

## Internship Description Guideline

1. Whitney Mumm
2. Major: Family Science
3. Practicum position title. Assistant Teacher
4. **Academic Advantage Child Development Center**  
630 N. Cotner Blvd. Ste #200 Lincoln, NE 68505  
(402)465-4769  
<http://aacdc.com/>
5. Motto: Teaching, Nurturing and Developing the Future..... One Child at a Time.
6. Supervisor-Hayley Olguin (Manager)  
Phone: (402)465-4769 Fax: (402)465-4772
7. The purpose of my internship is to give me experience working with and taking care of children in a daycare setting.
8. Work responsibilities, skills, and knowledge:
  - 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time?  
My major work responsibility is to assist the lead teachers at the daycare. This includes taking care of the kids, helping with daily activities, and teaching the children letters and numbers. I spend most of my time interacting with children of all different ages.
  - 8b.) What skills did you acquire over the course of your internship?  
I acquired tons of skills at my internship site. Some of these skills include how to take action in stressful situations, how to communicate with parents and children effectively, and how to be patient with difficult children. I now can take care of children of many different age groups.
  - 8c.) What type of knowledge did you gain?  
I learned a lot about working with children. I learned what each age group can have for food and what each age group should be learning. I learned so much about children and how a daycare operates. I learned the regulations of a daycare.
9. What was your most critical moment at your internship? Explain *why*.  
The most critical moment at my internship was when I had to deal with an upset pre-kindergarten child and their parents. The child was very upset and I had to find a way to calm them down and explain to their parents why their child was so upset. It all turned out okay, but it was a challenging situation.
10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization?  
My recommendations would be to be ready for anything and make sure to have plenty of

patience. Everyday working at a daycare is different and challenging.

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

Yes, it was a great experience. I enjoyed every day working at the daycare and with the staff. It is a great learning experience if a person wants to work with children.

1. Paige Sunderman
2. Family Science
3. No specific name. Intern.
4. Anytime Fitness
  - a. (402) 438-7777
  - b. [www.anytimefitness.com](http://www.anytimefitness.com)
5. Their mission is to create a caring and fun environment for people at all levels of fitness, provide everything a guest would need whether it's personal training, fitness assessments, encouragement, a safe atmosphere, and the convenience to be able to go to any Anytime Fitness in the world with only one membership.
6. Brandon Peterson: Regional Manager
  - a. (402) 720-0676
7. The purpose of my internship was to gain the knowledge of the business, learn about the sales processing, keeping up with the club maintenance, and to shadow and learn more about the personal training business.
8. Work responsibilities, skills, and knowledge:
  - a. Every day when I went into Anytime Fitness, it would be something different. Some days they would have me put guests' information into the computer or log sales. Other days I would make calls and try to get people into the gym for a tour and a potentially have them sign up for a free trial. I did a lot of cleaning in the gym to keep it looking nice. The bathrooms are cleaned twice a day, vacuuming, sweeping, mopping, dusting, cleaning windows and mirrors, and so on. It's a very relaxed atmosphere. The people that work there know what they have to get done, and they do it. But there are times when we just sit and chat for a second or two.
  - b. Over the course of my internship, I feel like I gained business skills and better communication skills.
  - c. I gained more knowledge on what exactly the purpose of Anytime Fitness is. They don't want just to get more and more people in the gym, they actually want to know what their goals are, if there is anything that they can do to help them reach those goals, and they want everyone to have a constant, healthy lifestyle.
9. My most critical moment at my internship would have been when I was asked by the head boss of our district to come to the Anytime Fitness Team Meeting. For me, it was like a big step. Knowing that they wanted me there, to experience the meeting, and to learn more there than I would at just another day at the gym. At the meeting, I learned about how much they want to keep improving and to find ways on how to improve. It was a serious motivational experience for me, and it made me want to continue on this path career wise.

10. For those that are considering a similar position or organization, I recommend being open to new things and stepping out of your box. You will meet a lot of new people, and you'll want to make a good first impression because you never know where the internship will take you.
11. I would definitely recommend Anytime Fitness. It's such a friendly atmosphere, and I love all the people that I worked with and I can tell that the feeling is mutual. I feel like it's a positive experience all in all.

1. Diana Lee

2. Family Science

3. Intern

4. Behaven Kids

1145 High Street

Lincoln, NE 68502

402.423.6464

<http://www.behavenkids.com/main/>

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

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

6. Stephanie Brunmeier

Assistant Program Coordinator

Medication Manager

7. The purpose of this internship is for CYAF 497D course at University of Nebraska-Lincoln

8a. Major responsibilities at my internship is to give positive reinforcement for good behavior and following directions and consequent when kids do not follow directions or act out in disruptive behavior.

8b. I learned how to have patience with kids that have disruptive behaviors. I also learned how to be neutral instead of being a pushover; kids can be very manipulative.

8c. Kids act tough but are very vulnerable. They need a lot of care and love as well as guidance and a positive role model.

9. I have not had many encounters with critical moments. The closest I would say is when I am in the time out room and the kids get aggressive or use profanity. These moments seem critical because it is a situation where the kids can hurt themselves or the staff.

10. Have patience and don't be persuaded easily by their adorable, sweet side.

11. I would recommend this organization because of the work environment. I enjoy going there for my internship because of the people I work with and the kids always brighten up my day. It is also a very clean environment and well organized. Also, the model that they implement is successful and it is something that I would like to apply to my future kids!

1. Ilesha Buford
2. Family Science with minor in Education
3. Practicum Position Title: Volunteer
4. **Boys and Girls Club of America**  
855 S 8th St, Lincoln, NE 68508  
(402) 477-4133  
<http://lincolnbgc.org/>
5. To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.
6. Brent, Volunteer Supervisor  
(402) 477- 4133
7. The purpose of my internship is to learn how to work with children to bring out their creative beings. I am very passionate when it comes to working with children, which is my major is so focused around work pertaining to them. It is important to me that these students not only have a safe place to go after school but that they receive the attention and help they need outside of their lives at homes. I want to be able to make an impact on someone's life, and open them up to opportunities they may have never thought of having. I go to my internship each day hoping that someday the students I interact with on a daily basis, choose to excel in school, with plans to attend college in the future. I want them to know that the hard work pays off, and that it's worth every bit of blood, sweat, and tears to get the education they so rightfully deserve. It is my job to help motivate and guide them in a direction that they can be successful and a great asset to their communities.
8. A.) At my internship, my responsibilities include helping the children with their homework during power hour. This is a time for student to get to know staff and ask any questions they may have about the assigned work they received in class that day. I also interact with the students during their different clubs and participate in the games they play at those times. Some of these activities include: star wars club, dance club, soccer, anime, volleyball, and cooking club.

C.) Since the beginning of my internship, I have mostly acquired communication skills and learned how to be more patient. I have had to communicate with the students on a level that they can understand as well as with fellow volunteers and staff members on the activities we would be doing on certain days and times. There have been times the students don't listen to what they are told, and feel that they know more than you. When these moments arise, it is important to remember that they are young and are not used to different people stepping in and giving them boundaries/limits. This helps to keep from getting angry and wearing how you feel about the behavior, on your face.

D.) I would say that I am more knowledgeable of how the students think and how they like to interact with each other. I feel that I am more relatable now that I have spent so much time with them.

9. My most critical moment if my internship would have to be when I was worried that I would not make the minimum requirements of 150 hours to graduate in May. Before I chose to go to the Boys & Girls Club, I had plans to do my internship at Lincoln High School. Unfortunately, they were unable to place me there in time before the spring semester started. Due to this glitch, I started my internship search from square one. I was then referred to BGC (Boys & Girls Club) by my friend, so that I could get started as soon as possible. It wasn't something I wanted to do, but at that point I needed to find somewhere to go. After I contacted Brent at BGC, I attended an orientation for training, and was able to start immediately after. I began to get really sick from my first trimester of pregnancy to the point where I was unable to make it to my internship on several occasions. This is when I began to fall behind on my hours. I voiced my concerns to my professor, but there was nothing much she could do. If I didn't make the minimum requirements I would just have to graduate in August. This however was not an option for me because I had so much I had to do during the summer that taking a class would be too much for me to handle. Fortunately, I have caught up on my hours and found ways to get more in time to graduate, so I am very happy and proud of myself for doing what needed to be done.

10. My recommendations for future internship students would be to do extensive research on exactly what you want to do and the options you have to do them at regarding internship sites. Don't wait until the last minute to find one, and try to be as prompt as possible with the site deadline. I would also advise the students to be as positive as possible, even if you do not get into the site placement you were wanting to. There is always room for learning and improvement whatever r the situation you find yourself in.
11. I would recommend this site to those who are very patient and passionate about working with children. However, if you are a quite person, and like your personal space, this may not be the site for you. There may be times where the students are a little rowdy and loud in your ears. Just a friendly warning; they are great students though.



Ambrea Windom  
April 2, 2015  
CYAF 497D: Community Internship  
Internship Description

1. Your name.
  - Ambrea Windom
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
  - Family Science/Nursing Minor: Education
3. Practicum position title.
  - Volunteer Worker
4. Organization / agency name,  
Organization / agency address and contact number  
Organization website if available
  - Boys and Girls Club Lincoln Lancaster
  - 855 S. 8<sup>th</sup> St. Lincoln, Ne 68508
  - <http://lincolnbgc.org/>
5. Mission of the organization or agency.
  - To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.
6. Supervisor's name and title,
  - Brent Docter
  - Unit DirectorSupervisor's contact number (phone and fax, if available).
  - (402) 477-4133
7. Describe the purpose of your internship.
  - The purpose of my internship is to interact with the students. Talk to them about their dreams and goals in life. Talk to them about how important education is. I interact with the students by talking to them and do different activities with them.
8. Work responsibilities, skills, and knowledge:
  - 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time?
  - 8b.) What skills did you acquire over the course of your internship?
  - 8c.) What type of knowledge did you gain?

My major work responsibilities of my internship was just to interact with the students. Talk to them about school and help them with any homework they may have doing power hour. Power hour is when the students are in their original classrooms to do homework. There teachers stay after school to help them with any questions or concerns they may have when it comes to homework, quizzes, projects, and exams. I spend my time watching the students making sure they aren't doing things they are not supposed to be doing. I supervise them when a staff member is not around. I try to interact with most of the kids here but there are a lot of students in the program. I try to have one-on-one conversations with some of the students to ask them about their goals and dreams in life. I ask them what they learned for the day. I talk to them about if

they would like to go to college one day and some of them do and some don't. Some of the students would ask me questions about college and I will try them whatever I can.

