor which I find is important in this line of work. They are there to help you if you have any questions and I felt like I was welcome every day that I went in.

1. Your name. Hugo Martinez
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
 - a. Child Youth and Family Studies
3. Practicum position title.
 - a. Youth Worker
4. Organization / agency name,
 - a. ~~The Salvation Army~~

Organization / agency address and contact number

2625 Potter street

Lincoln Ne

Organization website if available

SalvationArmyLicoln.org

5. Mission of the organization or agency

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

5. Supervisor's name and title,
 - a. Stanford Bradley, Director of Youth Activities

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

402-474-6263

6. Describe the purpose of your internship.
 - a. The purpose of my internship was to gain valuable work experience by working with at risk youth in our community.

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

My major work responsibilities were to assist with the Homework Tutoring Program.

Assist with character building programs, provide supervision of the children in the program and enforce all rules with fair discipline among program participants. I also assisted in planning, implementing and evaluating center programs.

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

One skill that I learned and acquired was how to lead group activities. This may sound a bit easy but when you're dealing with children of various ages and some with developmental handicaps it gets a little difficult to keep them on track. I learned that keeping children busy and giving them step by step instruction was key to keeping them focused.

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

I learned a lot while working at the Salvation Army but overall I would have to say that the most important thing I learned was how to be firm, fair and consistent when enforcing the rules.

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

I think the most critical moment of my internship was actually first day. My expectations weren't very realistic. I thought that I would be welcomed by the children and be automatically respected but what I realized was that I had to build a rapport with the children first, before they would respect or even interact with me. For example, on my first day I attempted to interact with the children by helping them with their homework, but my attempts to interact with the children failed drastically. Many of the children would not even speak to me or just gave me a dirty look. This was a definite wakeup call. I knew then, that this was not going to go as planned. In order for the children to open up I had to take the initiative and continue show the kids that I was there to help. It took about a month before the children began to open up. Now they are happy to see me and come up and give me hugs when I arrive, which is the complete opposite from when I first started.

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 not assume that you're always going to be respected and trusted by the children, like I stated before you have to build rapport and establish trust before the kids will open up to you. Also be prepared to be firm with the children, some of the children are experts at manipulation. They will push the boundaries and try to get away with whatever they can.

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

I would absolutely recommend this agency to future internship students. The afterschool program works with mostly minority youth. If you want to work with minority at risk youth, the after school program at the Salvation Army is the place for you. I would also recommend this agency because they are very student friendly and very understanding when it comes to school. The Salvation Army is also open to suggestions when it comes to after school activities. If you have an activity you would like to lead they definitely will provide you the opportunity incorporate it into there program.

Internship Description- CYAF 497D

1. Lindsey O'Nele
2. Child, Youth and Family Studies
3. Surgical Assistant
4. ~~Scott O'Nele, DMD, MD, Oral and Maxillofacial Surgery~~
1630 S. 70th Street Suite 200, Lincoln, NE 68506 (Phone: 4024898787 and Fax: 4024898790)
Website: www.oneleos.com
5. The goal and policy of Dr. Scott O'Nele's Oral and Maxillofacial Surgery office is to provide high quality healthcare with friendly service in a caring environment.
6. Doctor: Dr. Scott O'Nele, Oral and Maxillofacial Surgeon (Phone: 402-489-8787 and Fax: 402-489-8790)
Nurse: Lois O'Nele, Nurse Anesthetist (same contact info as above)
7. The purpose of my internship was to gain experience and knowledge of a professional position in a healthcare environment, and to learn how a medical office is operated and the process in which they treat patients.
8. a. My major work responsibilities at my internship included: Greeting and preparing patients for dental examinations. Properly sterilizing dental equipment and examination rooms in accordance with infection control policies. I routinely completed inventory, supply orders and restocked supplies. Reviewed status of waiting room on a routine basis to ensure that patients were being seen in a timely fashion. Correctly arranged instrument trays prior to dental procedures and surgeries. Proficiently assisted doctor with the surgical removal of teeth, which may be performed under local anesthesia or IV sedation along with other surgical procedures. Expertly managed difficult or emotional patient situations and responded promptly to patient needs.
b. I learned a variety of skills in working at my internship that I did not initially have going into this position. One of the most important skills I learned was effective communication. When working in a medical office communication is very important when interacting with patients. I was able to work on my communication skills daily, allowing me to become more confident and thorough when talking to patients and families. I learned a variety of surgical skills while assisting in surgical procedures. I am now able to properly remove intravenous setups (IVs), bandage surgical extraction wounds, assist in removal of teeth under local or IV sedation, identify and sterilize dental instruments, and check vital signs.
c. The knowledge I gained interning at an oral surgery office included learning all aspects of specialty dentistry and nursing anesthesia. At my internship I was able to gain a basic knowledge about the anatomy of the human mouth, the variety of processes that can be performed for dental implants, jaw injuries and the extraction of teeth. I also had the opportunity to gain knowledge of the basics involved in nursing. Learning how to read vital

signs and basic terminology used when communicating with other professionals.

