

Internship Description Guideline

Becky Bedolla

Child, Youth, and Family and Psychology

Family Support Worker

Owens and Associates Inc.

Lincoln Office:

5800 Cornhusker Hwy. Bldg. 1, Suites 7-8

Lincoln, NE

Telephone: (402) 464-0784

<http://www.owensandassociates.org/home.html>

Owen's mission statement is 'Working together to keep families together'.

Ultimately the mission of Owen's aims to better help the community, families, and children to be able to be of service to them and help them to become successful in the relationships they cultivate, their families, and overall life.

Supervisor Name and Title

Melisa Stolley, Child, and Family Services Division Manager

Tel. (402)-890-7365

The purpose of my internship

The purpose of my internship is to learn how to establish rapport and trust with families going through difficult situations. To gain experience working with at risk families and children and understand how to give them the necessary skills to cultivate a healthy environment for themselves and their families. It is to also gain experience working with culturally diverse

families and become culturally competent and understand how culture can affect them. To learn how to help families with resources and educating them on necessary resources.

Work Responsibilities

Major work responsibilities

I currently supervise visitations and parenting time between parents and children who are not in their custody at the time. I spend my time creating relationships and trust with the parents I supervise that allow me to support them in their progress to becoming a better parent. I provide transportation to children from their foster home to their visits with their parents. I communicate with case workers of parent progress and provide the proper documentation for each visit, along with communicating concerns and questions between caseworkers and clients.

Skills Acquired

Skills Acquired include redirection to parents and children. Communication skills and learning how to manage difficult conversations effectively. Learning how to balance empathy and accountability, you want to be able to let the client put their guard down with you but also understand that there are boundaries and expectations of them.

Knowledge gained

I gained knowledge in how to be a trauma informed professional. Working with different cultures and identities and how to manage working with those individuals. I also learned de-escalation skills and how to appropriately handle situations that escalate due to high emotions. Most importantly I learned about the foster system and the legalities of it and all of the moving parts from caseworkers to being a mandated reporter and getting subpoenaed.

Critical Moments

A critical moment was recently there was a case that I have been with for a while it was the first case I shadowed and then eventually got to be on by myself. Everything seemed to be going well and was set to reunify the beginning of this month. Unfortunately, two weeks before she was unsuccessfully discharged from her treatment facility. It was really upsetting to me because I felt like she had so much progress and was turning things around and I felt disappointed in myself for not being able to help more or be better. I think this was a moment of just self-reflection and reflection on the circumstances at hand, I realized that not everyone can be helped as much as I'd like to believe along with understanding that there can be so many aspects of an individual's life that can cause them to reach a breaking point sometimes there's only so much someone can handle and all we can do as helping professionals is be supportive and hope that they can come back from it.

Recommendations

Be ok with the uncomfortable. There are going to be times where you are uncomfortable and cannot understand why someone would do things to their child. It's ok to not be ok with what they did but you must be ok with being uncomfortable and helping them to the best of your abilities. There are going to be times you are reading a case or seeing something will lay heavy with you and it's ok to take a step back and acknowledge that it might be too much for you.

I would recommend this organization especially if you are going into family services and social work, I believe this is a good steppingstone and introduces you to various aspects of social and family services that you may not know. Through my time here at my internship I have not only

learned how to work directly with families and children, but I have learned of various resources available to families.

1. Berkley Beene
2. Human Development and Family Science
3. Teacher Assistant Aide
4. La Petite Academy of Lincoln
 - a. 6632 Taylor Park Dr, Lincoln, NE 68510
 - b. (877)271-6466
 - c. www.lapetite.com
5. The mission of La Petite Academy is to provide strong social and educational foundations that prepare your child for success in elementary school and beyond. The classrooms are designed to give children room to grow, room to share, and room to be themselves.
6. Nicole Lippold, Site Supervisor at La Petite Academy Lincoln, (402)488-3125
7. The purpose of my internship was to interact with children in age groups from infants to pre-K during the day in a learning environment by running lesson plans, changing diapers, helping with meal times, and communicating with parents.
8. My responsibilities at La Petite Academy were to nurture the next generation of future leaders by creating a place that values their unique identities, abilities, and backgrounds. Our goal is to make a difference and a positive impact on the children by providing a great learning community. I was there to create and run lesson plans, help with meal times and talk to the parents to build and support relationships. The skills I acquired were communication with parents, building connections, and interacting with kids from age groups infants to pre-k.
9. The most critical moment of my internship was when I started creating relationships with the children I worked with at many different age groups. When I came to work at my site many children would address me by my name and show the excitement that I was there. Many would often run up to me and give me hugs and this was a great moment because I loved them being interested in me being around.
10. I would recommend understanding that working with younger children takes a lot of patience. Some days can be challenging but always remember you are there to be their leaders and they are there to learn by your directions. Children follow by example and this is a very important learning stage in their lives so you want to be the best role model for them.
11. I would recommend this particular organization because I feel that I have grown as a person and learned so many new strategies when working with many different children. I was also able to work with every age group which is very beneficial for my future career. I do think there may be better-organized organizations but I feel like this one, in particular, was a great place to take charge in some situations and really be able to find your passion.

1. Your name

- Myah Beltran

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

- Human development and Family Science, Communications

3. Practicum position title.

- Client Experience Intern

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

- Olsson
- 601 P St. Ste 200 68508
- [Olsson](#)

5. Mission of the organization or agency.

- “We work to leave the world better than we found it.”

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

- Stacy Clouse
- 402.450.3333

7. Describe the purpose of your internship.

- Provide administrative and analysis support for CX team and marketing, across all regions, practices, and programs.

8. Work responsibilities, skills, and knowledge:

- Data Entry
- Client Conversation Scheduling
- CX Team meeting and minutes
- Marketing Reports
- Visit and Debrief QC Checks
- Skills in: Asana, Excel, Microsoft, OneNote, Outlook, and Deltek/Vantagepoint Saas, report editing
- Client Health Reports
- Sit in and take notes on client conversations
- Help plan internal Client Panels
- Helped with grant donation selection process

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

- Data Entry
- Marketing Reports
- Visit and Debrief QC Checks
- Skills in: Asana, Excel, Microsoft, OneNote, Outlook, and Deltek/Vantagepoint Saas, report editing
- Client Health Reports
- Sit in and take notes on client conversations
- Help plan internal Client Panels
- Helped with grant donation selection process

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

- People skills
- Microsoft, Excel, OneNote, Outlook
- Organization
- Time management
- Professional confidence

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

- Knowledge in the sales and growth field
- Knowledge in the client experience field
- How to work with older professionals
- How to work as a team but also an individual

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

- I was asked to present a presentation as a shared services intern where I talked about who my team is, what we do, and what impact we have on the organization. I had to present in front of technical staff and explain what part I play as an intern. This was scary to me because they were some of the smartest people at Olsson. Having to be confident in my role and what I do was a big stepping stone and learning experience for me.

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

- My recommendation would be if you don't know what you are looking for, try something that is extremely out of your box. You can be the most unintelligent person in the room, but you have the opportunity to grow the most. I did this and now I feel like I have my feet on the ground and have found a career path I never thought I would end up loving as much as I do.

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

Why/why not

- I would 100% recommend interning at Olsson. For student's going the Human Development and Family science route, it may be more difficult to find a great fit, but as someone with an open mind I would recommend. The culture and openness to interns is great. I feel Olsson puts it as a priority to mentor the next generations of professionals that walk through their doors.

Internship Description

Katherine Brown:

Human Development and Family Sciences; Minors in Education Studies and Psychology
School Social Worker Intern

Colt-Andrews Elementary School:

570 Hope St, Bristol, RI 02809

(401) 254-5987

<https://www.bwrsd.org/Domain/11>

Mission: Colt Andrews School is a Pre-K - 5 elementary school located in beautiful historic Bristol, RI. Colt Andrews is a welcoming, inclusive school community committed to student success developed through nurturing, engaging, responsive instruction in a safe, healthy learning environment in collaboration with families and the community. Colt Andrews School instills a love of learning in all our students in order to prepare them to be responsible, global citizens.

Shelly Marshall:

School Social Worker

(401) 862-4335

Purpose of Internship:

The purpose of my internship is to gain knowledge on the social work field and see if I want to pursue graduate school to gain my Master's in Social Work.

Work Responsibilities:

- A) Daily life: Everyday we have specialized groups for children who need extra support. The two different types of groups are lunch bunch and social skills. It's a way to get the kids' trust and hopefully open up to you. There are various times in the day where a student may need the social worker. If they have an outburst, they will be directed to the social workers room. She teaches how to regulate your emotions and provides an understanding of how you might be feeling. There have also been numerous occasions where we've had to call DCYF or the police about a student's guardians. It's the responsibility of the social worker to help homeless families find housing and transportation. She also attends every meeting when a child with an IEP is involved. I spend a lot of my time with Shelly and assisting her in all the events listed above. If I'm not with her, I'm observing a student's behavior for a timed evaluation or I'm helping assist a teacher.
- B) Skills learned: I believe I learned leadership skills and how to talk to students appropriately. I was a nanny for many years but there's a difference in being the nanny and being the school social worker and how you should talk to them. One thing Shelly told me to work on was being more authoritative with kids. I believe I've done a much

better job recently at doing so. This job deals with a lot of confidentiality, and I have learned to uphold that responsibility.

- C) Knowledge gained: I learned a lot more about social work in general. I didn't know much about the job field before starting my internship and didn't realize how many responsibilities they have. It's a hard job too and can be hard on you. I learned terms and statements that can deepen the conversation with a child to get more information about their situation.

Most critical moment at internship:

The most critical moment of my internship was a case involving domestic abuse. There are two children involved and they often come into the social workers room. I got to hang out with them and hear their story almost everyday. The youngest is a first grader so she doesn't have a full understanding of what's happening and why she has to live at grandma's house. It's a truly heartbreaking situation and DCYF and the police are involved. There is now sexual abuse coming to light as well. This case has really shaped my mind about this job. I believe that I can do a great job as a social worker and this case really made my mind certain of that.

Recommendations for future interns:

My recommendation for future interns is to branch out to places you would have never gone. I did my internship in Rhode Island and I have loved every minute of it. I'm not saying you have to move 22 hours away from Nebraska but just step into a new environment. I found that I've learned a lot by starting fresh and have discovered things about myself I didn't know before that has ultimately shaped me into a better professional and person.

Why pick Colt-Andrews?

Colt-Andrews is a beautiful, historic school. The classrooms are very inviting and every staff member has welcomed me with open arms. It's very flexible and very understanding. Shelly has been amazing and allows me to experiment with different opportunities. I expressed that I might be interested in school psychology, so she let me have a day with the psychologist. It's a very welcoming and warm school in a great, small, seaside town. (I feel like I'm in a hallmark movie)!

1. **Your Name**
 - a. Jocelyn Burke
2. **Your major area of study or focus**
 - a. Child, Youth, & Family with an emphasis in Human Development
3. **Practicum Position Title**
 - a. Event Coordinator
4. **Organization/Agency name, address, contact number, website (if available)**
 - a. Lincoln Berean Church
 - b. 6400 S 70th St, Lincoln, NE 68516
 - c. 402-483-6512
 - d. <https://www.lincolnberean.org/>
5. **The mission of the organization or agency**
 - a. To glorify God by seeking to present every person complete in Christ
6. **Supervisor's name and title, contact number**
 - a. Lindsay Heun
 - b. College Associate Director
 - c. 308-240-1330
7. **Describe the purpose of your internship**
 - a. The purpose of my internship was to get a taste of what it was like working in ministry, so I got to pick the things I felt passionate about and take charge of those while sitting in on other responsibilities. Mainly, I wanted to work in the hospitality sector, but I've gotten to sit in on the teaching, directing, and creating process as well!
8. **Work responsibilities, skills, and knowledge:**
 - a. **Describe the major work responsibilities of your internship (what did you do? And how did you spend your time?)**
 - i. Weekly staff meetings on Mondays, and other work days I prepared events (mostly) that were upcoming, Thursday nights are college nights so I headed hospitality there.
 - ii. Lots of organizational skills, but the majority of the work was done alone, and just had it checked over by my supervisor to make sure things were going in the right direction, but I had a lot of creative freedom.
 - b. **What skills did you acquire over the course of your internship?**
 - i. Communication skills- I needed things to be concise but also to the point, and if I didn't understand something I needed to speak up.
 - ii. Conflict management- I hate conflict, but there were times when things were difficult and we had to sit in the oddness of conflict, but that has really challenged me with problem-solving skills.
 - iii. Organizational skills- I've really had to stay on top of my work since it was all dependent on me for these events to go off. This required time management, and making sure I had everything in place to order/set up and run a team under me to execute the events.
 - c. **What type of knowledge did you gain?**
 - i. I have gained a lot of biblical knowledge as well. I was taught a way to create a teaching which was cool, which involved a lot of sitting, thinking, pondering, and

just going for it. It was uncomfortable to sit in silence and wait, but a cool experience to see what comes from the silence.

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

- a. I think the most critical moment in my internship was the first event I had planned and executed back in September. It was my first one and I was so nervous, but it went off without a hitch and through that I received feedback. Most of the feedback I got was to be confident in what I am doing and to stop searching for that approval from others. That realization has helped me a lot with seeing how I handle situations. At the brunch, I also struggled with that approval, but I've learned and now have planned an entire Friendsgiving event by myself which will be executed by me as well. I'm confident in it and I am excited to serve others that night!

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

- a. Take ownership and be confident! Obviously, do not overstep your position and roles if that's not what they're asking you to do, but my position was a lot of freedom and creativity and them wanting me to take that responsibility.

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

- a. I love this position and would highly recommend it to anyone who potentially wants to be involved in ministry to test drive it at a church! The inner workings of a church are so different from just attending one! I'm not sure if they will have this exact position in the future, but there are definitely other areas at the church that are looking for help! Also the environment is so fun to be in and you get to develop personal relationships with a lot of different people which is awesome if you're looking for that personal work life!