The skills I have acquire over the course of my internship is patient, communicate the students, active listening, leadership and interpersonal skills. I have learned to be patient when it comes to talking to the students because when I first got here the students wouldn't talk to me when I asked them a question. So it took them a few days to get to know me and finally they began to talk to me. I have learned more about active listening to the students and the staff members. The staff members would tell me what to do and I would listen to what they would say. I was always open to do whatever they would like me to do. I would considered me being a leader there because the kids have to always us if there is no staff around if they can go something else in the building. Most of the kids respect me when I tell them to do something. But then again not all of the kids listen to us volunteers. So I continued to improve my leadership skills here at the club. I want to be a leader they look up too. Interpersonal skills is the one I think I have improved the most while working there because it helped me to look at a few things different.

I gained a lot of knowledge from the students and staff members. I learned that you have to be more patient with the students when it comes to them talking to you. They just not going to talk to someone when they don't really know that person. Most of the kids are mostly in their own group of friends and don't really like to hang out with other people. Or there would be a group of girls that would bully other girls and they were not nice at all to them. So I would just advise the girls to not bully because it's not nice at all. Some of the other girls I would just tell them to ignore what others say about them. So I try to encourage everyone to get along with one another. I learned more about other cultures because the club is very diverse.

9. What was your most critical moment at your internship? Explain *why*.  
The most critical moment was completing the hours and balancing everything out. It was tough with me taking 18 credit hours, doing volunteer hours 10 hours a week, and working part-time. But I have learned to balance everything out. I am almost done with my hours so I'm excited about that. I enjoyed working at the Boys and Girls Club. I learned that not all Boys and Girls club are similar they are all different. I worked at another one back home in Omaha and I thought it was going to be like that one but it was definitely different.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.  
Just be open-minded about volunteering anyway you chose. Don't just stick to an internship that goes with your degree. Pick one that you know you will love and have a passion to do. Think outside of the box and do what you like to do.

11. Would you recommend this particular organization or agency to future internship students? *Why/why not?*  
I would recommend this organization if you love kids and like to interact with kids. It's a great after school program for them and most of the kids love going there after school because it's the only place where they are able to have fun and hang out with their friends while not being in a classroom.

Leah Kenney  
CYAF 497D  
Internship Description  
Due: 4/3/15

1. Leah Kenney
2. My major is Family Science
  - a. Two Minors:
    - i. Psychology
    - ii. Communication Studies.
3. Special Education Para (Para 4) for Preschool
4. Bright Futures Preschool through KPS at the Kearney Education Center  
1511 5th Avenue  
Kearney, NE 68845  
308-698-8050  
[http://brightfutures.kearneypublicschools.org/modules/groups/integrated\\_home.phtml?&gid=881982&sessionid=006a81f44b392b0f04590b076420df50](http://brightfutures.kearneypublicschools.org/modules/groups/integrated_home.phtml?&gid=881982&sessionid=006a81f44b392b0f04590b076420df50)
5. Create an environment of respect, Inspire the love of learning, Expect excellence from all.
6. Christy Margritz  
Preschool Teacher – Early Childhood and Special Education Endorsements  
(308) 380-6082 – Cell Phone  
[chrmargritz@kearneycats.com](mailto:chrmargritz@kearneycats.com) – Email  
No Fax Available
7. The purpose of my internship is to keep children safe, assist the teacher when needed, and to gain the knowledge necessary of what kind of skills it takes to manage a classroom or to be able to identify possible concerns with children who may need more one on one help.
8. Work responsibilities, skills, and knowledge:
  - a. My main responsibilities were:
    - i. To keep the children safe
    - ii. Engage children in learning through play
    - iii. Monitoring a young girl with seizures, to hopefully keep her from hitting her head
    - iv. Taking a special needs boy on walks and sensory room breaks
    - v. Preparing the supplies and areas for the lessons and cutting out lamination
    - vi. Teaching math and lessons when teacher needed to step out
  - b. I acquired many skills through this internship.
    - i. To make fast and effective decisions
    - ii. I improved my reaction time to students in need
    - iii. I gained more skills in leading a classroom and classroom management
  - c. I gained knowledge when it comes to:
    - i. Understanding different special needs situations.
    - ii. How to help and comfort (and also learned what NOT to do with) people who have seizures.

- iii. How to talk to these students and how to recognize signs of a seizure coming.
  - iv. I learned general knowledge about special education students. For instance, I learned warning signs or caution flags to look for in children, each "sign" or "flag" I learned could be an indicator of different special needs a child may have.
  - v. I gained a lot of knowledge on GOLD curriculum.
9. The most critical moment in my internship was a morning when I was the only teacher for my group at the time, and I had most of the kids and both children with high needs. This was critical because this day was when I learned quick decision making and speed in general was SO important in my job. The child with epilepsy had 9 seizures in 20 minutes. The last one of those came hard and fast and I did not get to her in time due to helping the other high needs child. She fell forward very hard and split her lip and was bleeding very badly. At this time a teacher to a different classroom was nearby and I (calmly) hollered out to her to please come over. She came in and immediately assessed the situation and knew what I needed. She said "I'll stay you take her". This allowed me to get the young girl out of the classroom to get her cleaned up. This was necessary because the other kids were very scared and concerned and did not fully understand what had happened. At the same time the little girl was crying and confused as well. This is the moment I learned to be ultra-aware at all times and to make quick and effective decisions.
10. My recommendations is to ask a lot of questions. Do not hesitate or feel as if you are being annoying or bothersome. The people who work in these professions love to pass down their knowledge, they love that you are interested enough to ask, and they love that you care enough to be better. The main concern is always the child or children, so ask questions as often as they come to you!
11. I would definitely recommend this organization to future students. This organization really works with you personally. They understand schedule conflicts, they help you learn all materials necessary, they take the time to teach you so that you can be an affective teacher yourself, and most importantly they treat you like an equal not as if you are "just a para".

## Internship Description Guideline

1

1. **Your name.** Nicole Young
2. **Major area of study or focus:** Child and Youth Development and Family Studies (MS)
3. **Practicum position title:** California FairPlay Asthma Camp Intern

4. **California FairPlay**

Attn: Alfred Brown Sr.  
P.O. Box 683  
Rancho Murieta, CA 95683  
(916) 491-1609  
Norcalasthmacamp.org

5. **Mission of the organization or agency.**

California FairPlay is a 501(c)(3) non-profit organization founded in 2001, providing educational assistance to children who suffer from asthma. This is achieved by organizing each summer a camping experience free of cost to children with mild to severe asthma. All California FairPlay activities, including the camp, are supported by donations. California FairPlay is based in Rancho Murieta, California, and serves the greater Sacramento region.

**California FairPlay Mission Statement:**

To provide needy children with clothing at no cost to them (including uniforms where needed) and to assist in fulfilling medical needs by developing programs and partnerships with individuals, community organizations, and private businesses. This will build self-esteem and give needy children a better chance to succeed in school, which will develop good citizens

6. **Supervisor's name and title:** Alfred Brown Sr., camp president and CEO; Judy Musgrove, camp Media/Marketing Director; Supervisor's contact numbers: Mr. Brown (916) 802-0466; Ms. Musgrove (916) 496-2449

7. **Describe the purpose of your internship.**

The purpose of my internship with CA FairPlay was to become familiar with the working style and management of a camp for children with medical needs in a nonprofit setting.

8. **Work responsibilities, skills, and knowledge:**

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

- I assisted the camp Media/Marketing Director with camper and volunteer registration duties. These included data entry into the camp database, taking phone calls, and sending out mailings (via postal and email) to interested families.
- I assisted the camp Media/Marketing Director in updating website correspondence and current registration processes to reduce gaps and increase access for families of varying educational and socio-economic status.
- I re-evaluated the general programming to ensure that camper and family needs are being met.
- I implemented pre- and post-camp surveys, and entered survey outcome data into a Microsoft Excel database.
- I updated social media to engage families, youth, and donors.

- I helped to further develop areas of philanthropic support, including Giving Star and Amazon Smile.

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

I acquired and enhanced skills in social media management, social media marketing, and in how to respond to posts and comments in a way that facilitated families and donors in engaging with camp staff via social media and other online venues. I developed further the ability to create, edit, and archive all media used for social media postings and website development. I used analytics to assess trends and activity on the nonprofit's website. I learned to use Facebook Insight to access trends and activities on the CA FairPlay business page. I achieved a better overall understanding of the day-to-day operations and requirements for a nonprofit service organization.

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

One critical lesson was the importance of relationship-building between staff, coworkers, campers, and potential donors. This knowledge prepared me for future employment with nonprofits, especially in the field of health care. I mentioned early in the semester that my goal was to use this internship to gain knowledge, to network, and to eventually intern or become employed with the Taylor Family Foundation (in Livermore, California). I believe the confidence I have gained this semester, in learning about the basic camp operations, social media, marketing, donor outreach, and funding via grants and in-kind donations, will serve as a strong asset in reaching this goal.

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

My internship will continue until August, 2015, but, currently my most critical moment to date was towards the end of February, when both my supervisors were going to be traveling for a camp conference. They felt confident enough in my skill level to leave me in charge of daily operations in their absence, which was truly a confidence booster for me. For those four days, I was on my own and truly independent in decision-making. If parents of campers called, I was responsible for answering questions. If I did not know the answer to something, I was responsible for finding it out on my own, and, to be honest, it was truly an empowering experience and the perfect step I needed to push me into the next stage of professional competence.

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

One recommendation for students hoping to pursue future internship placement with CA FairPlay, or an organization with a similar mission, would be to encourage them to obtain experience working with youth who have medical needs. I would also encourage them to evaluate their own personal objectives and motivations, and identify any potential biases (and how these might impact the effectiveness of their work). I also would encourage students to network, volunteer, or find ways to become involved with the organization prior to obtaining an internship. This makes you more knowledgeable, builds confidence, and also helps you stand out to your intern selection committee and future supervisors.

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

I understand that this was the first year that CA FairPlay had hosted an intern, so there perhaps were some gaps in their programming for intern students. While I do feel I gained valuable knowledge and experience from this internship, I often had to ask for direction and assignments, so future interns may want to consider the level of direction they are seeking. I have noticed that, as we progress closer to the camp session, my workload is increasing, which is another factor to keep in mind. I also would expect that interns in future sessions will have different experiences, since the leadership team will grow into a better idea of how to develop internship programming and what is to be expected of an intern.