9. The most critical moment in my internship experience was assisting with complex surgical procedures that may have involved sedation. Most all surgical cases go smoothly but there were times when particular patients and procedures were difficult. Most people would elect not to go to an oral surgeon if they do not absolutely have to and may be very nervous and apprehensive to have a procedure done. Making the patient as comfortable as possible and the environment soothing is a very crucial part of my job along with the other staff members.
10. I would recommend to future students preparing for an internship experience in this particular position to be aware that they will be working one-on-one in a personal setting with patients. This includes being able to talk to patients and help to explain what will happen during their appointment in the office. Showing concern for the patient's needs as well as projecting a calm and caring attitude is very important in this position. The ability to assist the surgeon during surgical procedures (chair side) is also required for this office.
11. I would recommend Dr. O'Nele's Oral and Maxillofacial Surgery practice to future students who are interested in a career in the healthcare field. This internship provides a one-on-one opportunity with an experienced doctor, nurse anesthetist, and surgical staff. One of the major benefits of interning at a private medical office such as this one is the close working relationships and attention you will receive. Sometimes that is hard to come by when interning at larger surgical facilities. This internship position offers a variety of hands on work including working directly with patients and families and assisting surgical procedures with a doctor and a nurse.

1. Jody Schultz
2. Family Science
3. Volunteer at Tabitha Adult Day
4. ~~Tabitha Adult Day~~ 4600 Valley Rd. Lincoln, NE 68510 402-484-9600 www.tabitha.org
5. Motivated by Christian compassion, Tabitha delivers a continuum of exceptional and innovative Elder care services that promote the dignity, independence and well-being of older adults.
6. Tiffany Butcher Tabitha Adult Day Director
7. The purpose of Tabitha Adult Day is to give individuals who have Dementia and Alzheimer's a place to stay for a couple hours while there family members take a break or have to go to work. While the patients are in Adult Day the atmosphere provided allows for them to have security, routine and comfort. The nursing staff provides healthcare and the patients are also provided a meal, as well as entertainment.
- 8a. At Tabitha Adult Day my tasks can range between sitting with an individual and talking to them, playing games with the group, help with office work when needed, and help cleaning up.
- 8b. While volunteering I have learned how to communicate better with others, and I gained patients and understanding. I also gained a great respect for those suffering with Dementia.
- 8c. I have learned patience and have a better understanding of individuals who have Dementia and Alzheimer's. I have learned that routine and redundancy is important in the lives of people who have Dementia and Alzheimer's. This helps them to remember and gives stability in their lives.

9. The most critical time for me was when I came to Tabitha Adult Day the first day and a patient fell. The significance of this for me was that I learned that I have certain boundaries when working in a setting such as this. I also learned how delicate this particular age group is and the importance of care for them.

10. I like the people and the opportunity to work with this age group however I did not like the limited opportunities I had in the role I played. I was limited because I could only interact with the patients on a social level. I also was given the tasks of cleaning and organizing which I felt was not a good use of my abilities.

11. Yes, I would recommend Tabitha Adult Day. I would recommend Tabitha Adult Day because the staff is great to work with and it's neat to know the history of the patients. The ability to see first-hand how elderly people are effected by mental health diseases is insightful. One is able to gain an understanding of how people who are around them can be effected as well.

Internship Description

1. Grace Peterson.
2. Family Science – Minor in Education
3. Internship
4. TeamMates Mentoring Program of Lincoln
3801 S. 14th St Lincoln, NE
www.lincolnteammates.org
5. The mission of Teammates is to positively impact the world by inspiring youth to reach their full potential. .
6. Judy Warren – Office Manager,
(402) – 436 - 1990
7. The purpose of my internship was to get a better feel for how a non-profit organization works. TeamMates is the absolute perfect location if you are looking into non-profit. You get a feel for every area of the office, and get to work with every individual. They are a small, but mighty team of 8 in the Lincoln office. .
- 8a.) Describe your major work responsibilities of your internship
I spent most of my time in the office. This is where I helped plan and coordinate events, programs and more. I also had the opportunity to help with the process of asking for grants and donations. I also had the opportunity to work with several different LPS schools and visiting with their facilitators. I was able to help make mentor/mentee matches and watch the whole process take place.
- 8b.) What skills did you acquire over the course of your internship?
Most importantly, I learned good communication skills and group-work skills. I had never worked in an office-type setting. This was definitely my most important skill I took in while I was here. I have learned the importance of communication and working with my coworkers.
- 8c.) What type of knowledge did you gain?
I have gained a lot of knowledge with computer type skills. I have worked with Publisher, Excel and Word a lot over my time here at TeamMates. I have also had the opportunity to work with some of Lincoln Public Schools programs such as AS400. Most importantly the knowledge I have gained from my experience is the most important. I have learned how big of an impact an organization like TeamMates makes on individuals. It has helped me to realize that this is exactly what I want to do with my future!
9. What was your most critical moment at your internship? Explain
I think the most critical moment was making the commitment to helping out at one of the