1. **Name:** Ma'Kiya Carter

2. **Major Area of Study or Focus:** Child, Youth, and Family Studies Minor: Psychology

3. **Practicum Position Title:** Couple and Family Clinic Intern

4. **Organization Name:** The Couple & Family Clinic at the University of Nebraska – Lincoln,

4a. **Organization Address:** Located at UNL's Family Resource Center, 1615 N 35th, Lincoln, NE 68503

4b. **Organization Contact:** (402) 472- 5035

4c. **Organization Website:** <https://cehs.unl.edu/cfc/>

5. **Mission of the Organization:** Here at The Couple and Family Clinic, we understand the need for hope, compassion, and support when life's problems seem overwhelming. Our therapists provide evidence-based treatment, use regular feedback from clients, and are required to analyze and present their own treatment outcome data to ensure effective treatment is given to couples, families, and individuals. Effective psychotherapy goes beyond simply listening with empathy; it helps you experience strength, grow in your identity, make meaning of struggle, and develop confidence in your own ability to improve your life and your most important relationships.

6. **Supervisor's Name and Title:** Dr. Carrie Hanson-Bradley, Director for the Marriage and Family Therapy Program

6a. **Contact number:** 402-472-2957

7. **Purpose of Internship:** The purpose of my internship is to explore the career of a marriage and family therapist through viewing sessions, assisting therapists with their day-to-day tasks, learning about the clinic and the program that resides there.

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?

The responsibilities that you will take on aren't that hard and you will learn quickly. When our clients would come in, I would check them in and hand out a parking pass to them if needed. We handle payments from clients so they can pay with cash, card, or check and you just fill out the receipts to give to the therapists. That's the bulk of the front desk work. I was able to view therapy sessions as well which is something you should take full advantage of. Interns will sometimes be given "special projects" and it depends on what your supervisor is asking you do. One of my special projects was to research LGBTQA+ resources and create an excel sheet for the clinic.

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

As I said before, there were special projects, so project management was a skill that I acquired. I had to make sure when I was assigned something to do that, I got it done and in a timely manner. My communication skills improved a great amount because I spent my day

communicating important information between my supervisor, therapists, and clients and I had to make sure to always be concise and accurate when relaying information.

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

I gained more knowledge about the Marriage and Family Therapy program and its students. I got to see how the students and professors interact. I learned about what it takes to be a student in that program. What their class schedules were, what kind of assignments they, what kind of discussions they were having. I gained insight about the process of therapy through viewing sessions.

9. Critical Moment in Internship

I think the most critical moment in my internship is when I got to view my first session. I had been told that I was able to view therapy sessions, but it was a bit intimidating to ask the therapists if I could view their sessions. But there was one day, when one of the therapists invited me to view a session another therapist was having. She made sure that I was comfortable and if I asked any questions, she tried to provide me with answers. Once the session was over, the other therapist told me that she didn't mind at all if I viewed a session and said if I wanted to talk about it after with her then I could. I thought that was so cool and since then I became more comfortable asking to view their sessions.

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

I would say be friendly to everyone there and try to get to know people. The therapists and other interns, if there are any were really nice and made my experience that more enjoyable. Those are the people that you can turn to when you feel like you need help. Another recommendation is to bring something to do. There will be days where you busy with things to do and there will be some days when there isn't much for you to do. You can bring homework to do during the hours that you aren't so busy. One last thing is to pay attention and try to learn everything that you can. You'll learn a lot by just observing sometimes.

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

Why/why not?

I would recommend this clinic to future students. If there are any students who want to go into marriage and family therapy specifically then this is the place for them. I don't know of any other places that allows you to view sessions and I think that it's something that you have to experience. But if you aren't really interested in therapy or the kind of therapy that this clinic does then I would look somewhere else. The students and the professors are so nice, so you will feel at ease as well.

1. Lucia Diego
2. ED and Human Sciences
3. HS Recruitment families and children

4. Community Action Partnership/ Head Start.
210 O St, Lincoln, NE (402) 471-4515
<https://www.communityactionatwork.org/>

5. Mission: To empower people living in poverty to reach economic stability.

6. Supervisor: Janelle Maybee
Head Start Enrollment and Compliance Coordinator
Community Action Partnership of Lancaster and Saunders Counties
Direct Line: 531-254-5129
Agency Phone: 4024714515

7. The purpose of my internship is to researching data to determine where we can expand out recruitment efforts for Community Action Partnership. Understand the insights of current organizations and how they help families and children who are in poverty.

8. Work responsibilities, skills, and knowledge: To developed ideas for the Lincoln area, trying to find data and ideas for rural Lancaster County and Saunders Counties. Finding where do families go in those communities. Looking for business and other organization who represent us visible in their companies/locations of for their client who and within the community.

8b.) What skills did you acquire over the course of your internship? I learn to navigate the map and located different area of Lincoln and Saunders Counties that are in poverty. Identifying different business/ groups that can help spread the words to their clients.

8c.) What type of knowledge did you gain?
I learn how to be explicit when narrowing down where to look for families go in those communities. Know how to organize and plan when it comes to researching data on recruitment. Learning how to ensure all the following elements into account when setting goal for researching data. Explicit communication to inform when calling up several place around Lincoln.

9. What was your most critical moment at your internship? Explain why. The most critical moment I had during my internship was at the beginning because I was overwhelmed of how recruitment works and what to take in consideration first where was my starting point. After I was able to read and look over other video of the Community Action Program over how to recruit families within any community. After watching and reading I was able to narrow down my goals for every day. I would go in to ask my supervisor if I was on the right track and she was able to help me and provided me with other resource that she has heard about. Another time I believe that was critical is when calling some of the business within the Lincoln because there was time they don't answer and just have you leave a voice mail or other time they don't answer at all. Other business I called only provided an email address of a person who might be able to help because they were not available to talk. After all, even though you have all you researched data, it takes time to get an answer.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization. I would recommend that student should have an understand of recruitment doesn't have a right or wrong answer. There are data that you research that will be useful and other times does data will not. Having an understanding of how to organizing and creating a plan on how to take problem by research data backing it up. Having an open mind to what you are presented during your internship or over the subject you are doing during your internship.

11. Would you recommend this particular organization or agency to future internship students? Why/why not? Yes, I would because it's a new area in a workforce that you might not experience because you will be working with individual face to face. This area of recruitment is more in depth on research data over families within that community that might need help. Also knowing who is the right candidates to reach out and is where all you work come in by researching all the data on income, household, ages, employment and etc. After all, I would recommend it to other future internship students.

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

1. Your name.

Aaron Edwards

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

Child, Youth, and Family Studies

3. Practicum position title.

Assistant Program Director – Youth, Teen, and Family.

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

YMCA of Lincoln, Copple Family Y

8700 Yankee Woods Dr, STE B, Lincoln, NE 68526

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

5. Mission of the organization or agency.

To strengthen our community by improving the quality of life and inspiring individuals and families to develop their fullest potential in spirit, mind and body.

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

Kelsey Fincham, Executive Director

7. Describe the purpose of your internship.

To develop skills that help me work better with kids and help staff work better with kids.

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 would spend time developing the schedule for staff, lead in staff trainings, make sure we are meeting our fiscal goals, and make sure we are meeting licensing requirements.

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

One skill that I developed was how to better manage my work life balance. It was challenging for me at first because I wanted to do the absolute best, but I could see the effects of that in my life. Now I still strive for the best while having clear divides between work and life.

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

The type of knowledge I gained is what exactly is required of a child care center that is licensed. They have lots of rigorous standards that needed to be met.

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

This was probably our budget planning process for next year. I had to oversee my department's budget with a colleague and we disagreed about a lot of it. It tested our ability to overcome things and work together. We did end up growing from it and now work very well together and realize we won't always agree on everything.

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

It is very important to have a great relationship with your supervisor, as that will determine how much support you will have during your experience.

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

Why/why not?

I would as it is the first place I worked at that truly took care of its staff.

1. Kylie Eitzmann
2. Human Development and Family Science with Minors in Educational Psychology & Criminology.
3. Family Support Worker
4. Jenda Family Services. 815 K. Street, Lincoln, NE.
<https://www.jendafamilyservices.com/>
5. Jenda's mission is to help families grow the next generation of parents.
6. Sarah Deutsch – Direct Services Supervisor- Cell: 402-806-3674 – Fax: 402-474-0012
7. The purpose of my internship was to gain experience in the field of social work. I wanted to learn the ins and outs of this field and see if it was something I wanted to pursue as a career.
8.
 - a. My responsibility as a family support worker was to help parents and family grow and leave the cycle of neglect/abuse they were in. I monitored supervised visits between parents and children. During these visits I would document everything I could about the visits, offer advice to the parents, and offer redirection when needed. I also provided transportation during the visits and relayed concerns or goal improvements to the case managers. I also did family support sessions. At these sessions I worked with families to reach their court ordered goals. I also provided them with tools and resources that they needed to meet their needs.
 - b. I gained a lot of professional skills throughout this internship. I learned how to navigate tough and uncomfortable situations. I learned the importance of communication among team members. I learned new skills revolving around

childcare and mental health. I learned better ways to build rapport with clients and staff. I also gained skills in detail orientated documentation.

- c. During this internship I gained a lot of knowledge in dealing with children and families. I learned more in depth what children need at different developmental stages need. I gained knowledge on local resources for families. I also gained a lot of knowledge in diversity and different cultures by working with a wide variety of clients. I was also able to see first-hand how addiction can affect families and what recovery can look like and how that affects all branches of the family unit.
9. I believe the most critical part of my internship was the experiences I had last week. Last week I got to see a lot of both the pros and cons of social work. One day I was working with a client and got to share the great news that she had been approved for monitored visits. I got to see the excitement from her and her children. On the other hand, I saw a client who was doing amazing slip and relapse. Last week I also had to end my first visit due to some safety concerns. That week taught me that this field is hard and requires a lot of commitment. It showed me that what we do makes a difference in the lives of these families, but it also showed me that there are going to be tough situations that I need to learn to navigate in this field as well.
10. I recommend strongly that you remember to work as a team and rely on your peers. This job can be a lot to juggle and sometimes overwhelming. It is important to communicate with your supervisors and coworkers. Reach out to them if you are not sure how to handle a situation and they will help guide you through it. I also recommend that you build a schedule or plan that focuses on your self-care. Often times throughout this internship I would be so focused on my client's needs that I would lack on my personal

needs. When you get overwhelmed don't be afraid to ask for some assistance. You have to take care of yourself before you can take care of others.

11. Jenda is a great organization with an even greater goal. The teams at this agency all want to help others and do it in a professional matter. If you decide to take on this internship or one similar know that it is important to set boundaries. The only issue I ran into with this organization is that because they have such a high case load, they will sometimes try to put more on your plate than what you asked for. Jenda is never going to make you accept a case but they will ask you to often. Don't be afraid to deny a case if you are uncomfortable with it or overwhelmed by your current ones. As long as you can set these boundaries Jenda is a great option for your internship!

1. Taylor Evans
2. Marketing and Public Relations
3. Marketing and Public Relations Intern
4. Patriarch Distillers/Soldier Valley Spirits
Soldier Valley Spirits/ 12251 Cary Cir ste 100 La Vista, NE 68128
<https://soldiervalleyspirits.com>
5. Soldier Valley Spirits originated from a desire to celebrate and honor U.S. veterans, both those in our own families as well as all veterans who have served our great nation. We at Soldier Valley Spirits are thankful for the liberty and freedom we enjoy every day. Our company follows the core values of **faith**, **family**, and **service to country**.
6. Kim Davis, Executive Assistant To Founder and Chief Executive Officer Jeff Hadden at Soldier Valley Spirits
402-880-4212
7. The purpose of my internship was for me to gain experience in the marketing and public relations world. I wanted to learn, with hands-on experience, if this is something I want to pursue for a future career. I am in charge of the face of the company and trying to get our name out more to gain new customers.
8. A- I was the admin for the company's social media platforms. I was in charge of the presentation of new product launches and on site events. I worked directly with our operations director and learned about teamwork in a company. I spent my time making social media posts, flyers, coupons, working with people around the company, and reaching out and connecting with the community.
B- I received a good list of skills from my internship. I learned how to be a team player, how to be organized, time management, and people skills.
C- I learned a lot of things on the job. I learned the importance of social media for a company. I learned how to make a plan of action for promotions and events. I also learned that sometimes things don't go how you plan, and you have to learn how to adapt. This was huge working at the Distillery because the company started out small and is just continuing to grow. This led to a couple learning bumps as a company and employees.
9. I think the most critical moment at my internship was when I had the responsibility to interview an inspiring veteran, Ben Marksmeier. I was in charge of writing and sharing his story. This was critical to me because I felt like it was a lot of responsibility and I just wanted to do it right!
10. I think my recommendation for future students would be to speak up about what they want out of the internship. I would also recommend to be super organized and be ready for constructive criticism, since you are working on the image of the company.

11. I would recommend this company to future internship students. They are very personal and just want you to have the best experience! They are very helpful and I learned a lot from just one semester being at Soldier Valley Spirits.

1. Theodosia Hunt
2. Child, Youth, and Family Studies
3. Teacher (age group 1-2)
4. Kindercare, 8215 Northwoods Dr Unit 100 Lincoln, NE 68505, (402) 465-4769, kindercare.com
5. Their mission is “ We build confidence for life by providing high-quality early childhood education for families of all backgrounds and means.
6. Melissa Larue, Center Director, (402) 465-4769
7. To create lesson plans for the age group of children I am in charge of. Provide a clean space to children and families, Follow a consistent daily schedule in the classroom.
8. Communicate with families each day, write down what goes on with each child (activities, bathroom breaks, what they ate, etc.), supervise activities.
9. The most critical part of my internship has been creating lessons. Although this is a simple part of each day it has really built my confidence for when I start teaching. Out of all the things I’ve been worried about for my future career as a teacher, lesson plans were the biggest because it was something I didn’t feel like I had a lot of hands-on experience with.
10. If you are able to try to find opportunities to work with the director. It’s important to have an understanding of higher up positions in childcare.
11. Yes, they are great at creating a structured environment. By having this you can plan where in your day you can try new things, find other learning opportunities, and ask questions.