### Internship Description

1. Your name: Katherine Kruse
2. Major area of study: Family Science
3. Practicum position title: Campus Crusade for Christ Intern
4. Organization: Campus Crusade for Christ  
Address and contact number: 100 Lake Heart Drive, Orlando, FL 32832  
Website: www.cru.org
5. Mission: Win, build and send Christ-centered, multiplying disciples who launch spiritual movements
6. Supervisor's name and title: Sara Allen, Missional Team Leader  
Supervisor's contact number: 402-310-2798
7. Describe the purpose of your internship: To aid the full-time staff in their ministry efforts including mentoring women, performing administrative tasks, and helping set up and run events.
8. Work responsibilities, skills, and knowledge:
  - 8a.) Describe your major work responsibilities of your internship.  
-I spent the majority of my time mentoring women. This included building a relationship/friendship, teaching them about different topics in Christianity and studying the bible together.
  - 8b.) What skills did you acquire over the course of your internship?  
-I learned how to lesson plan for a mentor meeting with a woman and how to run this type of meeting.
  - 8c.) What type of knowledge did you gain?  
-I gained knowledge about mentoring women, the Christian faith and how a ministry functions overall.
9. What was your most critical moment at your internship? Explain *why*.  
- The most critical moment at my internship occurred after having my second mentoring meeting of the week during a crazy week. I expected to be completely exhausted because I was so busy and talking with women can wear me out, but instead I was refreshed by meeting with women. I realized it is something that gives me energy and this was when I knew I wanted to keep pursuing college ministry.
10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.  
-My recommendations for future internship students preparing for a similar internship experience is to be bold in asking to try new and different things. I shied away at times from asking to try something new and I wish I had so that I could have had a more well-rounded experience. I would also recommend making sure they are growing in their personal faith all throughout the semester or this internship will be very challenging.

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

-I would definitely recommend this organization to future internship students. It was an absolutely fantastic experience. My supervisor was wonderful. She spent time every week investing in me as a person and a professional. She also allowed me to define my internship by what I was interested in. She was so flexible and made sure I had a good experience that would help me after I graduate. The staff was amazing to work with and gain wisdom from. They were so supportive and kind. I learned so much from this internship. If someone is considering working in college ministry, this is a great place to intern.



1. **Your Name**  
Morgan Emmert
2. **Major area of study or focus**  
Child, Youth, and Family Studies with a specialization in Family Science
3. **Practicum Position Title**  
Office Intern
4. **Organization name and contact information**  
CASA for Lancaster County  
1141 H Street, Suite C  
Lincoln, NE 68508  
Phone number: 402-474-5161
5. **Mission of the organization**  
To provide an advocate for children involved in the legal system in order to give the child a voice in the courts. The advocates are court appointed and are volunteers in the community who wish to help the child achieve permanency through reunification with their parents or adoption/guardianship/etc.
6. **Supervisor**  
Dawn Rockey, Executive Director  
Phone number: 402-474-5161  
Fax: 402-474-5188
7. **Purpose of the internship**  
Through my work at CASA, I was able to apply the knowledge I have gained through previous coursework at UNL regarding family violence to the actual work I did. I began to see just how complicated child welfare cases are, and the importance of working as a team in order to achieve permanency for the child. This internship truly helped me get my foot in the door for working within the child welfare system. Many of the jobs I have applied for have looked very highly at my internship experience with CASA.
8. **Work responsibilities, skills, and knowledge**  
Responsibilities: I helped the staff out on their cases. I also researched new cases that were referred. I spent the majority of my time going to court and attending team meetings (where every party involved with the case attended. It was a chance to discuss what needed to be done still in the case with the parents and was a way to keep the case from stalling). While I did not have my own specific case that I worked as the CASA on, I know past interns have (it depends on the time commitment you have and if you'll be able to stay on a case after leaving the internship).

Skills Acquired: I learned how to compartmentalize the information I learned about different cases. It sounds awful, but I quickly realized that it was a necessary skill to be able to “leave work at work” in order to stay sane in this nature of work.

Knowledge Gained: I learned about the different types of agencies and resources available to help families in need, or those with abuse histories. I also learned about the different parties involved in a juvenile court case (and there are more than you would think!). Finally, I learned what was necessary in order to run a non-profit organization.

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

The most critical moment of my internship was realizing that these families come into the welfare system for many different reasons, and require different types of formal supports. I realized that most parents (although not all) simply need some guidance and direction in order to parent their children better. However, I also realized that you cannot put more effort into helping the family than what the family is putting in. Ultimately, it is the family that must change and they have to be the ones to make the change. As a professional, you can only do so much for your client.

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

- When working with the child welfare system, you have to learn how to compartmentalize information that you are given. Many of the children that came through CASA had terrible background stories that made you feel for the child. It sounds awful that after reading a child’s background story that I was able to go on to something much happier, without seeming to be phased by it. The truth is that yes, I was phased by it, but you have to learn to not let it consume you. This is something that I think cannot be learned until you are actually within the position, but it is a skill that must be learned in order to stay sane!
- You also have to have a passion for working with abuse and neglect victims; otherwise the nature of the work can be extremely depressing. You have to realize that you are helping the victims and their parents. This is not something that you could do simply to fulfill your internship requirements as you’ve got to *want* to do this type of work.

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

YES! I would completely recommend this organization to any student who is looking to work with family violence victims, or within the child welfare system. It gives you the necessary case management experience that so many employers look for after graduation as well as the experience of working with neglect and abuse victims, and their families. I was able to begin learning the different types of resources and agencies available to families within Lancaster County. I am very sad to know that when I graduate, I will have to leave CASA.

## **Internship Description**

### **Student**

Annelise Curran

### **Major area of study or focus**

Child, Youth, and Family Studies: Family Science

### **Practicum position title**

Intern at the Family Life Office (more directly worked within the Youth Ministry Office) for the Catholic Diocese of Lincoln

### **Organization's name**

Catholic Diocese of Lincoln- Family Life Office

### **Organization's address and contact number**

3700 Sheridan Blvd, Suite 6, Lincoln, Nebraska 68506; 402-488-2040

### **Organization's website**

<http://www.lincolndiocese.org/>

### **Mission of the organization**

[From the website for the Youth Ministry Office] As an apostolate within the Office of Family Life and Evangelization, the Office of Youth Ministry coordinates programs and events for Catholic students and young adults.

### **Supervisor's name and title**

Jeff Schinstock- Director of Youth Ministry

### **Supervisor's contact number and email**

402-488-2040; jeff-schinstock@cdolinc.net

### **The purpose of this internship**

The purpose of this internship was to provide the intern with experience to the projects the Youth Ministry and Family Life Offices provide through the Catholic Diocese of Lincoln.

### **Work responsibilities, skills, and knowledge:**

*Major work responsibilities at the internship (i.e., what did you do? and how did you spend your time?*

Observed assistant director in event planning and organization; Lead a retreat; Observed retreats; Observed meetings; Entered and filed paperwork

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

Internet programs (RegOnline); Computer programs (Microsoft Excel); Communication skills; Event planning and organizational skills; Networking between staff in the office and my connections on campus

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

The most critical moment was my mid-semester evaluation. This moment allowed me to be calmer in the work atmosphere and to be reassured in knowing that I was doing a good job and that I was accepted in the workspace.

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

My recommendations are to have a little experience going in. This will allow you to know what is going on and allow you to expand your previous knowledge. It is important to understand that there is not much independence in this position. Since this was not a formal internship, I was only allowed to work on one major event by myself. Otherwise, it is a lot of paperwork organization and observation.

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

I would recommend this to someone who wants to go into a profession of Youth Ministry or event planning. There is a lot of experience in both of these areas. I would also recommend this to someone who wants to work in religious environment. It was a really good experience!

1. Megan Brooks
2. Family Science
3. Family support specialist intern

4. **CEDARS**

6601 Pioneers Boulevard

Lincoln, NE 68506

Phone (402) 434-KIDS (5437)

[info@cedars-kids.org](mailto:info@cedars-kids.org)

5. "It is the mission of CEDARS to help children who have been abused, neglected, and homeless achieve safety, stability, and enduring family relationships."

6. Amelia Stutzman, Program Manager

402-570-8375

7. The purpose of the internship was to shadow visits with clients and families and learn crisis intervention techniques, as well as parenting and co-management skills. These are important skills to know for almost any future career working with clients and families because not only is safety always a top priority, but being able to teach better parenting skills and crisis intervention will have lasting effects on the population you are working with.

8. I did not have very many responsibilities due to the limitations of being an intern but when I was able to be involved and inquired about being involved they were usually able to work with me. I spent a lot of time just observing but you can still learn a lot from that. I was able to take a lot of the classes that the staff is required to take when they become an employee and that taught me about differentiation child abuse and neglect, trauma, secondary trauma, suicide prevention, and how to report child abuse and neglect. They supplied good knowledge that can be used as a skill in my future career working with families.
9. I would say one of the most critical moments in my internship was when I was at a visit and in this woman's apartment with her two young children who were on a two hour visit and it happened to be the only time she was able to meet with a few other people involved in her case. In the room was me, my family support worker that I shadow, the case worker, the therapist, and the teacher of one of the child who acts aggressively among the housing changes, etc. It opened my eyes to how many people can be involved in any one case to try to help a parent get back on their feet and get their kids back.
10. I would recommend anyone preparing for this internship to get ready to become attached to families and to learn a lot about the state and how the system works. I did not expect to have the state effect so much of what we do but it plays a big role on the exosystem level and impacts families.

11. I would recommend this organization because they are a trusted and well-organized organization that is flexible and offers a lot of opportunities for education and growth in the field. They have many departments to choose from and hire on a lot of their interns.

## Internship Description Guideline

Dasia Horne

2. Major: Child, Youth and Family Science  
Minor: Education and Psychology

3. Practicum position title.  
Intern

4. Organization / agency name,  
Organization / agency address and contact number  
Organization website if available  
CEDARS Youth Services  
Day/Evening Reporting Center  
6601 Pioneers Blvd.  
<http://www.cedars-kids.org/>

5. Mission of the organization or agency.  
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."

6. Supervisor:  
Megan Shoemaker, Assistant Program Manager  
Phone: 402-802-8751  
Fax: 402-437-8944

7. Describe the purpose of your internship.  
Due to previously being employed at CEDARS Youth Services I have had the opportunity to hear about the variety of programs that the organization offered. Rather than learning about other areas in which CEDARS assist youth through training class, I wanted to get my own personal experience of the programs, which lead me to intern at the Reporting Center. At the Reporting Center I wanted to learn about the program overall and the clients who were there.

8. Work responsibilities, skills, and knowledge:  
Over the course of my internship, I had the opportunity to work along side staff at helping youth meet their goals in their group so that they can successfully discharge from the Reporting Center Program. In the program there are three groups: life skills, job and education group. Depending on the referral sent by the youth's probation officer, the youth is assigned to the group that meets their need. In each group there are a variety of activities that staff put together to assist youth with meeting their goal. These activities include: tutoring, group discussions, mock job interviews, etc. At the beginning of my internship I shadowed the staff to get a better understanding of how the program worked and to figure out how I can be of help as an intern. Shortly after, I began learning to do documentation on clients, which included intake, discharge,



service plans and daily case notes. As I became more comfortable in the environment and with the youth I then began planning and carrying out group activities. I also had the opportunity to do one-on-ones with youth who needed individual attention.