middle schools here in Lincoln. As much as I want to help out in every way I can, it almost seemed unfair to the other schools. When I got to the middle school for my first day there I realized just how much my help was needed and this critical moment, turned into the most beneficial.

10. Make sure you let your organization know exactly what you want to get out of your internship experience. If you don't they will have you do what needs to get done around the office or organization. Luckily, right off the bat I was able to give them a good understanding of what I wanted to do. They worked really well with me here at TeamMates and accommodated exactly what I wanted to learn and experience. It has been an absolute pleasure.=.

11. I would most definitely recommend TeamMates for your internship location if you are looking to work in the non-profit field someday. If you are wanting more hands on experience working with children, this is not your place to work. I have loved every minute of it because I now know what goes on in the making of a non-profit. I have learned how they get their grants, their donations and have put on events. This internship is perfect for anyone wanting to get out there for non-profit.

Kara Cruickshank
Child, Youth and Family Studies, *Family Science*, Gerontology, Psychology
Extension Intern

~~University of Nebraska- Lincoln Extension~~

211 Agriculture Hall
University of Nebraska- Lincoln
Lincoln, NE 68583
(402) 472-2966
www.extension.unl.edu

“Know How. Know Know.”

Mission and Goals of Extension in Nebraska (adapted from website)

- The goal of extension is to help Nebraskans transform knowledge into "know how" — having confidence, skill and understanding to make better decisions about their businesses, their communities, their families and their personal lives – using unbiased, research-based information.
- Rapid distribution of new research is a priority. This information is made available to the network of extension educators and specialists across the state — so they can share it with Nebraskans who can use it.
- Extension research and information is based in great part on issues, challenges and opportunities indentified by Nebraskans themselves: ensures local-level needs are met.

Tonia Durden, Ph. D. (Internship Supervisor)
Early Childhood Education Extension Specialist
Assistant Professor, Department of Child, Youth and Family Studies
132 Mabel Lee, University of Nebraska- Lincoln, Lincoln, NE 68588
(402) 472-9341, tdurden2@unl.edu

The purpose of this internship was to engage in various Extension programs for children and their families, with a specific emphasis on a signature program, *Co-Parenting for Successful Kids*.

- Work with educators/specialists and other service professionals to develop, implement, and evaluate programs.
- Disseminate materials through various media.
- Engage with Extension teams.
- Examine role of community partnerships in sustainability of Extension.

Work Responsibilities

- My time was split into thirds: 1/3 Face-to-Face Engagement, 1/3 Independent Study and Engagement in Materials, and 1/3 Planning and Reflection
- Major projects included participating in a candidate search for a new specialist, reviewing research to update publications (NebGuides), composing and recording a

radio public service announcement, engaging in training and professional development: Co-Parenting for Successful Kids, Guardianship, The Teaching Pyramid, Poverty Simulation, and Diversity Curriculum planning

Skills Acquired

- Professional Networking and Relationship Formation
- Effective Communication in various settings and through various methods (radio, academic writing, educational programming, and conducting interviews).
- Evaluating research, organization, time management and prioritization, and self-direction

Knowledge Gained

- Increased awareness of Cooperative Extension Aims
- Professional Etiquette
- Awareness of the needs of different populations in Nebraska
 - Children, Youth, Adolescents
 - Caregivers, Parents, and Educators
 - Families in Poverty, Military Families, Families experiencing divorce
- Supports for these populations and ideas for future directions

The most critical moment during this internship was participating and engaging in a retreat and professional development day for The Learning Child Team, made up of specialists and educators across the state. I was able to meet many of the educators, interact with them, and learn from them. The workshop significantly helped me develop communication skills within a team. It gave me confidence in my abilities, encouragement, and direction for the future.