1. Your name: Sicily Hutchinson

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

3. Practicum position title: Personal Trainer

4. Organization / agency name: Fit4Lincoln

Organization / agency address and contact number: 1359 S 33rd St #1, Lincoln, NE 68510

Organization website if available:

http://www.fit4lincoln.com/?gclid=CjwKCAjw8JKbBhBYEiwAs3sxNzeeFN_Ir3ICqdbRB36M9Nuxngykr5HnGhbF4RmGJIsX9yeGhgzUQxoCa84QAvD_BwE

5. Mission of the organization or agency: F4L has two main missions. One, is “To expose and engage 20% of the city’s population to a healthy and fit lifestyle by the year 2025 through not only our workout facilities but through the numerous community programs we are involved in.” And two, “We are extremely focused on mentoring fresh up and coming fitness coaches, trainers, and managers by helping them cultivate, develop, and foster long-lasting and loyal relationships with their end-clients.” (From F4L website)

6. Supervisor’s name and title: Nichole, Personal Trainer

Supervisor’s contact number (phone and fax, if available): 402-499-2232

7. Describe the purpose of your internship: The purpose of my internship is not only leading me to help others who want the best for themselves, but it’s also showing me more about the career. This internship is helping me learn more about this profession, and is cementing what I already felt/thought. This is definitely the field I want to be in. Its purpose is also showing everyone(including me) the full potential of themselves.

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 the gym are writing workouts for the clients for each session, setting up for that workout, running the clients through warm ups, and of course taking them through the actual workout. This includes doing demonstrations of the workouts and explaining them beforehand. I also assist, correct, and/or encourage the clients as they train. If a session is timed, I do that too. If another trainer is doing the workouts, I spend my time observing them, socializing with the clients, and writing down new workouts. Afterwards, I cleaned up the equipment.

8b.) What skills did you acquire over the course of your internship?: My communication skills have definitely gotten better the more I worked at the internship. Since this is GROUP

personal training, it helped me become more comfortable with talking to multiple people at once/a crowd. Being flexible and able to adapt is also something I've picked up. Sometimes workouts, or exercise substitutions need to be made on the spot, I've gotten well at given adequate progressions or regressions. I've also gotten better at dealing with negative emotions from my clients. With making people exercise, I've somewhat gotten used to it. But seeing my fellow trainers handle it gracefully and calmly showed me to do the same.

8c.) What type of knowledge did you gain?: Besides the skills I've acquired, I also gained the knowledge of not taking it too personally if someone didn't like a workout, or takes their anger out on me while working out. Being calm and remembering it's for their own good made me feel better. Some people do like my workouts, so I had to keep in mind that everyone is different, and I can't always make everyone happy.

9. What was your most critical moment at your internship? Explain why: My most critical moment at the internship was when clients would ask me and another trainer to switch workouts for them, even though they came to a different scheduled workout. They wanted to lift instead of do cardio(which was what they showed up for). The difficult part was explaining to them the health benefits of cardio, and explaining to them why we couldn't switch it. Being that it was unfair for others who wanted cardio. Getting them to understand it and dealing with their anger or attitudes was a challenge because I wasn't sure how to address it. However, after some time, I made a compromise and started giving them workouts with just less cardio and more lifting, instead of no cardio all together. I made sure they knew I wasn't upset with them, and stayed professional through the disagreement. This was a key moment in my internship because I know in personal training there will be a lot of times where I have to deal with something similar.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization: My recommendation to someone in a similar position is to keep an open mind, and try to empathize/be understanding of those you're helping. Also keep in mind that this may not be the career you wanted, but it's okay. You don't have to make it work if you don't like it. Lastly, keep a cool temper and don't upset clients.

11. Would you recommend this particular organization or agency to future internship students? Why/why not?: I definitely would recommend this specific organization to future internship students because the people are nice and it feels like a small community or a family. This internship in particular works to help future students/trainers cultivate/better their personal training skills (as stated in the mission). This would be a great experience, especially if you want people to workout on YOUR time, instead of changing your schedule around to fit one-on-one training sessions in. It also help develop communication/people skills.

1. Abigail Javier-Paxtle
2. Majors: Spanish and Child Youth and Family Studies: Human Development and Family Science. Minors: Sociology and Women and Gender Studies
3. Chiropractic Assistant
4. WellnessOne Chiropractic Lincoln
 - a. 2621 South 70th, Suite A. Lincoln, NE, 68506
 - b. (402) 484-0200
 - c. <https://www.wellnessonenebraska.com>
5. “Our mission at WellnessOne is to provide our community with excellent care. We’re inclusive and treat the whole person, not just symptoms. Our goal is to not only rid our patients of pain, but also to inspire and educate them to take their health into their own hands. We do this by individualizing each patient’s care based on their specific needs. At WellnessOne, we do not just want to be your chiropractor, we want to be your family’s Chiropractor.”
6. Amber Soderstrom: Team Lead
 - a. (402)484-0200
7. The purpose of my internship is to interact with patients to assist them in decreasing their pain, gaining mobility and strength as well as maintaining their health.
8. Work Responsibilities:
 - a. I assist the doctor by getting patients through therapies. I start by welcoming them and checking them into their appointment. I then assist the doctor with the instructions I am given, guiding the patient through their appointment. I clean

rooms in between patients and check patients out and handle payment when they leave.

- b. I acquired a lot of communication skills and attention to detail because treatments cannot be confused or else, they could harm patients instead of helping them. Being able to get a routine down was very important and I had to relay information to the doctor, other assistants and patients while having many at once. I was taught how to schedule and prioritize, respecting people's time and following their appointments.
 - c. I learned a lot about the body and its anatomy, something I have not been exposed to before. I gained knowledge that some chiropractic problems are wear and tear over time while others can be because of pregnancy, abuse or stress. I learned that chiropractic care works a lot with muscles even though the first thought would be bones and joints.
9. I had two critical moments while I was at my internship. The first one was when I was getting a therapy set up for a patient and I was told that they were only going to chiropractic care because they were in an abusive situation and the damage done was so severe, they have been coming to the office for over a year. Until that moment, I did not think about different reasons why people search for care. I always thought that it was because of age or work, but these types of situations seemed to be more frequent after this one and I had to take a moment to understand how my work is helping someone get better from their past trauma. The second one was when there was a patient who had little to no hope of getting better because they came in bend over,

unable to stand straight or lay down and they were only around 30 years of age. They came to our office almost every other day getting treatment and one day she was able to walk out of our office standing straight and without a walker assisting her. This moment made me cry because I had to be with her so many times and listen to them lose hope to do normal activities like playing with their children and visiting family. Seeing the results of weeks of work made me emotional but I was beyond happy.

10. When I was looking for an internship, I was looking into the usual positions such as a Family Case Worker, but I decided to try something different, and I was amazed by the results. I wanted to be in an environment where staff cared about their clients and would do everything they could help them. I always wanted to get into the medical field, but I did not think about doing it any time soon. After spending time in this position, I've seen that there's many different ways to help people, I am still able to provide resources, help and guidance while enjoying the fast-paced environment that many office jobs and home visits do not always offer.

11. I would definitely recommend this agency. They care about their staff and patients deeply. It is a lot to learn and fast paced but it is enjoyable and there are connections made that make going into the office something to look forward to. I would say it is more of a long-term commitment though because they have a lot of training that has to be covered.

Internship Description Guideline

UPLOAD by: Friday, Nov. 19th 11:59 p.m.

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

1. Your name. Tyanna Jefferson
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...) **Human development and Family Science**
3. Practicum position title. **Teaching Assistance/ Para**
4. Organization / agency name, **Omaha Public Schools Hartman Elementary**
Organization / agency address and contact number **5530 N 66th Omaha Ne 68104**
Organization website if available
5. Mission of the organization or agency. **Education**
6. Supervisor's name and title, **Joanna Fitch Pre-school teacher**
Supervisor's contact number (phone and fax, if available). **(402) 249-6179**
7. Describe the purpose of your internship.

The purpose of my internship is to help assist the teachers in the school and build connections with students

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 worked in classrooms with different students with assignments and projects. Help teachers grade assignments and set of classroom activities. Talked with students one on one to help them if they struggled.

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

I learned different communication skills for different age groups, I learned how to multitask and some teaching skills/techniques.

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

I gained knowledge on how to communicate with not only students but my colleagues and some problem-solving skills that will be beneficial to my future career.



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

My most critical moment at my internship is building relationships with the students and them feeling like they can trust me and talk to me about anything. I think it is important to have those relationships with your students in this career to help benefit everybody and get the best out of them.

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

To have an open mind about picking your internship and pick something that you can really see yourself doing in the future.

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

Yes and no, I enjoyed it but they were not very familiar with having an intern and at first did not know what exactly I should do and had me everywhere but eventually, we got a schedule flowing.

1. Name: Hannah Jumper
2. Major area of study or focus: Human Development and Family Science with minors in Education Studies, Psychology, and Educational Psychology
3. Internship position title: Child Specialist- Community Learning Centers
4. Organization: CEDARS Youth Services, 6601 Pioneers Blvd #1 Lincoln, NE 68506, 402-434-5437, www.cedarskids.org
5. Mission of the agency: “to help children and youth achieve safety, stability, and enduring family relationships”
6. Supervisor name, title, and contact number: Angela Hauserman- Program Director:
Hartley Elementary Community Learning Center 402-7708674
ahauserman@cedarskids.org
7. Purpose of internship: I serve as a child specialist for Harley Elementary’s Community Learning Center (CLC) which is supported by CEDARS Youth Services. The CLC is a before and after school program that give students time to do their homework, engage in enrichment activities, and interact with their peers. CEDARS as an agency follows trauma informed care practices. Staff are extensively trained to work thorough challenging student behaviors and respond effectively while considering the trauma that our client may have experienced.
8. Work responsibilities, skills, and knowledge:
 - a. Describe major work responsibilities: My main responsibilities consisted of helping with homework, supervising during recreational activities and snack time, and delivering lessons. Many of the students view me as their “teacher” for the before and after-school program. A large part of the job also involves filling out

paperwork. Things like accountability sheets to keep track of how many students I am responsible for moving from activity to activity. I also spend a lot of time filling in behavior charts for a select few students that have consistently exhibit behavior problems. It is important to fill these charts in which detail so that when staff are meeting with parents there are record to look back on.

- b. A main skill area that I have grown in is delivering lessons. I didn't have much experience with it before working at this internship. I have also gained skills in talking with the parents of my students. Communicating with parents about how the progress their student is making and how we can make plans to best support them is critical to the student's success at the CLC. I also feel that I have improved in my confidence in working with school aged children which has in turn bettered the services I am able to provide for my clients.
 - c. I feel that I have gained extensive knowledge on trauma informed care and what the school environment is like. CEDARS provided me several extensive trainings on being a trauma informed care provider. I now am better prepared to work with kids who have experienced trauma and make the spaces I serve them in more welcoming. I have also increased my knowledge on the school environment. I am more aware of the expectations put on students at school and how every part of the child's school environment can play a part in their success.
9. The most critical moment of my internship so far has been when everything goes wrong. When a child has breakdown during a lesson, when none of my students are engaged in the lesson I am delivering, etc. In these moments I have learned crucial skills; especially how to hold myself together when everything seems to be in crisis. This has increased my

self-confidence and dealing with these kinds of situations has gotten easier with experience.

10. To future internship students- I would tell them to view this internship as more than the skills you will be gaining. Use every opportunity to get to know the professionals at your site and open yourself to the connections you will make. Remember that discomfort is a part of growth and you will come out of this experience with more skills and self-confidence.

11. I would definitely recommend CEDARS to future internship students. I feel incredibly trained and prepared to provide the services that I do. As in many sites in the human services field, understaffing is a chronic issue. There have been stressful times when additional staff would have made my job less stressful. However, CEDARS as an organization provides a great culture and professional development as well as incredible opportunities for growth within the organization.

1. Kathryn Kirschbaum
2. Child, Youth, and Family Studies (Counseling)
3. Counseling Intern
4. Lincoln Psychotherapy Services
 - a. 2900 S 70th St, Suite 160, Lincoln, NE 68502 & **(402) 477-8278**
5. We aim to alleviate psychological suffering, promote a positive sense of self while helping clients lessen the experience of psychological distress which can inhibit one's enjoyment of life through the use of research-based practice.
6. Teresa Mass (LIMHP, CPC)
 - a. 402-432-4363
7. The purpose of my internship is to learn how to develop programs for counseling groups and individuals. Work to understand various part of clinical counseling through observation, program development, and shadowing throughout the internship. Further, to gain skills and understanding to better myself as a prospective counseling student.
8. Work responsibilities, skills and knowledge
 - a. My major work responsibilities include putting together tools for clients and organizing programs into weekly lessons/topics. I spend my time learning what tools counselors use to help clients in varying situations and how that looks in a treatment plan.
 - 8b.) I have gain greater communication skills, organization and time management skills, interpersonal skills, as well as skills related to the counseling field such as active listening, restatements, attention to body language, and confidentiality.

8c.) I have gained knowledge about group counseling and program development. I have also learned what the day to day of a counselor looks like and how that might look for me in the future. I have gained more knowledge about the field and how clients are admitted as well as some understanding in how insurance ties into counseling.

9. A critical moment in my internship was when I was putting together tools into weekly prompts, and I realized that what I thought would be best wasn't necessarily right. I had to keep an open mind and accept feedback from my supervisor to realize that there were some errors in my thinking. My supervisor was very helpful and didn't make me feel bad for making a mistake but rather worked with me to see and implement a better solution. I gained a lot of new understanding and knowledge, and the learning moment allowed me to grow.
10. My recommendation is to keep an open mind and really be ready to learn as much as you can. Do not be afraid to ask questions and realize that it is okay not to know everything. I also recommend going in with a good attitude and be willing to accept constructive criticism. At the end of the day the goal is to gain more skills and be better clinicians and accepting the help from those already in the position can really help you spring forward in your skills.
11. I would recommend this organization because I feel that even though you cannot get a lot of direct client interaction due to confidentiality and licensing reasons, it stills gave me good experience in developing programs for counseling groups and learning what session can look like. My supervisor was a great resource and was committed to helping me grow in the best way possible.