For this internship and working in any human services field there are 3 main skills a person should require. Those skills include: patience, empathy, and structure. The youth who are sent to the Reporting Center have been or are recently in some sort of trouble with the judicial system and being forced to come and complete the program in order to remain out of the juvenile detention center. With that, there are very few youth who are excited about being there and will verbally express their aggravation with being in the program. Patience plays an important role when staffs are continuously trying to motivate the youth to participate in the activities being carried out by staff during groups. A person must also be empathetic to the youth and their circumstances that they are currently in. The average youth is not fully educated on the judicial system and to be someone who is actively involved in something they have little to no knowledge about is scary. Many of our youth put on tough acts but I have learned that taking the time to talk to them one on one and truly learn about their situations brings a whole new light to who they are and why they are in their current situations. Empathy allows us to help with our heart and show that we are not only to work and collect a check but also to actually help their lives get better. Finally, structure is key. When having a group of teen-agers together it is very important to establish some sort of structure that allows the youth to develop a routine. Many youth lack structure in their home environments, which causes them to carry this out in their school and daily lives. Staff must not only establish a structured environment, but also teach the youth the importance of structure and how to establish it on their own outside on this program.

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

A critical moment in my internship was the one on ones I had with the youth. This was important to me because I was able to seek insight on who they were, what they were going through and the true emotions that went along with it. Many youth, especially the male youth I have interacted with, wanted to be perceived as tough by their peers and able to handle any situation thrown at them but when I had the opportunity to talk with them alone, they were scared, misguided kids who just wanted someone to listen and understand where they were coming from.

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

My recommendations for future internship students would be to be as interactive with our selected audience as possible. My supervisor stated to me that many interns come and complete hours but very rarely do they work at building connections with youth and take the initiative to learn

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

Yes, I would definitely recommend working in any program at CEDARS Youth Services. There are such a variety of programs that help youth and families in different ways. CEDARS also provide free training for staff and interns that are educational and useful in any human service field. Finally, CEDARS creates such a family environment throughout the staff and programs. There is always someone to answer questions or to simply talk to if needed.

Internship Description Guideline  
(Due Friday, April 3)

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. Rebecca Kritenbrink
2. Child Youth and Family Studies
3. Intern at Cedars TLC (girls group home)
4. Cedars  
TLC / 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. Laurie Miller, Program Director  
Direct Line: (402) 437-8890  
Cell: (402) 802 4066  
Fax: (402) 437-8858  
Phone: (402) 434-KIDS (5437)  
[lmiller@cedars-kids.org](mailto:lmiller@cedars-kids.org)

7. The purpose of this internship is to help and care for the girls who live within the group home. We give them the necessary skills, care, and needs for them to live successful lives so they can graduate from the program.

8. My major work responsibility each day was to be with the girls and supervise them. I loved doing that because I grew close to a lot of the girls and look forward to keeping in touch when I am done with my internship. It is really important to be able to bond with the girls at TLC because you are around and with them every time you are there, you are constantly socializing with them, which is awesome. Forming relationships with them is really important so they can allow themselves to open up to you, talk to you, and even just like you! To be honest there was nothing skill wise I really learned how to do, if anything I once in while answered the phone but I watched all the staff make appointments and scheduling for the girls. I think the biggest thing I learned is that every girl there is different and has different past so the way you talk, act, and treat one will not always work with the other. That is why it is so important to get to know them.

9. It is hard to pinpoint one most important critical moment but if I have to choose one it would have been when a client was on the phone arguing with her mom and when she got off the phone staff helped her calm down and talked with her about the conversation, she ended up calling her mom back because she had just hung up on her and at the end of the conversation her mom said "I love you" and the client teared up because her mom hasn't said that to her in a really long time. I think this moment was so critical for me because it made me realize just how much I take for granted what some of the girls don't even have. I have learned throughout this internship and getting to know my clients that I shouldn't take anything for granted.

10. I loved TLC and it was a very eye opening experience for me. I learned that everyone's lives are different and that my struggles in my life are nowhere near the girl's struggles at the group home. They have been through a lot and many have been in a lot of trouble so it was cool for me to see that side of things. The one recommendation I have is if you are looking for an internship where there is a lot of busy work and things going on, this would not be the place for you. I found myself most days just hanging out with the girls and getting to know and bond with them on a deeper level. I didn't quite know that coming into my internship but it allowed me to really get to know the girls instead of doing a lot of desk work and behind the scenes work.

11. Yes, I would recommend Cedars TLC to future students who are interest in working with this population. I had no experience with working with this age of population (12-18) previously I had only worked with little kids so I had no idea what I was getting into, however, I found it was not as intimidating as I thought. I also had no experience with working with drug/alcohol abusers and users, pregnant teens, run-aways, etc. The best part about TLC is you truly get to see it all which keeps it really interesting!

Internship Description

Carol McDowell

1. Carol McDowell
2. Children, Youth and Family Science
3. Intern
4. Cedars Youth Services, 6601 Pioneers Blvd, Lincoln, NE 68506; (402) 434-5437; [www.cedars-kids.org](http://www.cedars-kids.org)
5. The mission of this organization is to help children and families that are in crisis. They also have after school programs for children too. They have an emergency shelter for teens, a group home for teen girls, before/after school programs for elementary age children, foster care, street outreach for homeless teens, programs to help people who have aged out of foster care but still don't have a place to live, and a variety of other programs to help families who are having trouble.
6. Jana McDonald, Program Manager; (402) 437-8885. This is the number of the emergency shelter. If you would be interested in doing an internship here you'll have to contact the main phone number and they will connect you with the ladies who handle intern's/volunteers.
7. The purpose of my internship is to get experience working with at-risk teens and teens who are in trouble with the law. I am there to be an extra set of eyes and ears to make sure that the teens in that program are doing what they're supposed to be doing and staying safe. I also am there to get to know the teens and try to build relationships with them and help them if they need. This is a short term shelter so some of the teens aren't there very long, which makes building a relationship with them difficult.
8. Work responsibilities, skills, and knowledge:
  - 8a.) I go to the shelter, hang out and talk with the teens and play games with them. I also lead a weekly group with them. I monitor them to make sure they are doing what they are supposed to be doing and staying safe. I help monitor the teens during other groups, help dish up lunch for them, take the dishes down to the kitchen after lunch, unlock doors for them, and try to build relationships and motivate them if I am able. I also sit in on intake interviews as well. I am hoping to do one myself before the end of my internship.
  - 8b.) This internship gave me practice in dealing with teens and learning to build relationships with them. It also gave me experience with leading groups. I have gotten to watch a number of intakes which helps me understand what each teen is going through and what has brought them into the shelter.
  - 8c.) I gained a lot of knowledge as to what teens go through now a days and some ways to help them.

9. My most critical moment at my internship was when I started leading groups and realized how much I actually liked working with teens and it helped me determine that working with teens is what I really want to do. I had a couple hard days with teens that were mean but you just have to understand that they are not coming from a place of healthy emotions and them not being respectful at times comes with the territory. You can't take it personal.

10. I would recommend taking time to just talk and play games/do art with the clients. It helps everyone relax and be comfortable. Most of these kids have parents who have issues, and they themselves have issues. I think they really appreciate it when someone takes time to spend with them who doesn't have to. Also be prepared to hear lots of curse words and inappropriate conversations. It's ok to redirect this language/discussion but don't be shocked to hear it. Finally, don't take it personal if they act rude to you, some of these teens have been through a lot and they don't always speak to people the way you think they should.

11. 100% yes. I think Cedars is an excellent organization that helps children and families. The supervisors at this placement are phenomenal! Most of the staff are pretty nice too. If you are interested in working with teens at all I would definitely do your internship at the shelter or at TLC, which is the group home for teen girls. The shelter has both boys and girls.

**Internship Description Guideline**  
**(Due Friday, April 3)**

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:** Margaret Skoch

**2. Major area of study or focus:** Family Science

**3. Practicum position title:** Relief Youth Specialist

**4. Organization / agency name:** CEDARS Emergency Shelter and TLC Group Home

**Organization / agency address and contact number:** 6601 Pioneers Blvd, Lincoln NE  
402-434-5437

**Organization website if available:** <http://www.cedars-kids.org/>

**5. Mission of the organization or agency:** It is the mission of CEDARS to help children who have been abused, neglected, and homeless achieve safety, stability, and enduring family relationships.

**6. Supervisor's name and title:** Bridget Olson, RYS Program Manager  
**Supervisor's contact number:** 402-437-8815

**7. Describe the purpose of your internship.**

The purpose of the RYS position is to provide relief for the full-time employees that work at CEDARS. The RYS receive training in several areas that will be beneficial for a future in working with families including being able to identify different types of abuse, CPR, diversity, boundaries, safety with children, and trauma training. RYS work with kids in the program they select and build relationships to help them achieve future goals for themselves and help them better their lives.

**8. Work responsibilities, skills, and knowledge:**

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

Major responsibility of an RYS is to make sure kids are being safe within the facility. Making checks on kids in the facility, helping to prepare food, be prepared to de-escalate

escalated situations between clients, help process clients who have been de-escalated, administer meds, make sure kids are following schedule, and mostly just be a mentor for kids.

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

In addition to the specific trainings I received at CEDARS, the best skill I acquired was learning how to interact with the population I wanted to work with (adolescents) in a professional setting. Learning how to build a professional/client relationship was probably the most important skill especially because it was not too long ago that I was an adolescent so sometimes it was hard to define that relationship. CEDARS helped tremendously with experience for future interactions with people.

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

I think the best part about CEDARS is that it's not the same thing each day. The best knowledge I developed was just a better understanding of the kids I worked with. Learning about why each of them were at CEDARS and the problems they faced really opened my eyes to the people I'd be helping the rest of my life and helped me to remember that every person has a story and deserves your time and help even if it doesn't seem like it.

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

I think the most critical moment for me at my internship is when I was taking a client on transport to her track practice and she was just talking to me about what she was going to do next. Halfway through her telling me some of her plans she asked me what I thought about it all. It was a small but significant moment for me because it was this moment where she genuinely wanted to know what I thought she should do and I came to this realization that I had an impact in this girl's life and she wanted my help with her decision making process. It was a small but meaningful moment for me.

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

Don't be afraid to ask questions. You will not get it right the first time. Trying to build relationships with clients will be awkward for a while, don't give up, make the small talk and you'll get the hang of it.

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

Yes, I would definitely recommend this agency to future internship students. CEDARS is awesome work experience and really cares about not only the people they serve but also those who work there. Supervisors are flexible with schedules, understand that your experience there is a learning experience, and want you to do your best. They also have plenty of internship opportunities in a variety of departments throughout the organization.

## Internship Description Guideline

Kiersten Wallerstedt

April 3<sup>rd</sup> 2015

1. Kiersten Wallerstedt

2. Bachelor of Science in Education and Human Sciences. Majoring in Child, Youth & Family Studies. Minor in Education, Psychology, and Sociology.