Recommendation: Be honest and upfront about where you are in the career decision-making process and about what you want to gain from the internship. For example, if you know that you want to work more directly with youth and 4-H programs, they will connect you with the people you need to know. **Extension is multi-faceted and interdisciplinary, so you do not necessarily have work with youth programs. Take a look at their website, get an understanding of the different programs; inquire about ways to get involved with those programs.**

I highly recommend this organization for future internship students, especially those who may be considering furthering their education or those who are unsure about how they want to use their degree (type of organization, functions, etc.).

- The opportunities are vast and varied, so if you are still unsure, you'll likely engage in an opportunity that gives you future direction.
- Extension has connections with various community agencies, so if an interest is identified, they will likely be able to connect you with that agency.

Internship Description Guideline
(Due Wed. April 3rd)

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.
Kayla Steffensmeier
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
Family Science
3. Practicum position title.
Intern/Secretary
4. Organization / agency name,
Organization / agency address and contact number
Organization website if available
Veteran's Affairs Outpatient Clinic
600 South 70th Street
Lincoln, NE
Phone: (402) 489-3802
www.nebraska.va.gov/visitors/lincoln.asp
5. Mission of the organization or agency.
To give primary care and behavioral health services to Veterans.
6. Supervisor's name and title,
Supervisor's contact number (phone and fax, if available).
Lori Wardlow
Program Manager and Administrative Officer for the Operations Enduring Freedom and Operation Iraqi Freedom Program
(402) 480-1801
7. Describe the purpose of your internship.
The purpose of my internship was to learn what being a Case Manager (Social Work) at the VA was like.

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?

At this internship I was there mainly to learn and observe. I would sit in on sessions with the case managers, Tami Burkey and Patty Tucker, and ask questions about what happened or anything that I didn't understand. I would also do some secretarial work. The one they had had quit the week before because she got a new job in Homeland Security. I couldn't do everything that she did because I couldn't gain computer access since I was not a full time employee. I would call people who had appointments in the OEF/OIF clinic and tell the doctors and nurse when their clients showed up for their appointments.

I don't know if I gained a lot of skills but I definitely gained a lot of knowledge. I couldn't actually ask questions or say much in most of the observations but by watching the case managers I learned how to help veterans. There are so many different programs that a case manager needs to know about because they don't just help them in one category there are many. If the veteran is having financial difficulties the case manager needs to know how to help with that or if they are having legal difficulties they need to know who to turn to for help with that. They lead their veteran down the correct path for them to get help.

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

The most critical moment was actually the first session I sat in on. This veteran was a walk-in and he was having a terrible time with life. He was in jeopardy of losing his civilian job, military job, wife and family. He came in and just began crying and telling his story asking for help. I saw how important case managers were that day. They not only help you figure things out but give time for the veteran to vent. These people are almost like therapists because they ask what's wrong and try and figure out ways to fix them. They give hope to the veterans and it was just amazing to me how diverse their knowledge is.

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

This is a learning internship by observation. Don't expect to come in and actually be a part of sessions. You will learn a lot though. You will appreciate the life you have and realize how blessed you are. These soldiers sometimes come in worrying about where they are going to live the next month. Also, don't be afraid to ask questions, the case managers love to help you understand and they realize there is a lot to know.

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

I would definitely recommend this organization because they are there to help you learn about social work and even counseling. Tami Burkey also does therapy sessions on Wednesdays and can have you sit in on sessions with that.

Internship Description Guideline
(Due Wed. April 3rd)

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.
-Ashleigh Varner
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
-Family Science
3. Practicum position title.
-Assisted Living Administrator Intern
4. Organization / agency name,
Organization / agency address and contact number
Organization website if available

~~Waterford at Williamsburg~~
3940 Pine Lake Road
Lincoln, NE 68516
402-423-0000
www.thewaterford.net

~~Waterford at Wilderness Hills~~
8939 Keystone Drive
Lincoln, NE 68516
402-421-8105
www.thewaterford.net
5. Mission of the organization or agency.
-The Waterfords are assisted living facilities that help care for residents with tasks they may need help with, though they allow residents to be as independent as possible. The Waterfords also offer a homelike environment, activities, and allow residents to determine their care and routine as coordinated with staff.
6. Supervisor's name and title,
Supervisor's contact number (phone and fax, if available).

**-Pamela Carlson, Administrator
-402-423-0000 or 402-421-8105**

7. Describe the purpose of your internship.

-This internship was to help me figure out whether or not I would like to pursue a career as an Assisted Living Facility Administrator. I wanted to know what exactly the job entailed and whether or not I would enjoy the work and if I felt it was my calling.