Brynn Krieger

Internship Description

CYAF 497D

October 31, 2022

1. Brynn Krieger
2. Major area of study or focus.
 - a. Child, Youth and Family Studies
3. Practicum position title.
 - a. Medical Social Work Student
4. Organization Information:
 - a. Syracuse Area Health Hospital
Address: 2731 Healthcare Drive, Syracuse, NE 68446 **Contact number:** (402) 269 – 2011
Website: <https://www.syracuseareahealth.com/>
5. Mission of the organization or agency.
 - a. The mission of the Syracuse Area Health Hospital is to have Compassionate Care and Healthy Communities. Their vision is to be the Destination Healthcare Provider for Southeast Nebraska.
6. Supervisor Information:
 - a. Emily Iske (Licensed Clinical Social Worker)
Contact number: (402) 269 – 5491 **Fax:** (402) 269 – 7660
7. Describe the purpose of your internship.
 - a. The main purpose of my internship is to have the ability to understand the role of a medical social worker and be able to gain more knowledge about the responsibilities and skills that are necessary to do this profession efficiently throughout a hospital setting.
8. Work responsibilities, skills, and knowledge:
 - a. My major work responsibilities at my internship are to review swing patient information and decide if they are a good fit to be transferred to our facility, I am in charge of conducting Social Service Assessments on patients and chart/document the results of

Brynn Krieger

Internship Description

CYAF 497D

October 31, 2022

- what I found from this type of interaction, I put together a presentation of Abuse/Neglect policies to present to the hospital and update the staff on this policy's importance, and I have sat through many patient rounding meetings and documented/charted the patients' updated statuses in their chart.
- b. I have acquired many skills from this internship. I have been to master active listening when talking to patients about their discharge plan from the hospital, as well as effective communication. Other skills that I have learned is how to chart/document important information in a patient's chart, how to adapt to situations quickly, and how to develop an understanding on what a patient or their family needs and effectively respond to those needs in a timely manner.
 - c. I gained so much out of this experience so far, and every day that I am there, I am still able to learn something new. The types of knowledge that I have gained are how to compose a discharge plan that ensures the safety of each patient that leaves the hospital grounds, how to accurately give a Social Service Assessment to test a patient's cognitive ability and behavioral standing, and how to communicate with insurance companies to decipher if patients will be approved or denied for their treatment at the hospital. I have also gained the knowledge on how important this type of profession actually is and the impact that it has on the surrounding communities.
9. What was your most critical moment at your internship? Explain *why*.
- a. The most critical moment at my internship was when I was able to compose a Social Service Assessment by myself on a patient. I was able to gain independence and get a hands-on approach on what Medical Social Workers have to do every day. This moment was also critical because I was able to build a strong connection to a patient personally and professionally. I felt very important and getting this opportunity allowed me to feel empowered and helpful by knowing that I had an impact on a person health journey.
10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization?
- a. One of the main recommendations that I would give would be to test out/shadow multiple Medical Social Workers in both rural and urban settings. When given this type of opportunity, it gave me a bunch of insight and clarity about where I want to work after I get my Master's in Social Work. Another recommendation too would be to always keep an open mind to the challenges that may be thrown your way. I have learned so much from being throw into different types of situations, and coming out of these challenges, I was able to learn so much which has persuaded me to keep pursuing the profession that I

Brynn Krieger

Internship Description

CYAF 497D

October 31, 2022

had my internship with. One last thing that I would recommend is doing your research on different hospitals and the types of opportunities that are given to each type of Medical Social Worker in that facility. Each facility can be so different from each other but doing some research and talking to each social worker in the facility will allow you to pick the best area that works for you.

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

Why/why not?

- a. I 100% would recommend the Syracuse Area Health Hospital to future internship students. The community that they have created in their facility has been nothing but a warm, encouraging environment, and they all really want you to do well in your internship. There is also a lot of support and flexibility that is available to you which was really nice to have during this internship as well.

Internship Description

1. Ally Kruid
2. Human Development and Family Science
3. Volunteer Activity Coordinator
4. Madonna Rehabilitation Hospital
 - a. 5401 South St Lincoln, NE 68506
 - b. 402-413-3000
 - c. <https://www.madonna.org/>
5. Madonna's mission is to rehabilitate those who have sustained injuries or disabling conditions so they can fully participate in life; lead research to improve outcomes; prevent physical disabilities and promote wellness through community programs.
6. Supervisor: Doris Lewis
 - a. Recreation Therapist, Activities Director
 - b. 402-617-8437
7. The purpose of my internship is to give me real field experience in a hospital and long-term care setting. This internship gives me the ability to improve my leadership skills, create bonds and get better at work with patients, and see how occupational therapists work with other disciplines.
8. Responsibilities, skills, knowledge
 - a. Responsibilities include:
 - i. Assisting group leaders with preparation and set up of group activity
 - ii. Assisting group leader with transporting residents to and from group activity

- iii. Assisting residents during groups as assigned or needed
- iv. Assisting group leader with clean-up of activity and room
- v. Complete intake forms for new patients in transitional care unit
- vi. Lead one-on-one activities with residents as needed

b. Skills learned:

- i. Leadership
- ii. Patience
- iii. Communication
- iv. Confidence in caretaking

c. Throughout this experience I have gained knowledge on how different disciplines work together to provide the best care for patients (ex. physical therapists, occupational therapists, nutritionists, social worker), how a hospital and long-term care setting differ, and how to communicate effectively with patients that have varying disabilities. I have also learned how to consider each residents specific needs when coordinating activities.

9. The most critical moment at my internship has been being able to work with residents one-on-one. Each week I work with two residents on a recreational activity for their benefit and to decrease isolation. On Tuesday's I play a Shut the Box game with a patient that has Cerebral Palsy. On Thursday's I play Yahtzee with an older patient that is in the long-term care program. Through these one-on-one's I have been able to build great bonds with the residents. These one-on-one's have helped me improve my communication skills with patients and get me excited for my future career where I will work with patients every day.

10. I would recommend that future students research their position and organization place before beginning the internship. I think it is important to know the organization's mission and values and make sure that you align with them. I also recommend that if you go to the organization for an interview, you ask a lot of questions so you can better understand what your role will be and what the expectations are.
11. I would recommend Madonna Rehabilitation Hospital to future internship students. I really like Madonna's mission and how they care for their patients. Working in a hospital allows you to work with people that have varying needs and I think that it is a great experience. I have felt very supported in my internship, and they have allowed me to take on leadership roles to improve my skills.

Priscilla Lebesse

11/03/2022

Internship description

1:Name: Priscilla Lebesse

2:Major: Human development and family sciences

3:Position title: Care partner

4:Organization: Tabitha Health care services

5:Organization Address: 4720 Randolph St, Lincoln, NE 68510

6:Organization website: www.tabitha.org

7:Mission of organization: Tabitha empowers people to live joyfully, age gratefully. Our Core Values

CARE - Extend unwavering Christian compassion

CONNECT - Build relationships rooted in love, because love matters

CUSTOMER CENTRIC - Identify, clarify and anticipate needs to exceed expectations

COLLABORATE - Create an atmosphere of teamwork

CULTIVATE - Nurture an environment of innovation and growth

COURAGE - Demonstrate confidence, boldness and determination

COMMIT - Devote our time, talent and treasures

CELEBRATE - Recognize and encourage all accomplishments big and small.

8: Supervisor Name & Title: Ruthi Thompson: Director of life enrichment & Volunteers.

9:Supervisor's contact number: 402-486-8534

10: Purpose of internship: To provide aid to the residents, such tasks include, dressing, bathing, feeding, and ADL's. The purpose is to learn more about the resident's sleep pattern, bathroom habits and their everyday behavior in order to provide the best care possible.

11:

11a: I spend most of my time putting the residents to bed, changing their briefs, emptying their catheters and answering call lights. I also do laundry from time to time and I also clean their living space.

11b: The skills that I've acquired that will be useful for me in the future are patience, being a better listener, and I have become a lot more organized. I always make sure that all residents are accounted for, and last but not least responsibility and accountability. Sometimes I'm left to work alone with the residents, so my supervisors trust that I will be able to make the right decisions that will benefit the residents.

11c: The type of knowledge that I gained is how to be a better listener/communicator. A lot of the residents have a hard time speaking and expressing themselves, so I have to spend a lot of my time interpreting and figuring out what they're trying to say. Because of that, I have become very attentive. In terms of communication, some residents are hard of hearing, therefore I have had to find different ways to communicate, such as writing, announcing my words a bit better, and making sure that I speak very slowly and loud. Because of this, I have become very resourceful because I always have to think on my feet and be quick to take action.

12: The most critical moment of my internship was when I was left alone for the first time. I was a little bit nervous just because even though I knew what to expect, anything can happen with the residents. Not everyday is the same, I was nervous thinking that all the residents would call at the same time and I wouldn't be able to help them all in a timely manner. Also one of the residents

isn't always nice, the other workers warned me about her, to be careful with her and to not give her any of my personal information. So that scared me a little bit because I had to work alone with her and I didn't know how she was going to treat me. Nonetheless, after the first day of being alone by myself, I got the hang of it, and I made sure to always have a good attitude whenever I'm interacting with the resident that everybody is afraid of.

13: My recommendation for future students would be to make sure that they spend their time researching the place that they want to intern, making sure that it's the right fit for them, they shouldn't just agree to do the first internship that they see, finding an internship that they actually like will make the experience better for them. I would also advise them to find an internship that works well with their schedule and doesn't keep them from performing well in school. A lot of us are full time students, therefore, it could be difficult to find time to do an internship, work and go to school at the same time. That's why I would also advise them to find a paying internship if they can, that way they can make some extra income if they're unable to continue with their job.

14: I will recommend Tabitha to future students because it allows for people to grow as individuals. It requires for people to have particular skills that are sometimes hard to acquire, it also allows people to reflect upon themselves and ask themselves if the work that they're doing is fulfilling. Because working with residents is not easy, it takes a big heart to be able to put up with the residents' behaviors and their needs. But it can be really fulfilling work if this is what they choose to do. Tabitha will teach them how to better communicate with others, it'll teach them patience, it'll teach them understanding, and it'll teach them empathy and sympathy. After being at Tabitha, I don't think people will leave the place the same way that they came in, they will always learn something about themselves, whether it'd be good or bad.

Internship description

October 28, 2022

1. Name?

Idaly Lucas

2. Major area of study or focus?

Child, youth, and Family Studies

3. Practicum position title?

Assistant site supervisor

4. Organization/address/website?

a. Family service Lincoln

b. 501 S. 7th st/ (402)441-7949

c. <https://familyservicelincoln.org/>

5. Mission of the organization or agency?

“Helping families Thrive” through offered programs such as Women, infant, and children (WIC), youth development, behavioral health, child care food program, and human resources.

6. Supervisor's name and title & contact number?

a. Alexis Gonzales

b. (308) 380-9899

7. Describe the purpose of your internship?

The purpose of my internship is for me to gain experience working with children and their parents in a school setting. I wanted to grasp the knowledge of whether I wanted to work in a school setting. I also wanted to learn what my strengths and weaknesses are in order to improve on them. The purpose of my internship regarding the organization is to provide a safe space for

children to socialize, eat, and expand on their learning. The program is also beneficial for parents who know they work late; these parents have the option to enroll their children in this program to ensure their safety.

8. Work responsibilities, skills, knowledge

- a. My major work responsibilities are to ensure the safety of my students as soon as they walk into the door. I am also expected to engage with my students during their snack and recess time as well as generally building a relationship with every single one of them. When we break for recess, it is my responsibility to supervise the students and mediate any issues with students if needed. My last major responsibility is answering the work phone and checking the children in and out of the program.
- b. New skills that I learned while working at my internship include sternness, mediation, responsibility, leadership, patience, and time management. Thinking back to the ethical standards, it is my responsibility to understand that I am an adult, and that I am in charge. I have learned that because a student wants something, I don't always need to satisfy their wants. Mediation is something I struggled with at the beginning because children are different from adults. But I've learned the type of language or script I should follow for the children to understand. Responsibility ties with time management. I am responsible for getting to work, caring for the children and their safety, but also balancing my academics. Lastly leadership and patience. While at my internship my supervisor has been challenging me to run the program or lead certain parts of the program. I have learned to have patience with myself, but also with my students.
- c. The overall knowledge that I gained from my internship is the importance of learning how children think to then expect how they will act in certain situations. For example,

some of my students have better coping mechanisms than others. Some may be confused on why a child is crying or yelling, and others may go and try to comfort their peers.

What I've come to understand about myself is that I underestimated the importance of safety when working with younger children. A lot of my students love to run down hills, play roughly with other students, and jump off of high structures. It is a roller coaster everyday, but I am gaining amazing experience in a school setting.

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

The most critical moment in my internship was my first time running a program by myself. Recently, my supervisor went on vacation during fall break and missed the first day back. I was still pretty new and did not know a lot of the main supervisors' responsibilities. I learned that in the morning, I have to manually check all of the children out because they are out of the program but still in school. In the afternoon I learned that I have to check in the children manually and also confirm that every single one of them either had a snack or had the option of a snack. These are more technical things I learned that the main supervisors take care of. I also learned how to fill out incident/injury reports for students. This was a critical moment for me because I was in charge and responsible for the program running smoothly but also ensuring the safety of my students while still being relatively new.

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

The first recommendation I would make is to have an internship lined up before the start of the semester. I waited until the last minute to find an internship and did not find one until 3 to 4 weeks into the semester. I was really stressed about it and wished I would've started looking before the semester started. Another recommendation I have is to time manage. Some

internships, like mine, are very time oriented. I have to go in the morning and then again in the afternoon. It is extremely important to let HR or your scheduling coordinator know your class times and mention the time it will take to get from campus to work.

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

I would recommend this agency to others. However, I would not recommend the position I have. I would recommend being a TA. This position is more flexible for students with a heavy academic load. The agency itself is very comfortable and welcoming. They have staff meetings every Tuesday for supervisors and assistant supervisors. They also include helpful trainings and certify you for CPR.