3. Intern or Relief Youth Specialist at CEDARS Emergency Shelter.

4. CEDARS. 6601 Pioneers Boulevard ☐Lincoln, NE 68506 ☐Phone (402) 434-KIDS (5437)  
☐Fax (402) 437-8833 ☐[info@cedars-kids.org](mailto:info@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." 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. Adina Olson. Assistant Program Manager of CEDARS Emergency Shelter.  
[aolsen@cedars-kids.org](mailto:aolsen@cedars-kids.org)

7. The main purpose of this internship was to help me build my resume by adding in helpful experience within my desired career field as well as giving me the chance to learn and grow within this specific career.

8. a) My major responsibilities included being responsible for daily documentation of behavior of youth in care, crisis intervention, provide structure for youth, assist in school work, develop and facilitate groups and engage youth in positive activities, along with other duties as assigned by the daily schedule. Most of my time was spend engaging with the youth in the care of the shelter as well as a vast amount of supervising interactions between youth and directing conversations and activities towards positive directions.

b) I grew in my abilities to diffuse situations as well as learning how to help a youth process after an incident within the shelter or outside of the shelter. I learned how to properly document over a youths behavior for the day for their daily logs. I also learned the process of bringing in a new youth and going through the intake process with them, which includes taking inventory of their possessions and briefing them on the system within the shelter and what behavior is expected of them.



c) I have a broader knowledge and understanding of the process that youth need to go through when they are on probation or within the emergency shelter. I have gained more knowledge on the process of working with at risk teens and how I should react around them according to their behaviors.

9. One of the most critical moments at my internship would have to have been the night I had a client at the shelter come up to me and ask me why I wanted to do this job? I gave her my reasons and she actually thanked me for wanting and being willing to work with at risk teens. She told me that she sees how the kids at times can act and how she even has behaved towards the staff and that she could not be in our position. It really put working at the shelter into a more positive light and made me realize that even though the teens may not vocalize it to the staff, that there are many of them who truly appreciate you and are impacted positively by your work.

10. I would personally recommend not taking things too seriously, one minute you will have a client cussing you out and screaming at you, and the next minute they will be back to their normal self and asking you about your day. You need to go in there and remember that what these teens are going through is very difficult and you are there as a tool to help them to cope and deal with their situation in a safe and positive manner.

11. I would recommend CEDARS to anyone wanting to work with at risk youth and families. This program is really focused on the clients that they are working with and they are very accommodating when it comes to helping you get the most out of your internship and helping you work through the process during your time there. CEDARS is a wonderful organization that provides great training and experience for their interns.

## Internship Description Guideline

1. Your name.

Morgan Garner

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

Family Science with a minor in Elementary Education

3. Practicum position title.

Intern

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

Cedars TLC Girls Group Home

4141 South 56th

Lincoln, NE 68506

(402) 437-8850

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

5. Mission of the organization or agency.

“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. It is the mission of CEDARS to help children who 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).

Laurie Miller

[lmiller@cedars-kids.org](mailto:lmiller@cedars-kids.org)

7. Describe the purpose of your internship.

The main reason that I choose to do my internship at TLC was to see if I liked working with teen girls and working with teen girls who have faced some pretty rough stuff in their young lives and helping them learn responsibilities for their actions.

8. Work responsibilities, skills, and knowledge:

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

and how did you spend your time?

My major responsibilities at this internship site was to interact with the girls. That is seriously what I get to do for 10 hours a week. I get to see what these girls do such as team meetings, therapy, and how they work on independent living skills. I go on Tuesdays and Thursdays at the same time so I know their schedules and where they need to be and what they should be doing. I kind of just watch how the other employees do things and pick up some of their techniques when talking with the girls and how they deal with situations. I do get to do house checks every 30 minutes. We do 30 minute checks to make sure that the girls are behaving or haven't tried to leave the house, etc. It's more for their safety rather than for our knowing.

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

The skills that I have acquire from TLC is learning how to be independent in the work field and making sure that the work is getting done in the office as well as being involved with the girls. Our main purpose is to interact with the girls and also make sure that the proper paperwork is also getting finished. These two things are very important at TLC and a way I have seen the girls doing it is by being very organized and making a lot of sticky notes for reminders and making sure all 12 girls are where they need to be.

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

I've learned so much that it's hard to describe exactly what knowledge I have gained but I do know that in this profession you have to know the ins and outs of these girls. They are good at lying and they know how to test boundaries. I think that was a tough thing for me to learn was not letting them pull anything over my head and let them get away with things. I also really had to pay attention when they were telling me things or asking me things because they're very good at lying and they defiantly got me on that a couple of times. So just being aware and knowing everything you can about them and knowing things about this profession will really be a benefit in my future.

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

Like I said in my last post to my small group the most critical moment at my internship site was this last week giving a gift to one of the girls and seeing her reaction. One goal that I set at the beginning was this, I want to be able to build a meaningful relationship with the girls that I work with every Tuesday and Thursday. I want them to be able to talk to me like a professional but yet still someone they can be real with. I feel like I have succeeded in this goal above and beyond. For an example, I went to Florida for Spring Break and one of the girls and I have gotten very close and she really opens up to me and tells me things that she doesn't tell her case managers but of course I let them know what we talk about without her knowing I do that. Anyways, I was telling her that I was going to be gone for a week for break and told her where I was going and she said wow I love to go to the beach just see the ocean. So since she might not get the chance to see the ocean or feel the sand I brought back a bag of sand with sea shells. When I gave her the bag she was so excited and said she would cherish it forever and she said it was one of the nicest things anyone has ever done for her. It made me feel so good and but still kind of sad at

the same time. This girl was so appreciate for a bag of sand and sea shells and we take things like this for granted. I know that this goal was going to be a challenge for me but I think that after that experience and relationship with this girl made all the difference in my future goals and confidence. I know that being myself and showing the girls who I am will help me in my career.

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

I would say to know everything you can about the organization and who your supervisors are and how much they are going to help you in this field. My supervisor is super nice and is super fun to work with but she just doesn't do much with her employees and interns. She kind of leaves it to the employees to train us and show us what it looks like to work here and thats about it. She does come to the meetings every Thursday and I get to talk to her then and ask questions but other then that I don't see her much and don't really know exactly what she does. I think that setting goals and make sure that you communicate with your supervisors from the beginning and telling them that this is your learning time you want them to take advantage of that and really get good use out of them. I did set goals with my supervisor but we didn't a good job of following up on them and making sure that I was getting what I wanted to get out of this experiment.

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

Yes, I have learned so much from my coworkers, supervisors and the girls that come into this group home. I think that it is a great place to get to work with clients and you really learn a lot about yourself. You learn about your boundaries, how you deal with different situations and what it's like for these girls to live in homes. You also get to learn so much about this career and it is very eye opening.

1. Nicquel McVey
2. Family Science/Pre-Health
3. Child Advocacy Center Intern

4. Child Advocacy Center  
5025 Garland Street  
Lincoln, NE  
402-476-3200  
www.smallvoices.org

5. The mission of the Child Advocacy Center is to provide Lincoln, Lancaster County and Southeast Nebraska with a coordinated, team approach to the problem of child abuse.

6. Cary Simpson, Program Director  
402-476-3200

7. The purpose of my internship was to assist the team members of the Child Advocacy in making sure everything gets done in regards to forensic interview summaries.

8. a. My major work responsibilities included watching live and pre-recorded forensic interviews and writing summaries for them. I would also help with the front desk answering phones and other small clerical duties. Another responsibility I had was to play with children who would be waiting for their forensic interview. I also worked with the case coordinators with their paperwork and data entry.

b. I acquired better writing skills as well as teamwork skills. I feel more comfortable working as a team in a work setting and I have learned how to present myself in a much more professional manner. All of these skills will help me in the future in my career field.

c. I gained knowledge about child abuse and neglect and how these issues are taken care of in the state of Nebraska. I know who makes up the investigation team and I know what these children go through to help prosecute their perpetrators.

9. My most critical moment at my internship was when I realized the vast amount of children who receive services through the Child Advocacy Center.

10. My recommendations for future internship students for preparing for similar experiences include: scheduling your school and internship around each other effectively, get tough skin to hear horrifying stories from children, and to make the best of every moment that you get to make a difference in a child's life who has been abused or neglected.

11. I would recommend this particular organization to future internship students because I thoroughly enjoyed my time here. All of my co-workers made me feel welcomed and I fit in

really well. I liked hearing stories from children who were abused but also feeling like I had a small impact on making their lives better.

## INTERNSHIP DESCRIPTION

1. Morgan Herchenbach
2. Psychology
3. Child Life Specialist Practicum Student
4. Children's Hospital  
8200 Dodge Street  
Omaha NE 68114  
402-955-5305  
<http://www.childrensomaha.org/ChildLifePracticum>
5. Mission: So that all children may have a better chance to live...
6. Supervisor: Laurie Lycan  
Phone: 402-955-5305
7. Purpose: This internship is designed for those with a career in Child Life in mind. It's an introduction into the goals and responsibilities of a Child Life Specialist, and guides the student through interactions with patients.
8. Responsibilities, skills and knowledge:
  - a. Responsibilities include observation of Certified Child Life Specialists, one-on-one interactions with patients, therapeutic play, and assisting with the needs of the family. Practicum student is also responsible for completing the weekly homework, which includes (but is not limited to): journals, research reviews, formal observations, activity planning, diagnosis explorations, and procedural observations.
  - b. Practicum student will most likely gain skills with quickly assessing a child's developmental level and figuring out how to be interact with that child. Student also learns how to do introductions to the family as well as the basic questions that should be asked every time a Child Life Specialist visits a room. Additionally, the student will learn how to clean toys, maintain playrooms, engage children in activities, and plan events for the children.
  - c. The goal of the internship is to acquire basic knowledge of the Child Life Specialist field. Student can expect to gain a better understanding of the implications of hospitalization on the development of a child, as well as developmentally appropriate activities for the child. Students also learn about the different procedures completed in the hospital setting as well as how to guide a child through procedural preparation.
9. Critical moment: While on the night shift, there was a little girl who was three years old and an oncology patient. I took her on an Easter Egg hunt as a way to keep her from getting bored in her room and I realized that a Child Life Specialist could be so many different things to a kid. We are the child's safe haven- we never give them shots or poke and prod them. We are their companion- we play games and do crafts together. We are

## INTERNSHIP DESCRIPTION

their counselor- we sit and talk with them, listen to them, spend time with them. We run around the hospital trying to find the perfect activity for each kid, we distract them during difficult procedures by playing fun games on the iPad, we educate them before those procedures, and we advocate for them at all times. The Child Life Specialist might not be the highest paid position or the most well-known position, but it is a very important and fulfilling one. And running around 6<sup>th</sup> floor, watching this 3-year old girl “sniff out” plastic eggs, really helped me realize the impact we can have on these children.