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

-I did many things for my internship including: tours for potential residents and their families, assessments, created a new service agreement and pay scale, discharges, marketing in the community and other facilities, payroll, scheduling nursing staff, how to record incidents (residents and staff), how to order supplies, fixing call-light pendants, interviewing and hiring new nursing staff, doing orientation with new staff, made orientation binders, updated policy and procedure book, and created a new activity program at Wilderness Hills.

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

-I learned how to be flexible, how to prioritize, and how to handle stress in a healthy way. Being an administrator is tough and the burnout rate is high but learning these three skills can decide whether or not if I will make it as an administrator. Other skills I learned would be rules and regulations and how an assisted living facility works.

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

-I learned knowledge socially (how to interact with others, how to act, what is appropriate to say or not say, and how to show respect for others), emotionally (how to keep my emotions together), and finally all the skills mentioned about are learned contributed to my physical knowledge of assisted living facilities.

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

-When we had three admissions, a death, an assessment, two tours, and four interviews not to mention payroll, regular rounds with residents, and other miscellaneous tasks that needed to be done all in one day. Made me realize how flexible I will need to be and you never know what to expect each day. Also made me realize how fast pace of a career this is and how it is very demanding. Though that is exactly what I want because I love to busy and help the elderly.

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

-Be ready to work! It is emotionally demanding and you are directly working with people, thus you affect someone with each and every decision you make. Also remembering that each job has its pros and cons, but you have to remember why you want to be in this career, and in this case I love to help and care for the elderly.

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

Why/why not?

-I would highly recommend this internship with this agency because they allowed me to be involved as if I was I was the administrator at the facility. I was given many projects and tasks to complete as well always worked 1:1 with the administrator. There were able opportunities for me to gain experience and find out whether or not this was the career for me.

1. Kristi Thornburg
2. Family Science
3. Smart Girls Club Intern
4. YWCA Lincoln
2620 O St Lincoln, NE 68510, (402) 434-3494
www.ywcalincoln.org
5. The YWCA's mission is simple – “We want to create community for women of all ages in Lincoln, Nebraska.”
6. Andrea Curtis, Youth Program Director
(402) 434-3491
7. The purpose of my internship was to encourage fourth and fifth grade girls to pursue; science, math, engineering, and technology (STEM) related curriculum and fields. There was a balance between learning about the non-profit organization and working personally with the girls in the after school clubs.

8a.) I had many different responsibilities from asking for donations, planning family nights, and working with the girls at the elementary schools. My time was spent equally between working at the organization and in the public school therefore, I did many different things. I helped organize the curriculum and supplies for the semester. Also, I updated the website and assisted Andrea with other tasks such as; programming her phone, creating documents using a Mac, and creating invitations for family nights. Furthermore, I was responsible for planning field trips for the after school programs and teaching the after school clubs. I was responsible for finding, writing, and reading grants. Lastly, I was responsible for training volunteers and finding tasks for them to do at the YWCA.

8b.) I acquired a lot of skills during my internship from planning and implementing deadlines, to time management, and communication. I learned how to use an apple computer and different software.

8c.) The amount of knowledge I was able to gain about a non-profit organization is unbelievable. I learned about running non-profit organizations and how they are funded. I learned a great deal about writing grants and reading grants. I learned a lot about working with young girls in an after school setting and how much I can impact one of their lives. Also, I learned how important conversation is with your supervisor. There were a lot of times where I was uncertain or questioned what I was doing and it required that I asked a lot of questions. This helped me learn a lot of information about STEM curriculum and fields, what it is like working as a professional for a non-profit organization, and how Smart Girls Club can impact the futures of fourth and fifth grade girls.

9. The most critical moment at my internship was working in the after school program. I have always enjoyed working with children so being able to impact their lives through an after school program while gaining experience was a wonderful opportunity. It helped me realize that I do want to work with children in my future but not in an after school program or for a non-profit organization. I never would have realized that I did not want to work for a non-profit organization without this internship. I would prefer not to work for a non-profit organization because there is a lot of grant writing that I do not like to do. Also, the professionals are not paid well and I am looking to do something other than work in an after school setting.

10. I would recommend that students explore their interests to find out what it is exactly they like to do. I am grateful to have this experience because it has helped me realize something that I do not want to do which is better than nothing. Also, I would recommend finding something early and volunteering there before the class begins. This way if you don't like your internship site, you will still have time to change your site. Lastly, do NOT be afraid to ask questions! I would not have learned as much as I did without asking questions!

11. I would recommend the YWCA Lincoln and Smart Girls Club to future internship students. If students are looking at working with young girls especially, then this would be an ideal internship because it allows students to get a good taste of what it is like to work for a non-profit organization and in the after school setting.