1. Gladys Martinez Cruz
2. Human Development and Family Science
3. Assistant Site Supervisor
4. Family Service Lincoln
 - a. 501 S 7th St, Lincoln, NE 68508
 - b. (402) 441-7949
 - c. <https://familyservicelincoln.org/>
5. Mission: “Helping Families Thrive”
6. Cris Yanak-Cushman (Site Supervisor/Director)
 - a. (402) 617-1191

7. Purpose of my internship: I wanted a job that allowed me to get hands-on experience in working with children. This internship allowed me to interact with children everyday and get a gist of what it looks like to work with children. I hoped that by the end of the internship, I would be able to decide whether or not I would like to work with the younger population in my future career or if I would have to consider other populations. Furthermore, I expected this internship to expand my professional network. I also looked forward to improving and developing skill over the course of the internship experience.

8. Work responsibilities, skills, and knowledge:
 - a. As an Assistant Site Supervisor at West Lincoln Elementary’s before and after school program, I possessed both demanding and unchallenging responsibilities in my work with children K-5. For Family Service’s before school program, I had to be at the site (West Lincoln Elementary) before 7:00AM to help my supervisor set up our designated room before the kids arrived. Throughout the morning and afternoon sessions, my main responsibilities were to monitor, interact, and encourage participation with youth. I had to make sure kids were interacting with each other safely. In the afternoon, I had to be at the site before 3:00PM, again, to set up and organize our designated area. In the afternoon I was in charge of setting up the snacks for the kids as our program is responsible for providing them. In both the morning and afternoon sessions, I had to observe when our kids got

checked and who checked them in, just in case there was ever a computer error. I had to learn how to run and use several applications used throughout the program in case my supervisor was not present at any time. I learned how to appropriately interact and engage with the families we provided service to. Additionally, I had to be able to deescalate issues between the kids because it was my responsibility to create a safe environment for the children. Over the course of the weeks, my supervisor allowed me to take on more responsibilities by letting me run the program myself, but she did step in if I had questions. As an Assistant Site Supervisor, I was also responsible for attending our staff weekly meeting on Tuesdays which took place at the organization's main office. At the office I would also, alongside my supervisor, work on entering data and brainstorming ways to improve our program.

- b. Over the course of my internship, I was able to improve my communication skills. I had to learn how to express my needs to my supervisor. In my position, I communicated with other people besides my supervisors, so I had to learn how to address each one appropriately. As the assistant, I had to be able to work and connect people who were part of my supervisor's social network such as the kids' teachers, school coordinator, and other Family Service staff. Furthermore, when working with children in this type of environment, having patience become crucial. In my work, I had to redirect kids several times and, still, some were not compliant. It becomes important to know how to appropriately and respectfully respond to the kids. Independent from my work at my site, I had to learn how to manage my time outside of work. At times it became difficult to track my schoolwork and attend work every day.
- c. Over the course of my internship, I gained new knowledge that has become useful. I learned how to enter data to specific documents, I learned how to check our kids in and out in our program's before and after school software. I gained knowledge on how to run a before and after school program for Family Service. I gained knowledge on the responsibilities of an assistant site supervisor at West Lincoln Elementary. I comprehended the rules and expectations Family Service Lincoln had for me as their team member.

9. The most critical moment at my internship was when I become a bit overwhelmed with my responsibilities at work and my responsibilities at school. I felt that I could not keep up with my schoolwork. At one point, I was behind on my schoolwork which in turn affected my mental health, so I would go to work unmotivated with other things in mind. I felt that I was not providing the kids with the best care.

10. I really enjoyed working as an assistant site supervisor for Family Service Lincoln. However, my school schedule and my work schedule really did not work out as expected. So, I would recommend future internship students to consider their school schedule when looking for internships. I would make sure to have enough time to focus on schoolwork. For this position, in the mornings I worked three days a week and in the afternoons I worked every day. Furthermore, if they chose to work as an assistant site supervisor for this organization, they should really have an interest in working and interacting with children. It can become overwhelming to care for many children at once.

11. Yes. I would recommend this organization to future internship students. Firstly, if they enjoy interacting with children K-5 this is the place where they will be able to do that every day. It becomes fun when you are able to sit down and play with the children. At times, I would color and play board games with them. Additionally, if you communicate your needs, if any problems arise, whether personal or academic, Family Service Lincoln is willing to be flexible and work with you to accommodate to your needs.

1. Name: Sophia Merrill
2. Major: Human Development and Family Sciences / Focus on becoming a Child Life Specialist
3. Practicum Position Title: Student Teacher
4. Organization Name: University of Nebraska-Lincoln Children's Center
Organization Address/Contact: 2225 W St, Lincoln NE 68503 ; (402) 472-2009
Organization Website: <https://childcare.unl.edu/>
5. "We believe that children learn best through play and hands-on experiences provided throughout each day. We value social and emotional learning; defined as the ability to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. We know that social and emotional learning is the foundation of all other learning so we focus our energy on developing each child's social and emotional competence. We believe in the value of the family-school connection and know that parents are a child's first and best teacher. We strive to work collaboratively with family members to ensure the success of their child in early childhood and beyond".
6. Supervisor's Name/Title: Desiree Feira Smith / Head Teacher
Supervisor Contact: (210) 760-9460
7. My purpose of my internship is to help out the teachers in their lessons and everyday tasks. Creating a safe and nurturing environment for up to 12 children in a classroom while collaborating with head teachers and other student workers. Making the environment fun and interactive following the teachers activities that entertained and stimulated the children.
8. A. Most of my daily tasks consist of communicating with the families during drop offs and pickups, changing 20+ diaper daily, creating/setting up lesson plans, large motor activities, reporting back to parents via app (tadpoles), putting children down for naps, cleaning surfaces during our break times (nap), and preparing breakfast, lunch, and snack.

B. Skills I have required during this internship are administering meals due to a child's dietary needs, how to set up lessons for certain age groups and development processes, making connections with different families from different backgrounds, and preparing activities in different areas that are safe for the age of the child.

C. Knowledge I have gained from this internship can help me in my future career process. I have learned how to properly communicate problems and different situations to parents about their children, communicating with the children when something they do is good vs bad, learning children's different reactions to different situations (scary, hurting, happy, sad, etc.) and how to deal with them, and distractions when child is in hard scenarios.

9. I would say the most critical moment of my internship was when my head teachers wouldn't be in the room and put me in charge. These teachers trusted me enough to lead lessons and work with the children while they were out. I was able to get more connection with the students when we were one on one. It really showed me how children process different situations and how to make them feel safe.
10. My recommendations for a student going into a similar internship position is to really dig deep into the process by putting meaning behind your work. I could say that I just work at the "school daycare" but when you look into your tasks you can see that there is so much more behind it. You are supporting families and making connections while learning how to perform certain tasks with developing children in different situations/backgrounds.
11. I would recommend this internship for someone who needs a background in working with children. I know many professions may require a certain amount of hours and this is a perfect place to get it. I would also suggest volunteering at the same time with children in difficult situations if you are going that route like I am.

1. Vanessa Murillo-Guerrero

2. Major is human development and family science, the internship focuses more on early childhood education

3. Practicum position title: student teacher assistant

4. UNL Children's Center

2225 W St, Lincoln, NE 68503

<https://childcare.unl.edu/>

5. The mission of the children's center is that they "believe that children learn best through play and hands on experiences provided throughout each day. We value social and emotional learning; defined as the ability to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions." The center's mission is to help develop each child's social and emotional competence as it is a foundation of all learning!

6. Samia Moreland: Hiring person and main receptionist

Meg Madigan is the teacher in the classroom

Phone: 402-472-2009 Fax Phone: 402-472-2001

7. The purpose of my internship is to see if I want to work with younger kids (toddlers) after I graduate. My internship here was to learn and grow my working skills and to gain experience working with children before I apply to more professional jobs. I now understand that I do not want to work with younger children but still am excited to gain insight to further my learning experiences!

8. Work responsibilities, skills, and knowledge:

8a.) My major work responsibility is to keep a safe environment for the kids to grow and learn. Having a positive attitude and mindset is essential in the classroom as children surrounding me learn from words and actions. I spent my time helping the teacher with whatever she needed. Most of the responsibilities then watching the children, was cleaning, and sanitizing during nap time. I also spent some time helping with changing children's diapers/potty training as well as helping serve food during snack time. Spent time with the children in the classroom as well as toddler playground!

8b.) Some skills that I acquired over the course of my internship are better communication skills, problem solving skills, decision making skills, compassion, and empathy in the classroom. Working with children as well as working with my coworkers and teacher have all helped improve the skills listed. All these skills are essential to communicate among peers and the children, making the right choice is essential because children are always learning and watching from you.

8c.) The knowledge I gained was how to interact with the age group I am working with, in my case are toddlers (2-3 years old). The knowledge I gained was learning how to talk to toddlers and how to correctly solve problems with them to help them learn and gain knowledge. I have

learned the way we speak is key to interacting with children and I gained a much better understanding, and it comes easier for me. I learned how to potty train children as well as just how to naturally interact with children.

9. I would say the most critical moment at my internship was when children would fight or hit another toddler. Particularly with a toddler that has constantly been biting multiple children every day. This past week a toddler was biting many of his classmates in the classroom as well as in the playground. It was a critical moment as a teacher to keep an eye on it and prevent it from happening again as well as to show that those actions are not okay. If a child bites another person and leaves a mark, we must report it and give it to the children's parents for documentation. I would say it was critical because safety is one of the top priorities. This week every day one student worker was assigned to stay with the child that was biting all time just in case another issue would arise. After a child hurts or hits another child, it is critical to promote positive actions and teach the children what to correctly do. We tell children to check on their friends and give nice touches for example.

10. I do recommend the UNL Children's Center to anyone wanting to work with younger children from 2 months to preschool age! Coming into a place similar to this such as childcare or early childhood development center it is important to know that every day may look different in the classroom and remember to stay positive and keep a smile on your face! This place is great for future internship students as well as being close to campus! I chose this location because I wanted to see if I wanted to work with younger children and I now know that although I appreciate everything this center given me, I want to work with older children. If the person

wants to work in early childhood care or be a preschool teacher, the UNL Children's Center is absolutely a great fit for the internship experience!

11. Yes, I do recommend the UNL Children's Center to anyone who is looking for an internship for this class but especially to early childhood students! I overall have had a great experience at the center where I was able to gain knowledge on working with children as well as gain new skills. This childcare environment was entirely new to me, and they have a great learning environment and great teachers to help with questions and concerns. One thing that could be better with the center scheduling, it is important to choose your hours early on before the new semester, so you can stay in one classroom for better experiences!

Internship Description

1. Mason Ornelas
2. Child, Youth, & Family Studies
3. Internship
4. Midwest Commit Baseball
1115 Libra Dr – (402) 882-3228
<https://midwestcommits.com/>
5. Our mission is to prepare these young men for the game of baseball, but also life, the right way. We want them all to succeed on the diamond but also in school, and with the future that lies ahead of them. We will share our knowledge of the game and experiences to help these men achieve their goals at playing baseball at the collegiate level. We will share what it takes to get there and also what it takes to succeed there.
6. Evan Helman – Assistant Coach
(402) 617-0531
7. My purpose is to assist these coaches and coach these players up with my knowledge and experience. Specifically, I work with the pitchers and will work on their mechanics of pitching and develop them to improve their game. During practices and games, I expand their knowledge of the game from what I have learned so they can use it for their upcoming HS seasons ahead. Overall, I wanted to get these young men ready for their futures, whether it was in baseball or just life.
8. A. Practices that were outside, I would set the field up before practices started and cleaned the field after practice ended. During practices, I would work with the pitchers. This would mean we would throw bullpens, do some mechanical drills, or go over defensive plays as a group or with the whole team.
During games, I would call the pitches throughout the games or run the pitching rotation during the game.

B. I acquired the skills of public speaking. Going in, this was something I needed to work on and throughout the internship so far, I have improved and am speaking to these players and their families with confidence.

C. I learned that not all kids you coach are the same. I learned how each individual on the team handles failure and how they handle criticism from the coaches. I had to treat everyone differently, some could handle the criticism and go along with the game. Some had to take the criticism after the game as they couldn't handle the fixes during the game.
9. The most critical part of my internship was handling school, my own baseball practices, and practices/games for my internship. Throughout the weeks were very busy for me, but

then some weekends we would have to travel to Iowa and Kansas for tournaments. Just making sure I was on top of grades was the important part for me.

10. Make sure your internship is totally something you want as a career. Don't get by just to get the hours required. This should be more than an internship, but something that is life changing and will prepare you for your future.
11. Yes! This organization has great colleagues to work with and all have the same goals. Working with them, you forget its even an internship. They have prepared me for my future career ahead and have helped me with so much along the way. I have had an amazing time with this group and can honestly say I made the right choice.

CYAF 497D
Internship Description

1. Your name:
Carrie Osborn
2. Major area of study or focus:
Child, Youth, and Family Studies
3. Practicum position title:
Receptionist/Observer
4. Organization/agency name: Couple & Family Clinic at UNL
Organization/agency address: North 35th Street, Lincoln, NE 68588
Organization/agency contact number: 402-472-5035
Organization website if available: <https://cehs.unl.edu/cfc/>
5. Mission of the organization or agency:

Are you struggling in your marriage or family relationships? Feeling lonely or hopeless? Is anxiety or depression taking over? Perhaps the same problems keep coming up no matter how many different ways you try to solve them, or a painful violation of trust has occurred and you're not sure where to turn for healing and recovery.

Know these struggles are not meant to be faced alone. Here at The Couple and Family Clinic, we understand the need for hope, compassion, and support when life's problems seem overwhelming. Our therapists provide evidence-based treatment, use regular feedback from clients, and are required to analyze and present their own treatment outcome data to ensure effective treatment is given to couples, families, and individuals. Effective psychotherapy goes beyond simply listening with empathy; it helps you experience strength, grow in your identity, make meaning of struggle, and develop confidence in your own ability to improve your life and your most important relationships.

6. Supervisor's name and title: Dr. Carrie Hanson-Bradley - Program Director
Supervisor's contact number: 402-472-2957
Supervisor's email: chanson-bradley@unl.edu
7. Describe the purpose of your internship:

The purpose of my internship is to:

- Give myself experience in the very clinic that I hope to be in next year for graduate school. I took this position to get more insight in the world of couple and family therapy.

- To learn more about what it is that the clinicians do and how they operate around the clinic!