10. Recommendations: In order to get this internship, you should have volunteer hours in a hospital, experience working with children, and a major that demonstrates your desire to work with children. You also need to be able to drive to Omaha three days a week and have a schedule that allows you to set aside a four-hour block of time each of those three days. I also recommend being familiar with what a Child Life Specialist does and have a strong desire to pursue a career in Child Life.
11. I wouldn't recommend this to students *unless* they have a strong desire to be a Child Life Specialist. It requires a significant amount of homework and time commitment- most weeks I spent more on my homework for my practicum than I did on any of my other courses. However, if you are looking to pursue a career in Child Life, I would highly recommend doing it through Children's in Omaha. The staff there are wonderful and they work very hard to create a schedule that allows a full rotation of the hospital so that the student may experience many different areas with many different Child Life Specialists.



1. Ashleigh Blecha
2. Family Science
3. Shadowing Coach
4. CrossFit SoCo

110 W Las Vegas St.

Colorado Springs, CO 80903

(719) 233-2697

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

5. To make “CrossFit accessible to the Colorado Springs community, offering a diverse array of classes making it accessible for anyone.” In other words, to make sure that CrossFit SoCo makes fitness available to anyone in the Colorado Springs area no matter what level of fitness he or she are starting at.
6. Kevin Muntford  
(719) 233-2697
7. The purpose of my internship is to help coach the CrossFit classes and teach clients about specific movements, fitness movements and Olympic lifting movements. Another purpose is to read people to make sure that they are in the right state of mind to be working out to not hurt themselves or to correct them if they are using poor form.
8. My major work responsibilities were to shadow and help the coaches teach their classes. I spent my time working directly with the clients by leading warm-ups and helping monitor the clients as they worked out. The skills I acquired over the course of my internship were learning how to run a CrossFit class. Coming into my internship I had no idea how coaches program warm-ups for classes and now I feel comfortable writing my own

warm-up. Figuring out what they are good at and what I need to help them get better at physically and mentally when it comes to fitness.

9. The most critically moment at my internship was the first class that I got to lead. I was very nervous that I would mess up but Loree helped me realize that I can't really mess up as long as I am confident in what I am doing. As long as I give people a good warm-up and make sure that they understand exactly what the movements that they will be doing are I can't mess up. That was something that I didn't realize going into my internship but it completely made me relax while I was coaching.
10. My recommendations to anyone going into fitness related internship would be to make sure that you are under a good supervisor. Not only that but make sure that if you are shadowing another coach (which most will probably make them do for a little while at least) that you ask a lot of questions. Make sure you understand everything that is going on that way you can give the best advice when you are in the coaching position.
11. Yes I would recommend CrossFit SoCo for a future internship site. However, being in Colorado Springs I'm not sure how much it would actually be accessible for UNL students. I would recommend SoCo because I have had such a positive experience with my supervisor and the other coaches there. They are willing to answer any question I have and always have such a positive attitude when it comes to coaching.

Carlye Kuxhausen

Family Science

Social Services Intern

Homestead Rehabilitation Center

4735 South 54<sup>th</sup> Street

Lincoln, NE

Homesteadrehab.com

Homestead Rehabilitation Center is an integral part in the continuum of care. Their delivery of services is adaptable to provision of present and future care needs of the customers. Their goal is to provide a highly skilled and supportive environment which can foster dignity, independence and self-determination.

Tiffany Heithoff

Social Worker

(402)-440-6769

[Tiff.heithoff@gmail.com](mailto:Tiff.heithoff@gmail.com)

The purpose of my internship is to explore the different types of settings social workers work in. At Homestead Rehabilitation Center we work with older adults and helping them gain their independence back mentally and physically. For our residents it can be a difficult transition from the comfort of their home to a facility, and that's where the social worker is there to help.

Responsibilities, skills and knowledge.

- Care plans
- Cognitive tests
- New admissions
- At risk meetings
- Mental status testing
- Interviews
- Social histories
- Set up Medicare & Medicaid

At my internship I was able to do many tasks and learn a lot of useful information that I will be able to take with me. I worked a lot one on one with the residents checking their mental status, getting social histories, and overall seeing how they were doing emotionally. I also was able to sit in on all of the residents care plans, at risks and new admissions meetings which helped me learn so much. I was able to gain knowledge in numerous fields at Homestead Rehabilitation Center.

One of my most critical moments at Homestead was the day I interviewed one of our residents Sally. This resident has been through so much and was not adjusting well after leaving the hospital and coming into Homestead. She was severely depressed and

desperately want to go home and live with her husband. I can remember the day I went in to check on her and get a feel of how she was doing. She broke down in tears and expressed that she wanted to go home and didn't have much worth living for anymore. I could remember in that moment I myself wanted to cry for her. I was sitting there holding a conversation with her while having a knot in my throat and holding back tears. In that moment I learned that as a social worker you must be strong. You often times will be dealing with weak people and it is your job to be the strong one and help them through it.

Some of my recommendations for the future internship students is to have a positive attitude. You will be experiencing a lot of stress and may feel overwhelmed with trying to juggle everything at once, but be positive and always remember that this opportunity will never happen again. As your internship comes to an end you will start to realize all the great relationships you have built and how much you are going to miss it. Absorb all of the information you learn at your site and make the best out of it!

Yes, I would recommend Homestead Rehabilitation Center for a useful internship. I was lucky enough to be placed with a wonderful supervisor that made my experience very rewarding. If you are looking to work in facility with the main focus is working with other adults then this would be a great internship site for you.

Ashley Bartek

Dr. Dalla

CYAF 497D

Internship Description

March 27, 2015

1. Ashley Bartek

2. Child, Youth, and Family Studies

3. Student Intern

4. Organization information

4a.) ~~Juvenile Detention Center-Lancaster County Youth Services Center~~

4b.) 1200 Radcliff St, Lincoln, NE 68512

(402) 441-7090

4c.) [www.lancaster.ne.gov/youth/index.htm](http://www.lancaster.ne.gov/youth/index.htm)

5. "The Mission of the Youth Services Center is to protect the interest and safety of the community and the resident by providing a secure, safe and structured environment for youth and to offer the necessary educational and developmental resources to a culturally diverse detention population."

6. Annette Thompson, Juvenile Detention Center Deputy Director

Phone: (402) 441-8657

Fax: (402) 441-5626

7. The purpose of my internship is to gain a better understanding of the diverse detention population and their behaviors. From this internship I hope to take away a better

understanding and patience for youth under such circumstances in order to work with youth from all background (at-risk and troubled primarily) more effectively in my future career.

8. Work responsibilities, skills, and knowledge:

8a.) Responsibilities: Facilitate organized group activities and serve as a mentor.

In addition to my internship, I am also a part of the Juvenile Justice Ministry where I serve as a mentor and facilitate Campus Life groups for girl pods every Wednesday. My daily activities include: monitoring, eating lunch and dinner with the kids, hanging out during free time (crocheting, ping-pong, fuse ball, board games, card games, attending class with the kids during school hours and assisting with school work.

8b.) Skills that I acquired over the course of my internship: behavioral management, observation and journal writing, recognition of juvenile's rights, safety and security, cultural diversity, communication, adolescent development and delinquency

8c.) Knowledge I gained: training on behavioral management, observation and report writing, juvenile's rights, safety and security, cultural diversity, first aid, basic health and mental disorders, effective communication, suicide prevention, conflict resolution and dispute mediation, stress management, adolescent development and delinquency. I also gained knowledge on organized group activities, visitation schedules and rules, daily activities, meals, Pathfinder Program (education), youth assessment services, and secure and staff secure services as well as how the youth are divided up in pods based on charges.

In addition to the common knowledge gained at the detention center, I gained so much wisdom on how to interact with the kids effectively. I learned how to listen and be patient. I also learned about the factors that contribute to detainment of youth and how to effectively implement intervention strategies.

9. There were a lot of critical moment at my internship by I would have to say the most critical of all always had to deal with discussion on God. One boy asked me to read the Bible with him one day and I hesitated, wanting to get a male figure to read it with him. He didn't open up much to anyone but opened up to me and seemed no longer interested when I suggested a male mentor. I had to go with my convictions and present truths in the Bible to him, as we sat and talked about it for a while. It was a very precious and critical time for both of us, as he was learning about things Jesus for the first time and I was in the position of a mentor and teacher. The whole situation was just fine with the correctional officer in charge of the pod at the time, which provided for a great opportunity.
10. My recommendation for future internship students preparing for an internship experience in a similar position as me at the Lancaster County Youth Services Center would be to go into the internship with no expectations. Also, confiding in your supervisor and being on the same page as them will help you immensely as the course of the internship goes on. He or she will be able to offer you wisdom that will benefit both you and the youth you interact with. A big thing to always remember is to go into your internship each day with respect, patience, and above all, love. Setting goals each day will help you grow and mature in your work. For me, every day, I made it a priority that I was going to intentionally build relationships with youth as well as seek opportunities to

share about God. As a result of this, I did build several relationships and was able to connect with youth on a deeper level as we shared our faith with one another.

11. I would definitely recommend the Lancaster County Youth Services Center to future internship students. It can be a very intimidating internship at first, but once you let your guard down and step out of your culture, and into the culture of the youth who stay there, you will grow and mature in ways you never thought possible. This place will give you the experience you need in working with a diverse population of youth with a wide variety of backgrounds. Whether you are majoring in criminal justice, human services, or behavioral sciences, this internship just might be for you! Based on your ideal future career, the Lancaster County Youth Services Center will adjust to your needs as an intern and place you where they see a successful fit for you.



1. My name is Danielle Gutzmer.
2. My major is in Family Science with a minor in Psychology.
3. My main role was support staff.
4. **Pregnancy Center, formerly Lincoln Crisis Pregnancy Center**  
Piazza Terrace  
Lincoln, NE 68510  
(402) 483-4247
5. Provide education on pregnancy choices and support.
6. Kim McCarthy  
(402) 483-4247
7. My purpose of the internship was to get an understanding of how the Pregnancy Center runs, and to experience the wide variety of services they provide to clients.
8. My major responsibilities were to do tasks given to me by staff personnel. This varied daily, and was never the same task. I was also responsible for handing out materials, taking phone calls, and doing follow ups with clients.  
I learned how to fill out paper work for clients, how to perform a pregnancy test, their computer/printer/phone/stamp system work, how to answer difficult questions posed by clients, and how to work with clients who come in for materials.  
The knowledge I gained was endless, I attended multiple classes and trainings. I learned about fetal development, adoption, and abortion. I became familiar with state regulations, and the multitude of services provided in Lincoln.
9. The most crucial point in my internship was when I did a booth at the People's City Mission all by myself. I had to make sure I was presenting the Pregnancy Center in the correct light, be professional, and answer a huge range of questions.
10. Always ask question to staff, they love being asked and are great about helping in any way. Be prepared to not work as much with clients as you may think you should. They have to always ask permission first, and that can lead to you not shadowing as much as you would like.
11. Definitely, the staff and volunteers are extremely friendly and welcoming. I gained so much knowledge, much of which I know I will need later in life, whether that is for personal or professional reasons.

## Internship Description

### Name

Montanna Westling.

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

Our main focus is on developmental aspects and well-being of military youth and their families, ages 6-18, all around the United States and 3 surrounding territories.

### Practicum position title

I am a Project Y.E.S! Intern.

### Organization / agency name

### Organization / agency address and contact number

### Organization website if available

~~Project Y.E.S!~~ (Youth Extension Services)

Program is funded through *North Carolina State University*, (919) 515-2011  
512 Brickhaven Drive, Campus Box #7606; Raleigh, NC 27659

Website: <http://militaryfamilies.extension.org/yes-intern-program/>

### Mission of the organization or agency

Our mission – “*Serving those who serve us.*”

Giving back to those military families who have sacrificed and gave up so much for us.

### Supervisor’s name and title,

### Supervisor’s contact number (phone and fax, if available)

JC Johnson; *National Director of Project Y.E.S!*

Phone: (919) 513-3165; Fax: (919) 515-9265

Myra Moses; *Curriculum & Technology Development Coordinator*

Phone: (919) 513-2790; Fax: (919) 513-4813

### Describe the purpose of your internship

The purpose of this internship is to provide and teach military youth leadership, communication, teamwork, integrity, resiliency, trust, respect, and so on type of skills to use throughout their day-to-day lives.

### Work responsibilities, skills, and knowledge:

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

- do? and how did you spend your time?**  
**b.) What skills did you acquire over the course of your internship?**  
**c.) What type of knowledge did you gain?**

Most of my time as an intern is spent facilitating activities for the kids and debriefing (or asking in-depth questions) that center on the skill myself or other interns are trying to pinpoint. Also, our "team members" spend a lot of time planning and organizing the event prior to the weekend. Hypothetically, when there are 8-12 members on a team living in different states across the United States, we need to be fully aware of what supplies certain people are bringing, which activities are being facilitated, how many kids will be at that specific event, who is driving whom to and from the event, and so on. Organization, communication, trust, and teamwork are KEY if not the most critical points to this internship.

I've grown in my ability to talk in front of large groups, strengthen my assertiveness skills, and became keener in actively listening to another individual. In addition, I've become even more organized than I was beforehand and know the positive consequences that follow when one pre-plans for large events.

Most important to me personally, I've gained knowledge in military terms and language. It's not a requirement to know this information beforehand or even during events, but it's nice to ask questions. People are more than willing to talk about their jobs if you are willing to ask. I've also gained the knowledge of being comfortable when talking to anyone in any given situation. I enjoy communicating with other individuals and I've grown more confident in asking questions that continue a conversation in a positive light.

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

The most critical moment of my internship was when I reached the point to start facilitating my own rooms. Sole facilitating a group of children and/or teenagers can be quite intimidating. With a co-facilitator, you can bounce ideas off one another and "popcorn debrief" when one or the other is drawing a blank for questions to ask after an activity. When I realized I was ready to sole facilitate, I think that's the moment when I realized that I had truly succeeded as a leader in my program.

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

For this very specific internship, I would suggest familiarizing oneself with even a little bit of military background. I personally didn't know any military information in depth before starting, which is not a problem whatsoever, but it took me a little while to catch up. When attending an event during the weekend, it's easier to know who's who and what their ranking is beforehand, instead of awkwardly ask what an officer's title is or have the kids explain their dad/mom title is. It also helps knowing what questions to ask the kids/teenagers during a critical time or try to understand where they are coming from.

This could be helpful with any internship, research and become familiar with the program in depth. Especially when people you know or random strangers ask you to give an "elevator speech" about your internship, you'll know more information than they bargained for.

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

Absolutely, yes I would recommend this program to anyone who is looking for an internship, regardless of his or her backgrounds and/or future plans. This internship not only gives you experience with military life and working comfortably with kids 6-18, but also gives one the privilege of traveling around to different cities and states in the United States on the weekends. In addition, this program gives one connections and helps grow relationship among interns and supervisors that come from all over the United States as well.

The most amazing part of this internship is the supervisors. They are not only hoping and helping one succeed as an intern; they are fully devoted to interns as human beings and what one's plans are for the future. I've truly grown as a person by the one-on-one conversations about life, happiness, and what's important to me with my supervisors.

Internship Description Guideline  
(Due Friday, April 3)

**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: Cecilia Nguyen
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)  
Child, Youth, and Family Studies: Family Science
3. Practicum position title: Community Support Personnel
4. Organization / agency name:  
Region V Services  
Organization / agency address and contact number:  
936 N. 70<sup>th</sup> St. Lincoln, NE 68505  
402-471-9222  
Organization website if available: [www.region5services.com](http://www.region5services.com)
5. Mission of the organization or agency:  
The Mission of Region V Services is to provide desired training and supports that promote interdependence and relationships within community and lessen reliance upon agency services.
6. Supervisor's name and title: Mackenzie Derby, Community Support Coordinator  
Supervisor's contact number (phone and fax, if available): 402-471-9222/ fax: 402-471-6989
7. Describe the purpose of your internship:  
The primary purpose of the Region V Foundation is to support Region V Services by providing the resources to provide safe, reliable and affordable vehicles and housing.
8. Work responsibilities, skills, and knowledge:  
8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time?  
**I support two people in their own homes. One person is 21 years old and I help her keep her anxiety down, talking through things with her, take her to places to get food, clothes, or necessities, and walk her through her chores, or help with instructions.**

The other girl I support is on a wheelchair, I take her to her volunteer site at the zoo. She is someone that I just started working with recently. When I am at the Day Center, I fill in and do what is needed. I talk to the other supported people at the program and keep them company.

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

I learned how to balance the dynamics of the family because the first person I support is still living with her mom. I learned to be more patient and to listen.

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

I gained knowledge of different types of needs and developmental disabilities. I also learned more about programs (functional behavioral or individual support programs) and how to implement them for the person we support to attain their goals.

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

The most critical moment at my internship is training from the beginning because I only got training for a few days and then I was on my own. Also asking my supervisor questions was very critical just to make sure that I am doing everything correctly or implementing them right.

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

I would say if you want to get experience with developmental disabilities and special needs, this would be the organization to go with. If you have the patience and availability to be there, that would also be something that would be recommended.

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

I would definitely recommend this agency for future internship students because it will open up your heart to learn things from the people you help, but not only do you help them, but you receive experience and knowledge as they help you grow.

Internship Description Guideline  
**(Due Friday, April 3)**

**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. Name: Hannah Wentz
2. Major: Family Science
3. Project Specialist/Screening Assistant
4. Organization / agency name: TeamMates  
Organization / agency address and contact number: 6801 O Street; 402-323-6252  
Organization website if available
5. Mission of the organization or agency: Inspire youth to reach full potential
6. Supervisor's name and title: Gayle Norris; Administrative Assistant  
Supervisor's contact number (phone and fax, if available): As listed above
7. Describe the purpose of your internship: Complete calls in timely manner in hopes that the sooner I do the sooner a child can be placed with a mentor. I also have helped out at numerous events by working tables and helping with set up.
8. Work responsibilities, skills, and knowledge:
  - 8a.) Screening Calls, Events, Financial and other task
  - 8b.) Communication, Working with others, Event Planning, Finance
  - 8c.) How nonprofits are run, communication skills, working as a team.
9. What was your most critical moment at your internship? Making phone calls to references. This is very important because mentors cannot be paired with their mentees until it is completed. It is how we weed out the people who are not appropriate for the organization.
10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization? Look at all of your options and make plenty of time in your schedule for your internship.
11. Would you recommend this particular organization or agency to future internship students? Yes! It has been an awesome experience and is a wonderful organization. I also get to sit an office with Tom Osborne half the time so that's not too bad either.

1. Jenika Long
2. Major area of study or focus- Family Science
3. Practicum position title- Shadowing the director and the assistant director
4. Organization / agency name- UNL Children's Center  
Organization / agency address and contact number- 2225 W street Lincoln Ne, 68588.  
402-472-2009  
Organization website if available- [unlchildrenscenter@unl.edu](mailto:unlchildrenscenter@unl.edu)
5. Mission of the organization or agency- to provide quality care for children and their families.
6. Supervisor's name and title- Callie Wilhilt ( director) Jenny Fleming ( assistant director)  
Supervisor's contact number (phone and fax, if available). 402-472-2115 ( director) 402-472-2101 ( assistant director)
7. Describe the purpose of your internship- to gain knowledge of the role of a director in a child care center.
8. Work responsibilities, skills, and knowledge- provide room coverage to meet ratio if needed, food program paper work, organization of a storage room to benefit curriculum, staff training, student staff paper work, center tours, setting in on meetings, fire and tornado drill operations, purchasing supplies, observations of director, staff and family interactions.
  - 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time? One of my major responsibilities was to organize the storage room and create a catalog of what we keep so the teacher could use these items for their lesson plans. I would also help with supply purchases I also spent most of my time learning and helping with the food program and doing paper work for new student employees.
  - 8b.) What skills did you acquire over the course of your internship? I gained skills on how to work with student and full time staff, filling out inventory sheets, assisting with the planning of center events for the children and their families.
  - 8c.) What type of knowledge did you gain? I gained knowledge with the computer soft wear that the center uses to keep track of the food program and time cards for staff. I learned how to interact with staff, children and families at a director's level.
9. What was your most critical moment at your internship? I think it was working to organize the storage room. At the center we needed this to be done so the teachers could use it to make their lesson plans enriched.
10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization. To be open and flexible to what the internship asks. There were time that I started one project but needed to go help in a classroom or my attention was needed else where and I needed to be able to adapt to that.
11. Would you recommend this particular organization or agency to future internship students? Yes, the staff is great to work with and you get to experience so many different areas of the role of a director.



Internship Description Guideline  
**(Due Friday, April 3)**

**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. Name: Hannah Wentz
2. Major: Family Science
3. Project Specialist/Screening Assistant
4. Organization / agency name: TeamMates  
Organization / agency address and contact number: 6801 O Street; 402-323-6252  
Organization website if available
5. Mission of the organization or agency: Inspire youth to reach full potential
6. Supervisor's name and title: Gayle Norris; Administrative Assistant  
Supervisor's contact number (phone and fax, if available): As listed above
7. Describe the purpose of your internship: Complete calls in timely manner in hopes that the sooner I do the sooner a child can be placed with a mentor. I also have helped out at numerous events by working tables and helping with set up.
8. Work responsibilities, skills, and knowledge:
  - 8a.) Screening Calls, Events, Financial and other task
  - 8b.) Communication, Working with others, Event Planning, Finance
  - 8c.) How nonprofits are run, communication skills, working as a team.
9. What was your most critical moment at your internship? Making phone calls to references. This is very important because mentors cannot be paired with their mentees until it is completed. It is how we weed out the people who are not appropriate for the organization.
10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization? Look at all of your options and make plenty of time in your schedule for your internship.
11. Would you recommend this particular organization or agency to future internship students? Yes! It has been an awesome experience and is a wonderful organization. I also get to sit an office with Tom Osborne half the time so that's not too bad either.