8. Work responsibilities, skills, and knowledge:

- I am a receptionist at the front desk.
- I have skills in inputting data, filing paperwork, over-the-phone skills, social skills, and a teamwork mentality.
- I have knowledge of the legal and formal requirements for the clients to be seen in the clinic.
- I have a knowledge of how to handle financial transactions and how to file receipts.

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

At the clinic I:

- Sit at the front desk and answer phones
- Take in new client information
- Keep up with paperwork
- Check clients in
- Notify the clinicians when the clients have arrived
- Assign parking passes
- Organize files
- Input client data in the system
- Call clients if we need more information or if they need to reschedule

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

- I acquired great people skills.
 - Everyone is different, and sometimes it can be hard to communicate with people who might be having a hard time. However, while working at this internship, I learned how to handle stressful situations in a manner that is effective and positive. Sometimes, all people need is someone to be understanding and nice. I have also learned that it is okay to make mistakes if we attempt to fix them. I have definitely made mistakes here at the clinic. It isn't about how you messed up, but how you make it right. The clinicians and my supervisor are very understanding and help me along the way to succeed.
- I acquired flexibility skills.
 - Sometimes, things don't work out in the way that you thought they would. This internship taught me how to be flexible not only with clients and the clinicians, but also myself.

- c. What type of knowledge did you gain?
- I gained a lot of knowledge while observing sessions.
 - I learned about the correct approaches to take when speaking with clients. Although I only got to see a few sessions, they really put into perspective the amount of courage it takes to be a therapist, and I am so excited.
 - The knowledge that I received from the clients was to always have a helpful solution to their problems, no matter how big or small. I think that was the biggest takeaway.

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

- I think that the most critical moment at my internship was seeing my first session.
- It was really put into perspective that this is truly what I am meant to do.
- When I saw the clinician interact with the client in a way that was inspiring and helpful, I was so excited.
- The amount of progress that can be made in one session of therapy is amazing. Seeing the expression on the client's face change from the beginning of the session to the end of the session was so wonderful.
- It shows how much of a difference that therapy can make in people's lives.

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

- The only recommendation that I have for students going into this same area would be to avoid judgment and be open-minded.
- Some of the things that you see can be very disheartening or off putting, but we have to remember that these people are being so courageous in their decision to seek mental help.
- This is why we are here, to help. Be open-minded to new encounters and people.

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

- I would recommend this particular organization to students who are looking to work in the therapy profession.
- It is a great place to get some exposure to what the field is truly like and the staff is so welcoming and helpful.
- They helped me to realize that this is what I want to do in the future and they helped me to have confidence in myself that I can do it!

Internship Description

- A. Your Name
- Bryce Pauly
- B. 2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc....)
- My major is Human Development and Family Science. I would like to work with children in some way helping them out.
- C. Practicum portion title
- Child Behavior Aide
 - With how short staffed we are I'm a teacher for a specific classroom but it's not official yet because I'm not full time.
- D. Organization/agency name, organization/agency address and contact number , organization website if available
- Behaven Kids
 - 1145 High St., Lincoln, NE, 68502
 - 402-423-6464
 - <https://behavenkids.com>
- E. Mission of the organization or agency.
- To passionately teach effective skills that change the lives of children and ultimately their futures. - Behaven Kids
- F. Supervisors name and title, supervisors contact number (phone and fax, if available)
- Katie Mandelko/Program Coordinator
 - 402-423-6462, call main number ask for Katie Mandelko
 - kmandelko@behavenkids.com
- G. Describe the purpose of your internship
- I am required to help teachers with their students. I make sure children are doing their timeouts, take children to timeout room, supervise. Now that I'm a teacher, without the official title. I need to plan activities, fill out forms/inform so their parents and therapists know what happens during the day. Pretty much what a daycare would do but bring in behavior problems into the mix.
- H. Work responsibilities, skills, and knowledge:
- Describe your major work responsibilities of your internship (I.e., what did you do? And how did you spend your time?)
 - I need to watch of child from ages 18 months to 8 years old. We work with children who have behavioral problems. We teach them how they should act out in the real world. I need to hold the children accountable for their actions so if a timeout is necessary I will ask them to do it and if they deny I will take them to the timeout room. I set up projects for the children to partake in just so their days are more enjoyable. I need to collect information about the amount of timeouts a child does, the actions they do so we can give that to the therapists for treatment.
 - What skills did you acquire over the course of your internship?
 - You need to have patience because these children will push you. You also need to learn that they are the product of their environment, majority of them are Title 9, parents do drugs, a lot are in jail, they get beat at home. They act this way because of their parents/

caregivers. I also learned to better manage my anger. The children I work with will call you every slur they can, hit, punch, kick, pull hair, bite you. Everything they can to hurt you when they are angry. I learned to not get as mad in the situations because they are just kids.

- What type of knowledge did you gain?
 - I gained a lot of knowledge as to what I want to do in my future career. I think I want to stay with working at Behaven Kids, they will move me up to a full time teacher. I am thinking about going back to school to get my masters to become a therapist for their program. I always wanted to work with children but I didn't know how or what to do exactly. I also never wanted to work with children who have behavioral problems but I think I am very fit for this type of job. I learned to become a better person and how to better treat the children I will have in the future so they don't need to go to a program like this one. I also learned a lot more about the community of Lincoln.

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

- Anytime I am being physically abused by children. Especially this one that we have who has had a history of rape. I realized this is my calling because I have been raped twice, obviously when I was older (high school and college) but I still know what that's like. I think what I'm supposed to do is take my past trauma and make that a helpful key in working with these children. I get what some of them have gone through. I was physically, mentally, emotionally abused by my alcoholic father. So many of these kids go home to a father like I had. I want to make a difference, even if it is a little one. These kids need me and my past trauma to help them.

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

- Don't give up because these kids even though abuse us they are amazing in so many ways. You are a light in their dark world. Don't judge a book by its cover because the facility I work at isn't the nicest, it also has a smell (needs to be updated for sure) but its just a building. You learn to work with it and adept. You are a lot stronger than you think you are. Ask a lot of questions, you need to learn how to help these kids so ask the questions to do so.

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

- If I would have been asked this when I first started I would have said no. I believe that there are better physical facilities but I have come to learn to work with what we are given. I had a hard time starting relationships with my coworkers just because a lot of them are hard to get to know. They are judgmental girls to put it. I learned that all of them have trauma as well. Seems like you need to have some past trauma to work with children who have trauma. I just asked a lot of questions as well. It might be annoying but questions show you care and want to be there. You might be put off by the place at first, trust me I was. It took me until a few weeks ago to truly enjoy everything about this internship.

Internship Description

1. Lawrence Pete
2. Bachelor of Science in Education & Human Sciences
 - a. Children, Youth and Family Development
3. Position Title: Volunteer Intern
4. Organization Name: Hope Hits Harder Cancer Foundation
 - a. Contact Information:
 - i. Address:
27726 Laurel Bloom
San Antonio TX 78260-1433
Phone: 210.723.2857
Website: <https://www.hopehitsharder.com/>
5. Mission of Organization:
 - a. The goal is to take a portion of the immediate burden off of the shoulders of the families that have just found out that their child has cancer. Many of these families have little or no insurance, some are from out of town, and some must give up their jobs to stay at the hospital with their child. We want to give them a little HOPE that people care, and that help is available.
6. Supervisor's Name:
 - a. Tom Bounds – President
Ph.# 210.723.2857
Email: tomtbone56@yahoo.com
7. Describe the purpose of your internship:
 - a. I joined and was given this opportunity based on my professional financial knowledge and previous board service and experience. These were areas that presented improvement opportunities according

to the president, along with fund raising; my motivation and mission was to serve the needs of the community and clients that were being serviced, so it made a perfect partnership commitment.

8. Work responsibilities, skills and knowledge:

- a. My responsibilities were to meet with major stakeholders and current donors alongside the president; ask relevant questions based on my experiences that would advance/support the initiatives to further the cause. Help raise money via events, promotions and the recruitment of new and potential donors. Look over balance sheet, critique budget, compliance as to non-profit tax codes; visiting hospitals and staff, stuffing and delivering Hope bags (fun and necessities contents) to cancer impacted children and their families.
- b. The human skills that I improved on were empathy and altruism; it takes a heart of committed service to do this and win. Additionally the knowledge that I learned was more about the behind the scenes as it related to non-profit tax code (exemptions) and the art of fund raising.

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

- a. The most critical piece of my internship was when the president's daughter (co-president/operations) who also works for organization, but lives in Dallas. There were some decisions that were made in her absence by the president (her father), the board and myself (quorum) through research, knowledge and legal advice as well. When she found out, she called the president, which I was privy to, and lambasted him disrespectfully. I so wanted to chime in, because she was ill-advised and misinformed on content, delivery and outcome. I just had to bite my tongue and listen to a man, apologize and try to explain what I just witnessed.

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

- a. My recommendation for an internship in volunteering is to make sure that it is truly something that you want to learn and grow from the experience; and that it is a heart and head commitment that you enter this opportunity. Another thing I recommend that is equally important is to do your homework on the organization. Make sure you understand the mission, values and who they align themselves with, to ensure that it aligns with your values. In other words: know who you are getting in bed with; critically important: Your reputation could be at risk.

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

Why/why not?

- a. I would most certainly recommend this opportunity to future interns. This organization is committed to its purpose of serving children and it family. It truly gives you a hands-on in-depth experience as to what a life committed to service is about; you will also learn the business of how non-profits are ran, the art of persuasion (giving to the cause), tax structure, business protocols, at a pace that is conducive to growing and learning and skill development from people that model the desired behaviors.

- 1) Jordyn Preston
- 2) Major: Child Youth and Family Studies. Minor: Psychology and Criminal Justice
- 3) DHHS Intern
- 4) Department of Health and Human Services
 - a. 5220 S 16th Street Lincoln, NE 68512
 - b. 402-560-0480
 - c. <https://dhhs.ne.gov/Pages/default.aspx>
- 5) Their mission is to help children who are need. Whether children fall victim to neglect, domestic violence, or abuse, the DHHS is there to make sure children are safe in their home. Their goal is to provide assistance and resources to families in need.
- 6) Kim Laurenroth – Child Family Specialist Supervisor
 - a. 402-318-4529
- 7) The purpose of my internship is to gain a better understanding of the work the workers do there. As an intern, it gets me a behind-the-scenes picture of the cases they take on and the job description instead of going through their training program. When I first started, a worker told me that I would get more out of the internship than the training I would receive if I applied there. I do believe that as an intern, I experience more than what trainees do because I'm out in the field with the workers instead of sitting at a desk going over trainings.
- 8) As an intern at the DHHS, I am on a domestic violence team. They are the only DV team in Lincoln. We receive cases and create safety plans for couples and children if they are in the home and witness DV. My job is to attend home visits with the workers and take notes of their interview. Once back in the office, I type up their notes for them so they can put them into their system. I also make phone calls for the workers and ask about children's doctor appointments. I've listened to jail calls and sifted through certain evidence that is needed for certain cases. There are times where there isn't much for me to do because a lot of stuff is done on the computer, and I can't do much on their programs. During this time, I just either do homework or I go through other case files and read. A skill I acquired over my time there is I know how to ask certain questions while conducting interviews. I've learned to think outside the box and become a detective when it comes to finding out the truth. My internship has helped me out a lot in my Child Abuse and Neglect class as many of the content I learn in class parallels with my internship. I also learned certain signs of drug use, neglect, abuse, and violence because of how often I sat and listened to families in interviews.
- 9) I think a critical part in my internship was a few days ago when a little girl was abused by her daycare provider. She was taken to the Child Advocacy Center for a medical evaluation because she had a large bruise on her bottom that was in the shape of a hand. I initially wanted to do my internship at the CAC because I've always found them fascinating, but they required 250 hours for an internship and I only need 250. I think that seeing the CAC in action rather than just hearing about what they do was really interesting to me. If I were ever to go back to grad school and get a master's degree, I would get it in forensic interviewing.
- 10) My recommendation for students who wish to complete their internship at similar sites would be to ask questions. At first, I was obviously scared to ask questions but now I ask

them all the time. You can never ask too many and know too much about the field you're going into. It also helps to have a background in the field. Going in, I had a small but general idea of what CPS does because of the classes I took. I think when people go into social work, they're unaware of the job and the stress it brings which leads to high turnover.

11) I would recommend this organization for future students especially for those who want to get into this career. I think it really helps students determine whether this is the career for them. The position I'm in is a chance for students to see the job without actually applying. this way, they can decide if it's for them or if they'd like to look somewhere else. I do love the relationships I've created with the workers at the site. I think they truly appreciate my help. I will miss them when my internship is over.

1. Gage Rabbe
2. Child, Youth, and Family Studies
3. Student Success Coach
4. City Year/ AmeriCorps
5. 3000 Pegasus Park Dr Suite 730, Dallas, TX 75235/ (469) 554-7001
6. Sheryl Garcia /Impact Manager/ (972) 839-3542
7. To improve student outcomes in underserved communities via near peer relationships and research backed intervention strategies.
8. Work Responsibilities skills, and knowledge
 - a. My role is to help build peer relationships with students and provide specialized instructions to students who are below grade level. I also work on providing social emotional learning for students in the classroom. I spend my time providing whole class support as well as small group instruction for high-risk students.
 - b. I acquired skills having to do with collaborating with a team, creating school wide initiatives, and implementing intervention strategies.
 - c. I gained knowledge regarding the everyday life of students in underserved communities. Along with challenges faced by minority groups and underrepresented communities within the U.S. I also gained knowledge on the disparities of education between social classes, race and ethnicities.
9. I had a student who when we first arrived on campus would not engage in the material and was not an active participant in her learning. But through the support between me and my other team members began to engage in the learning and even said they enjoy learning now. It is very impactful to see the difference when students feel they have multiple adults in their life that actively care about their well-being. Schools that are often in communities that are overlooked do not receive the same benefits as wealthier neighborhoods so trying to fill the achievement gap between students is the goal.
10. I would come into the experience with an open mind and choose one that you feel aligns with your values. Working in a high need area that helps the community is one of the most rewarding experiences you can have.
11. I would recommend this experience to anyone who wishes to make an impact and serve their community. It is definitely hard work, but it is service to a cause greater than oneself.

Your name- Joanna Riesland

2. Major area of study or focus- human development and family sciences

3. Practicum position title- child watch leader, and schools out fun club assistant teacher.

4. Organization / agency name- YMCA

Organization / agency address and contact number -

430 S 20th St, Omaha, NE 68102

(402) 341-1600

Organization website if available- <https://metroymca.org/locations/downtown-ymca>

5. Mission of the organization or agency.- The Downtown Family YMCA has been serving the Omaha community since 1866, having occupied its current location at 430 S 20th Street since 1969. The Downtown YMCA acts as a meeting center for all people, accommodating adults and children alike. With its gymnasium, racquetball courts, cardio and weight equipment, Olympic Lifting room, group exercise rooms, Childwatch center and swimming pool, the Downtown YMCA is more than a place to exercise. It's a place to grow.

6. Supervisor's name and title,- Madison Peters, youth and family manager

Supervisor's contact number (phone and fax, if available).- (402) 709-5483

7. Describe the purpose of your internship.- I want to be a social worker. When you're a social worker you deal with children a lot of the time, I want as much experience working with kids and here I am doing that.

8. Work responsibilities, skills, and knowledge: at work I am responsible for up to 15 children during child watch. I have to multitask depending on how much the age difference is, when I have one year olds in the same room as seven year olds I have to find activities for everyone to keep them entertained and happy. Schools out fun club is easier because I have help and the kids have set activities for them to do but I help with them with arts and crafts and the lessons we do during the day.

8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time? : for child watch I watch children while their parents exercise, we play card games, or they play individually with the toys in the room. The childrens range from 6 months to 9 years old. For schools out fun club I am an assistant teacher. We teach fun lessons and do arts and's crafts to correlate with what they learned. I help students with these activities. These children are elementary school age.

8b.) What skills did you acquire over the course of your internship? I am learning so many skills. I am learning classroom management, how to soothe crying babies and toddlers, conflict management between children. I am also gaining so much confidence with working with children, as the youngest in my family I never really had that.

8c.) What type of knowledge did you gain? I have gained so much knowledge it's crazy. I am getting CPR certified, I am also now a mandated reporter and am taking classes to know how to spot neglect and abuse.

9. What was your most critical moment at your internship? Explain why. Last week I watched the kiddos in school out fun club by myself. I was really nervous because I'm still so new and the kids know the other teachers very well. I wasn't sure if the kids would listen to me, but they did and it went super smooth. It also felt really good that my boss trusted me enough to watch them myself and to get all of the closing tasks done.

10. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization.- be prepared to have kids ask you a lot of questions, I have a tattoo and the kids thought it was so cool and asked me so many questions about it. Be prepared to be emotionally exhausted at the end of the day, kids take up a lot of energy but it is so rewarding and worth it. Also bring snacks, you will need them throughout the day to keep you energized

11. Would you recommend this particular organization or agency to future internship students? 100% do it. I have learned so much in this short amount of time and it's been so much fun as well. I feel super satisfied with my day when I get home. I also get a free YMCA membership now which is super cool and saves me money. The pay is not the best but if you want a fulfilling internship where you learn a lot it's so worth it.

Internship Description

1. Madison Rossitto
2. Human Development and Family Science
 3. Early Head Start Teaching assistant
 4. Community Action Partnership Lancaster and Saunders Counties,
1821 K Steet, Lincoln, NE 68508

(531) 289-6640 <https://www.communityactionatwork.org/programs/early-childhood-education/>
5. Mission: We empower people living in poverty to reach economic stability
6. Lindsey Densberger and Site Coordinator,
Supervisor's contact number (531) 289-6641
7. Purpose of my internship: Community action is a non-profit organization that believes employees have the power to transform lives and communities. We value dedicated, ethical, and passionate to empower those who live in poverty to help reach economic stability. Early Head Start provides high-quality early childhood education services to infants, toddlers, and their families.
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? The major responsibilities I had in my internship was working with the children in classrooms. Another major responsibility I had was communicating effectively among coworkers and families. Majority of my time is spent in classrooms by actively supervising, teaching, lesson planning, developing positive relationships, and documenting children's well-being.

8b.) What skills did you acquire over the course of your internship? 8c.) What type of knowledge did you gain? I acquired skills of problem-solving, patience, determination, collaborative, communicative. I learned every single day working this internship and gained so much knowledge through trainings and from my coworkers. The type of knowledge I gained from this internship is how to work with children and creating a safe and nurturing environment. I also learned how to tailor my teaching strategies to meet the needs of every child and help them stay on track developmentally.

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

The most critical moment I had working in my internship was working with children who had challenging behaviors. When I would go into classrooms to help assist, I found myself remember how to best handle situations when a challenging behavior occurs. I spent many trainings learning how to effectively attend a child and help the challenging behavior be prevented or help resolving the problem. I thought it was really

cool to see myself using what I have learned from trainings, and automatically knowing exactly what I need to do when a certain situation occurs.

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

Some recommendations I have is to be flexible and communicative. Do not be scared to ask questions, express concerns, or speak up about something that you need. It's okay to ask lots of questions because that is a major way of learning. Also do not stress about making mistakes, mistakes are learning experiences within themselves. When looking for a future internship, keep your options opened and accept an internship that excites you the most. Having an internship, you are passionate about will give you great experience.

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

I highly recommend working at community action. Everyone is very supportive and there's a very positive working environment. Everyone is very welcoming and are always up for giving you help when you need it. This internship is great if you are passionate about working with children and making positive impacts in their life. This organization really looks after their employees and makes sure everyone's needs are met as employees.

Maddie Sabus

Internship Description

11.4.22

1. Maddie Sabus
2. Case Manager at a maternity home
3. The Bethlehem House / 2301 S 15th St, Omaha, Ne 68108 / 402-502-9224 / <https://bethlehemhouseomaha.org>
4. To provide pregnant and parenting women in crisis, regardless of their faith preference, with a home, hope and empowerment through life-affirming services rooted in Catholic tradition. Working with the women to help prepare them to return back into society and recover from their past.
5. Gina Tomes / Family Life Director / 402-214-4869 / gtomes@bethlehemhouseomaha.org
6. The purpose of my internship was to help guide these women and learn from not only the staff but the women within the Bethlehem House. The reason I chose to do my internship at the Bethlehem House is because I wanted to get experience in the Social Services field in order to decide what I wanted to do after I graduate. This was a great experience within social services especially since I have always been curious about working within a nonprofit organization.
7. The main things I do at the Bethlehem House are transportation, childcare, shadowing, and advertising projects. I took a lot of the women to appointments and other places that were needed. I also helped provide childcare for the women. Throughout my internship I shadowed my supervisor and learned some of the behind the scene work. I shadowed one on one with the girls which entailed helping them budget, dismiss fines and eviction,

apply for benefits, etc. I also worked on some projects of my own to help the women who are in after care. During my internship I built relations, gained communication skills, and gained skills within the Social Work field.

8. My most critical moment within my internship was learning about how to help the women apply for benefits and other programs that were needed. I realized I need to learn more about these programs in order to work within a non-profit organization.
9. One piece of advice I would give to other students who are looking at a similar position is to make sure you ask questions and communicate well. You should not be afraid to fail because that is how you learn, and it will better prepare you for future jobs.
10. I would definitely recommend this organization to other students because it was a great staff to work with and easy to communicate with. Throughout my internship they were willing to teach me new things and allow me space to grow.

Internship Description

- Callie Schleiger
- Major: Child Youth and Family Sciences Minor: Education Studies
 - Daycare/Preschool Provider
 - Clarkson Christian Daycare
 - Play, Learn, Grow
 - Shayla Corder (Director at CCD)
- The purpose of my internship is to care for children ages 8 weeks old to 10 years old. There are different rooms for the different age groups being, infants, wobblers, toddlers, preschoolers and school aged. Children at the daycare play, learn and grow.
- When I'm at my internship, I help out where is needed the most since it can vary on how many children are there and in each room. Daily tasks range from making bottles, changing diapers, helping with both snacks and lunches, reading books, doing arts and crafts, getting kids down for naps and helping with arrival at the beginning of the day and dismissal at the end of the day.
- I often spent my time wherever my help was needed the most. I would bounce back and forth between rooms, which I didn't mind because I got lots of experience with the different age groups rather than being stuck with just one.
- Over the course of my internship I got to see the different roles that each provider plays, and how critical it is to have enough staff to children to fulfill that ratio. I got to learn all of the children's names and get to know them on a more personal level. I also learned how to handle different situations that come up between different children.
- One of the most critical moments at my internship was when we providers discovered a broken water pipe one morning, moments before children were supposed to start showing up for the day. There was a couple of inches of standing water in the basement that we had to shut the daycare down for a clean-up that mess. It left many parents in a last-minute pickle on what to do with their children, but it also left quite a mess for us providers to clean up.
- A recommendation that I would make is to really get involved to make sure you get the best internship experience. In this particular field, there is only so much that you can learn about in class or through a book, but what really helped me was having the hands-on experience there.
- I would recommend this internship site to others, though it is outside of Lincoln. I had a great experience there thus far and I continue to keep in touch with them.

Internship Description

1. Brooklyn Schrader
2. Human Development and Family Science
3. Girls Volunteer
4. Pan de Vida Casa Hogar. <https://www.casahogarpandevida.org/en/our-orphanage/>
5. “Our mission is to provide a home-like environment based on love and hope, teaching our children and youth principles and values that permit them to develop integrally and impact the society.”; Pan de Vida is an orphanage / casa hogar that helps care for children that need cared for. Currently there are around 50 boys and girls ranging from 2-19 years old.
6. Ginger Ottoson; Spiritual Care Coordinator; 442-377-9620
7. The purpose of my internship was to be able to support the orphanage and gain a deeper understanding of what trauma looks like in different contexts and cultures. I was able to learn a lot and stretched in numerous ways. I love how internships allow you to get the experience while not having a huge commitment.
8. In my internship I got the opportunity to help out in the orphanage in whatever ways they needed assistance. I was stretched to be flexible and open to whatever needed to be done.
 - a. I lived in Mexico for six weeks and had a very immersive experience. A lot of what I was doing involved relationship building and caregiving. I lived with the oldest girls and made sure they got up on time and finished all their chores. I was in rotation with the other volunteers to help care for the girls a couple times

every week. On these days I was working over 12 hours and would help to resolve any issues that arose as well as discipline and just make sure the girls were being cared for! I was also given other side-tasks to work on when I wasn't in charge of the girls. I helped to organize the storeroom, clean the church, and paint what will one day be a doctor's office. The other thing that occupied a lot of my time was helping to prepare and teach English class to the elementary level students.

- b. I think I learned a lot of things and gained a lot of skills throughout my internship. One of the first things that comes to my mind is the very practical skill of Spanish. I improved a lot in my ability to speak conversational Spanish. On top of that I also learned a lot about Mexican culture! Within that some skills of just how to relate with people who are different from you. Some other skills would be just relating to children with trauma and forming relationships with them. I learned a lot about how trauma affects children and the ways we should respond.
 - c. I definitely gained a lot of knowledge about trauma and the effects it has on children, but I also learned a lot about Mexico and its culture and language. I was very surprised by the many ways I saw trauma effect behaviors. It is clear that the effects of trauma are extensive. We should continue to grow in the way we relate to and help children amidst the things they have experienced.
9. I would say the most critical part of my internship was when I was asked to be an English teacher the day before classes start. That was such a critical moment because it helped

me to step closer to my personal and developmental growth to learn to be more adaptable. When there was a situation in which I wasn't given a warning or time to really think about it, I was pushed to just jump into it. Then from there, the actual teaching was definitely integral because I was pushed to do something I didn't know how to do and wasn't prepared for.

10. I would challenge and encourage students to have an open mind when stepping into an internship that is similar to mine. Since I was put into a very immersive experience, I would say it was vitally important to be able have some sort of support. I was able to communicate back home so I was able to find support through that. But because of the language and cultural barriers, there were many things that I was unprepared for. Having an open mind and open hands and just being willing to step into what is placed in front of you would be my biggest suggestions. Also just give it time and be patient with the process.
11. I wouldn't probably recommend this organization unless it was to someone I personally know. But I would 100% recommend a similar organization / experience if someone was looking to experience a lot of growth!

1. Rae Seier
 2. Major: Human Development & Family Science Minors: Psychology, Education Studies, & Communication Studies
 3. Front Desk Intern
 4. Couple & Family Clinic located on University of Nebraska- Lincoln East campus also known as the Family Resource Center.
 - a. Located 1615 N. 35th St. Lincoln, NE 68503
 - b. <https://cehs.unl.edu/cfc/>
 5. Mission Statement: “We understand the need for hope, compassion, and support when life’s problems seem overwhelming. Our therapists provide evidence-based treatment, use regular feedback from clients, and are required to analyze and present their own treatment outcome data to ensure effective treatment is given to couples, families, and individuals. Effective psychotherapy goes beyond simply listening with empathy; it helps you experience strength, grow in your identity, make meaning of struggle, and develop confidence in your own ability to improve your life and your most important relationships.”
 6. Dr. Carrie Hanson- Bradley Assistant Professor of Practice & Coordinator of The Clinic.
 - a. Phone Number: 402-413-9994
7. My purpose of being an intern at the Couple and Family Clinic includes getting a professional insight as to what being a therapist looks like on a daily basis. Being an intern has challenged me out of my comfort zone. I also help with answering the phone, filling out intake forms, and informing therapists when a client cancels and or has to reschedule. I have also gotten the chance to sit in on

therapy sessions. I also help the therapist set up the rooms and make sure the clients feel comfortable when walking into the Clinic.

8a. It is important when interning at the Couple and Family Clinic to keep an open mind and also be very good at communicating. Your job will be to answer the phone and assist new clients as needed. You will also be responsible for relating messages to the therapist when clients arrive and or cancel.

b. Over the course of my internship thus far I acquired many skills which included strong interpersonal communication skills and organization. It is important when interning here to work on communication with therapists and other clients as well as attending to their needs. Which can include answering any questions they may have.

c. The knowledge I have gained so far has been on assessing clients for suicide screening. I have also learned more about what goes on in an actual therapist session as I have been able to shadow many sessions. I have also learned more about the HIPAA Confidentiality laws as I am having to abide by the rules as well.