1. Name:

Maghalie Kafweko

2. Major area of study or focus:

Family Science

3. Practicum position title:

Student Teacher

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

UNL Children's Center

2225 "W" Street

Lincoln, Nebraska 68588-0850

(402) 472-2009

(402) 472-2001 Fax

Email: [unlchildrenscenter@unl.edu](mailto:unlchildrenscenter@unl.edu)

Website: <http://childcare.unl.edu/>

5. Mission of the organization or agency.

The mission of the Children's Center is to provide high quality early childhood education for children 6 weeks to kindergarten.

To meet our mission...

We hire highly qualified, educated teaching staff.

We utilize teaching strategies.

We provide a safe, nurturing environment for children and their families which supports the child's learning.

We embrace the uniqueness of each family, we can learn as much from the children and their caregivers as they can from us. We welcome all families into the center to share a favorite tradition as well as their family values.

We have a partnership with families.

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

Jenny Nelson, Lead Childcare Teacher

(402) 472-8605

Email: [jnelson47@unl.edu](mailto:jnelson47@unl.edu)

7. Describe the purpose of your internship.

The purpose of my internship is to prepare me for my career field. All the necessary initial training will be provided to get me ready when I start my career. I will be provided with much needed hands on work experience to make it easier for me when I go into my career field. All the necessary information will also be provided to get me off to a good start in my career. The purpose of my internship is also to make it easier for me to find work and meet my career goals.

8. Work responsibilities, skills, and knowledge:

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

My major work responsibilities includes but is not limited to:

- Helping the teachers with lesson plans and helping them get ready with certain weekly activities.
- Getting the children ready for breakfast, lunch, and snack.
- Interacting with the children.
- Doing tasks such as, light cleaning around the room, changing diapers, doing laundry, filling out the children's daily sheets etc.
- Preparing the children for nap.
- Helping kids be creative and learn during center time, and circle time.

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

I acquired certain skills such as how talk to children affectively and what words to use when talking to them. It is very important to learn these things because children do not learn the same as adults; so knowing what to say is very important. Another skill would have to be how to work with potential clientele; this to me was really important because they taught me everything needed to be successful for my career field.

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

I gained necessary knowledge on how to work with children and that it takes patient and love to work with children. Children need a lot of love and attention; and this internship experience made me even love them more and learn how to work with children the right way. Another knowledge that I gained is my professional relationship with my coworkers. I learn that respect is a big thing when it comes to working with your coworkers; so that is one thing I will definitely take with me.

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

The most critical moment at my internship was when I learned that children are very creative and learn best by presenting creative, interesting, and thoughtful things to them. This to me was

very critical because I did not know that prior to my internship and when I was told this it was at a critical point. This is something I would be able to take with me when I start my career field. I plan on using this to help me work with children that I will come across.

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 would be to ask a lot of questions. It may be kind of intimidating at first but asking questions will take you far and benefit you so much in the short and the long run. I would also say get prepared by reading all of your internship site information and going through all the necessary things ahead of time; this will help you greatly. Another thing is to also have an open mind, come prepared every day and be on time. Having an open mind will definitely help you when certain things you are not comfortable with is given to you and coming prepared everyday will help you excel with everything you do. Going to your internship site on time will benefit you and make you look professional; it is really important.

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

Yes I would recommend this particular organization to future internship students because it is a great place to do your internship and you will learn a lot. They really stand behind every word they mentioned and are very positive with everyone who is involved with their organization. It would really be a great internship experience.

Internship Description Guideline  
(Due Friday, April 3)

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. *Alexis Vercher*

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

*-Child Youth and Family Science*

3. Practicum position title.

*-Spirit Squad/Marketing Intern @ University of Nebraska-Lincoln*

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

*University of Nebraska-Lincoln Marketing Department*  
*One Memorial Stadium Lincoln, NE 68508*  
*http://huskers.com*

5. Mission of the organization or agency.

*The Nebraska Athletic Marketing Department is committed to providing the best possible game day experience for all of Husker Nation, ensuring a great atmosphere for both our student-athletes and fans.*

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

*Erynn Nicholson, Head Coach Nebraska Spirit Squad (402)-472-0846*  
*Marlon Lozano, Manager Nebraska Spirit Squad (402)-472-4622*

7. Describe the purpose of your internship.

*The purpose of this internship was to gain a behind-the-scenes look into how the Athletic Marketing Department and Spirit Squad work cohesively in order to provide the best possible game day experience to all athletic sporting events at Nebraska.*

8. Work responsibilities, skills, and knowledge:

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

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

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

a- *I mainly developed relationships with the other marketing interns and worked to provide misc. tasks for the Spirit Squad, within the Marketing Dept.*

b- *I acquired skills such as communicating to other marketing staff during sporting events on head-set, learning to read sporting scripts for all athletic events, completing misc. tasks asked by the head coach for the spirit squad, and simply being at all sporting events in which the spirit squad attends.*

c- *I gained ample knowledge on how this group of girls works, how the marketing department is coordinated with them, and the ins & outs of both groups of people in order to provide Husker Nation with the best experience possible.*

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

*My most critical moment at my internship was being able to be actively involved in the sporting events through the use of reading scripts, being an active participant on the marketing head-set at sporting events and having a "bird's eye view" of how the entire production comes together for each sport.*

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

*Don't simply choose something, just to have an internship. Pick something that you think you will gain more knowledge from, and walk away with a valuable experience. It is so much more enriching when you end your internship having done something productive, useful and beneficial to your future career.*

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

*I would definitely recommend this particular organization for future internship students. The marketing department is a unique internship experience and has allowed me to feel a part of something bigger in the big picture of this University. I enjoyed doing this simply because it cemented my love for Husker sports even more and gave me the opportunity to see what goes*

*into making game day so special for the fans of Husker Nation.*

Amy Hengelfelt

Major Area of Study or Focus:

Family Science

Practicum Position Title:

Own It Lead Staff

Organization/Agency Name:

YMCA CLC at Elliott Elementary School

Organization Address or Contact Number:

Address: 225 S 25th St, Lincoln, NE 68510

Phone:(402) 436-1564

Organization Website:

<http://www.ymcalincoln.org/>

Mission of the Organization or Agency:

All students mastering learning and life skills everyday.

Supervisor's Name and Title:

Kathleen Dering, School Principal

Supervisor's Contact Number:

Phone: (402) 436-1136

Fax: (402) 458-3236

Describe the purpose of your internship:

- The purpose of my internship is to enrich the lives of the children in our program by teaching them the skills and habits that they will need throughout their life to be successful and happy.

Work Responsibilities, skills, and knowledge:

- Describe your major work responsibilities of your internship:
  - Background information on the Own It Program: Own It is a program we have began at the CLC at Elliott Elementary to teach and instill the 7 Habits of Happy Kids. These habits are to Be Proactive, Begin With the End in Mind,



- Put First Things First, Think Win-Win, Seek First to Understand and Then to be Understood, Synergize, and Sharpen the Saw.
- I often spent my time planning once a week Own It lessons (teaching about the habit for that month), tracking the students progress with the Own It habits on a chart as well as on a backup Google Doc, creating the monthly newsletter, planning/creating the monthly Own It awards ceremony for the students' progress and also tracked the Positive Parent Communication from Y Staff to Parents on a chart.
- What skills did you acquire over the course of your internship?
  - Skills in Excel, Google Docs, Lesson Planning, Professional Communication
- What type of knowledge did you gain?
  - I learned how to process through undesired behaviors with children using the BIST method (why they happened, how they can change them, and why that change would be beneficial). I also learned how to communicate with supervisors, coworkers and parents in a professional manner.

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

- The most critical moment for me at my internship was the first time I had to process through an undesired behavior with a child. I was so nervous about saying the right things and getting through the situation in a way that will benefit both the program and the child. I was worried that if I couldn't find my footing in this particular area of my internship, that I would not be successful in my chosen career. This is an area that I will need to be proficient in for any job/career that I choose after graduation.

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

- To work with these kids, you really have to be consistent. They will push you and test limits to see what they can get away with. Consistency produces results with these kids because they often don't have it at home. You also need to understand and be able to give the kids what they need, not what they deserve. Some kids might not deserve a break or extra recess time, but they need it in order to be successful in the classroom for the rest of the day. The last recommendation I have is to be organized. Lesson planning requires you to know what is needed in advance and to set aside the time to do so.

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

- I would recommend this particular organization because the YMCA is truly a family. My coworkers are very supportive and encouraging. I feel at home when I am at work. This organization and the position that I am currently in is also very rewarding. My favorite quote that I have to remind myself of often is that "The kids who need the most love, will ask for it in the most unloving of ways". Working in a Title I school with children who are often from a lower SES, have behavioral disorders and so forth is frustrating at times but overall very rewarding and fulfilling. I feel like I have a purpose and that I am making a positive difference in their lives.

1. Your name: **Steven Dunn**
2. Major area of study or focus: **Family Science**
3. Practicum position title: **After-School Program Staff**
4. Organization / agency name: **YMCA**

Organization / agency address and contact number:

**YMCA CLC at Elliott**  
**225 S. 25th St.**  
**Lincoln, NE 68510 (402) 434-9200**

Organization website: **<https://www.ymcalincolnjobs.org/>**

5. Mission of the organization or agency: **The mission of the YMCA is to help youth development, healthy living, and social responsibility**

6. Supervisor's name and title: **Kristi Chambers School Community Coordinator**  
Supervisor's contact number : **(402) 436-1564**

7. Describe the purpose of your internship:  
**I wanted to work with afterschool children and make a change in their life. I wanted to educate and at the same time be a positive role model within a child's life.**

8. Work responsibilities, skills, and knowledge:

8a.) Describe your major work responsibilities of your internship  
**I taught clubs such as team sports and arts clubs. I had to plan what I was going to teach weeks before my classes. I shadowed other staff at times .I had to keep accountability for all of the children within my clubs and coordinate with parents when the children were being picked up. I also attended regular staff meetings to work with staff and maintain a safe and educational environment for the students.**

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

- Classroom management Skills**
- Organization Skills**
- Interpersonal Skills**
- Planning skills**

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

**I learned how to connect more with students and different grade levels. I learned working with children can take a lot of energy. I also learned how to control larger student groups.**

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

**My most critical moment in my internship was in the beginning when a few kids fought in my class. Some of the children got suspended and it seemed overwhelming. I didn't have enough classroom management skills. Later I developed more classroom management skills to prevent situations like this.**

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

**I would recommend future internship students to possibly join volunteer organizations that work with families like Big Brothers Big Sisters. I would also recommend for one to remember in the beginning working with many children at one time can be overwhelming, but one develops more skills to take control of their classroom over time.**

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

**Yes, I would recommend the YMCA if one would like to learn how to educate and further their interpersonal skills with families and students. The staff was really great along with our director.**