9. A crucial moment at the Clinic has been being able to sit in on therapy sessions.

I have found it really interesting! I am not able to be in the same room as the clients but I am behind a mirror and am able to hear everything that is going on.

In order to do this I have to ask the therapist if I am able to do so. It depends on the client and the stuff they are working through if I am allowed to or not.

10. I would recommend having strong communication skills when interning here because it is important to communicate with other interns/therapists/supervisors.

I would recommend getting to know the therapist, your supervisor aka Dr. Carrie Hanson-Bradley, and the other interns if there is any. Also, don't be afraid to ask questions if the staff there wants to help you!

11. I would recommend this internship to future students especially if you are interested in Marriage and Family Therapy in the future. It really opens your eyes to what a therapist deals with on a daily basis and gives you an insight into practicals in the future.

1. Julia Soto Cruz
2. Family Science
3. Teacher Assistant
4. UNL Children's Center
2225 W St Lincoln, NE 68503
(402) 472-2009
<https://childcare.unl.edu>
5. Value rights each child in community
Children learn best through play and hands on experiences provided throughout the day
6. Samia Moreland
7. Purpose of internship (reason for me doing this internship)
 - Wanted to see if working with little kids is something I wanted to do for my future career.

8. Work responsibilities

- - Help kids stay asleep (comfort them if they had a bad nap)
 - make sure they put their things away
 - Serve them snacks (family style) (conversate with them)
 - Change their diapers
 - make sure they are socializing appropriately (keep them entertained)

Skills & knowledge

- How to communicate with child
- Know when there is something wrong with them and how to help them
- Communicating with the teachers
- How to change a diaper

9. Beginning of internship a child wanted nothing to do with me, didn't want me to talk to them or even look at them
- gave me the feeling like I couldn't do the job (wanted to quit the internship)
 - Told the teacher the child wanted nothing to do with me
 - after a few weeks of getting to know her and her me she always wanted to be around me (helping me put things away, read her a book, sit on my lap)
 - Made me start to enjoy my job a lot more

10. -Creating a bond with child is going to take time
- Need to have a lot of patients
 - Might not know what a child is trying to say and that's ok
 - ask for help

11. Would recommend, the teachers are very helpful,
- Learn a lot by even the first week
 - Easy way to see if you like working with children

1. Autumn Tindall
2. Major: Psychology and Child, Youth, and Family Studies
3. Undergraduate Psychology Intern
4. Nebraska Mental Health Center
 - a. 4545 S 86th St, Lincoln, NE 68526, 402-483-6990
 - b. <http://www.nmhc-clinics.com/default.htm>
5. Nebraska Mental Health Centers is a family owned and operated mental health clinic for people from all walks of life. NMHC provides psychological care for children, adolescents, adults, and families through individual, marital, family, and group therapy.
6. Serena Moore, Administrative Coordinator
 - a. Office: 402-484-6990
 - b. Fax: 402-483-7045
7. The purpose of my internship is to explore the profession of a licensed mental health practitioner/psychologist. I was also aiming to be acclimated in the setting of a therapeutic clinic while also providing me with a variety of therapeutic insight. I was able to attend clinical meetings and learn from experienced psychologists that were employed there. The clinic is accredited as an internship site for pre-doctoral, masters, and social work students.
8. Work responsibilities, skills, and knowledge:
 - a. Describe your major work responsibilities for your internship?
 - i. My major responsibilities included answering phones and scheduling client appointments. I was in charge of filing insurance paperwork and filing paperwork into the patient's chart. I collaborated with the clinical staff on different projects. One of the projects included getting content for an interpersonal trauma group. I also attended weekly didactic training on various mental health treatment topics. One training I sat in on was CBT for anxiety disorders and another training I sat in on was suicide prevention. I also joined in on weekly clinical group supervisions where the clinicians talked about administrative or clinical announcements.
 - b. What skills did you acquire over the course of your internship?
 - i. I learned a lot about the administrative responsibilities of the clinical care coordinator. I learned how to use and answer the phone lines, schedule client appointments, and send intake paperwork. I became familiar with basic medical office software. I learned how to create different folders in the "M" drive which was the drive connected to all of the computers. When I was not assigned an administrative task, I worked on getting content for an interpersonal trauma group that one of the clinicians was in charge of. I also got the opportunity to ask with a divorce support group, alongside a master's level therapist, every week.
 - c. What type of knowledge did you gain?

- i. I feel like I gained an administrative perspective and a greater appreciation for what the administrative teams do for health care facilities. Due to my position and HIPAA regulations, I was not able to do a lot of clinical work. However, I had the opportunity to learn about various mental health treatment topics. I did learn how to score some psychological assessments such as the BASC. Since they were self-report, I was allowed to score them which reduced the amount of work for the licensed psychologists. I was the only undergraduate intern, so I was lucky to be involved with the clinical team. They were always open to my help.
9. Most critical moment:
 - a. I would say that a lot of my work was pretty low pressure and luckily there was never a stressful moment. I would say though that one of my critical moments was when I entered in the first few intakes on my own. I had to make sure I entered all of the information correctly, send them the right intake packet, add them to the spreadsheet, and ensure that I scheduled them at the right date/time with the correct clinician. If I had to choose a moment outside of the office, it would be at the divorce support group. I had to make sure that I was listening with open ears, providing support, and not judging what any of the people in the group said.
10. I would recommend coming into your internship with an open mind and be willing to learn. It's important to be willing to participate and be curious because your questions are valid and using your current knowledge that you have in undergraduate can set you up for success in the future. I was not sure exactly what I was getting into when I joined NMHC, but I was always open to new tasks and projects. Communication is also huge with your supervisor. Luckily, my supervisor was pretty flexible when it came to my schedule and did not have an issue with me staying later one day so I could leave early another day. Also, when I first started I was nervous to ask questions or ask what I could do to stay busy but as the semester went on I became more comfortable. Ask questions and keep an open mind to doing unfamiliar tasks!
11. I would recommend NMHC to students that want a combination of behind-the-scenes experience combined with weekly clinical training. The staff is very warm, welcoming, and cares for each other. The clinical staff is very knowledgeable and are open to any conversation and willing to help you with any tasks or provide further guidance. They made me feel supported and valued as an intern (also the youngest person there). The team takes time to check-in with each other and discuss administrative or clinical topics every week. If you want to get more of just a clinical setting then I would recommend something else, which may be difficult as an undergraduate intern. It was really cool to be able to assist with the divorce support group as it helped me practice some skills I learned in my clinical psych class. If you are on the fence about considering a graduate

program, the staff are open to sharing their experiences and give you advice about the process.

1. Marnie Welchoff
2. Major: Child, Youth and Family Studies Minor: Psychology
3. Internship position – No tilte
4. Radical Minds
 - a. 12811 Q Street,
Omaha, NE 68137
 - b. <https://radicalmindsomaha.com/>
5. “Radical Minds is dedicated to every mind, no matter the age or life experience. We create a supportive team with families to pursue the common goal of building fulfilling lives for those who struggle with emotional or behavioral challenges. We see potential and plan for progress.”
6. Michaela Marian 712-490-6828 and Ashten Grasmick 402-230-5861
7. The purpose of my internship was to learn the behind the scenes at the clinic I work at. I traveled to a different location and observed our HR/Head of managerial practices. I learned about how she does pay roll, creates marketing posts and how she puts together policies. I also shadowed the head BCBA. I learned about supervising, scheduling, and the different requirements the clinic has when bringing new kids on board.
8. My responsibilities in my internship were to observe and learn how background items were being completed. Once I observed and learned I was given mock details to complete my own. For example I observed a supervision and then the next time I joined a supervision I wrote up a mock evaluation. I spent my time outside of the clinic researching marketing and practicing making my own marketing items such as a newsletter or social media post for the clinic.
9. I acquired more technical skills as well as some more business writing styles.
10. I gained more knowledge about what goes into running a full ABA clinic.
11. My most critical moment in my internship was creating a newsletter template and creating a mock schedule for a clinic. This was my most critical moment because it helped me realize what I was missing and what I hope to have in a future goal.
12. My recommendation for future internship students in this position is come forward with a list and questions of what exactly they want to see. If they have none be honest and say everything to find what interests them so they get what they want out of the internship.
13. I would not recommend this organization simply because I had a special connection to get this position. However, I would highly recommend interning for a BCBA or a clinic director if interested! Radical minds would be a wonderful place to internship at, I just am not sure they can accommodate for someone not already in the company.

Internship Description

1. Rayna Wilcox
2. Child, Youth and Family Studies (CYAF)
3. Child Life Practicum Student
4. Boys Town National Research Hospital
14000 Boys Town Hospital Rd, Boys Town, NE 68010/ 531-355-6040
<https://www.boystownhospital.org/services/hospital-care/child-life>

5. Boys Town National Research Hospital endeavors to provide healing and hope to children and families suffering from physical and mental illnesses and disabilities, especially those who struggle with hearing loss and related disorders.

6. Debbie Wagers, MHA, CCLS : Supervisor, Certified Child Life Specialist.
531-355-6021

7.
 - To observe Child Life Specialists' interactions with patients and families in the hospital setting
 - To interact with the children and families with guidance and supervision from supervising Child Life Specialist
 - To follow specific guidelines and expectations set by supervising Child Life Specialist in each unit.
 - To develop a better understanding of the needs, concerns, and perceptions of infants, toddlers, preschool, school age children, and adolescent's during their hospital experience
 - To apply current child development knowledge to both observations and experience with children during their hospital stay.
 - To develop better understanding of how a child's development affects the child's understanding of medical experiences and how adapting the way information is provided to a child can change their experience,
 - To follow all department and hospital policies and procedures.
 - To complete the required assignments by the specified due dates.

8. Work Responsibilities Skills and Knowledge:

8a.) My major work responsibilities at my internship included shadowing the inpatient and surgery departments. My other responsibilities included writing daily journals on 1-2 patient's I saw that day and creating bedside activities to do with the patient's so that my supervisor could evaluate my skills and how I would use normative play to normalize the hospital environment for those patients.

8b.) the skills I have acquired are how to interact and build rapport with patients and their families in a hospital setting. I have learned this mainly by shadowing my supervisors and the imitating those skills when working with patients on my own.

8c.) The knowledge that I inquired were that I was given the opportunity every day to study Erickson's and Vygotsky's theory and use those theories to understand what developmental

Internship Description

stages each of the patient's I saw were in. Not only this but I learned the common stressors for hospitalization for each age group. Finally, I learned what toys were appropriate to bring in for each patient based on their interests and developmental age.

9. The most critical moment during my internship was when I got to do my first bedside activity by myself. I got to play with a 16-month-old who had a respiratory infection and was not able to sit up in bed by himself. This was very crucial for my experience and learning because it was my first time working with a patient by myself and allowed me to use my knowledge, I had learned from shadowing my supervisors and put it to the test to see what I have retained.

10. For future students who are preparing for a similar internship, I would recommend studying Erickson's and Vygotsky's theory. These theories come into play a lot in the field of Child Life and I was personally quizzed on it a lot during my interview and while shadowing my supervisors. Lastly, I would make sure that a student interested in this kind of internship is aware of what toys are appropriate for specific developmental ages. I was asked a lot to grab toys for patient's and I had to be able to grab toys based on where the child was developmentally.

11. I would recommend this organization to future internships students because the staff helped me learn a lot about the field. I am now leaving my internship feeling more confident about the field. Not only this, but all the staff were so kind to me and always gave great advice. The staff want to see you be successful and learn a lot from them.

1. Taylor Ybarra-Ratumaimuri
2. Child, Youth, and Family Studies
3. Case Manager
4. CEDARS Youth Services

6601 Pioneers Blvd. Lincoln, Ne 68506

www.CedarsKids.org

5. CEDARS mission is to help children and youth achieve safety, stability, and enduring family relationships.
6. Madison Zimmerman, Assistant Program Director
Mzimmerman@CedarsKids.org
7. The purpose of this internship was for me to gain experience and knowledge on what Case Managers are tasked with in a shelter or group home setting as well as understand what agencies CEDARS collaborates with in order to provide resources and successfully discharge youth that come into care.
8. Work responsibilities, skills and knowledge:
 - a. As an interning case manager, there were a lot of responsibilities in order to help with the successful discharge of youth in care. During my internship at CEDARS, I was tasked with helping complete intakes and discharges. That includes getting paperwork signed by a parent or guardian and ensuring that the youth is either successfully brought into care or discharged from care. I also had the opportunity to sit in on team meetings that occur every two weeks for each youth. Taking notes during team meetings was highly important in order to update the rest of the team (the CEDARS Shelter Team) so that everyone is in the loop and on the same

page regarding each youth. I was able to participate in 'case consults' every week as well. During these consults, the management team of Shelter meets and goes over in-depth plans on how to better help the youth in care and identify what their current needs are. When there are not meetings, I was tasked with getting assessments completed and building rapport with youth that are currently in care.

- b. Throughout the time of my internship, I gained many different skills. I would say that the skill that I really utilized the most would be managing my time effectively. As a case manager, things move very rapidly especially when youth there are daily intakes and discharges. Due to the fast paced work environment, there is a lot of room for cancellations, miscommunication, and obstacles. I have learned problem-solving skills and to be confident in what I am doing. Another important skill that I gained was learning to build professional relationships with those from agencies outside of CEDARS to better help and guide the youth in care.
- c. During my internship I gained a world of knowledge. I now know how to complete assessments with youth and am confident in being able to provide empathy and validation while also completing the assessments in their entirety, even though it can be a challenge at times. I also gained knowledge about what agencies are available for at-risk youth in the state of Nebraska apart from CEDARS. Lastly, I gained knowledge about how and why families may be going through dysfunction and different avenues to go through depending on the specific situation.

9. I believe the most critical moment for me during my internship at the CEDARS Emergency Shelter was sitting in on my first master assessment with a client. During this time, the client is asked very in-depth questions regarding their current living situation, past trauma, and various other areas of their life. Sitting and listening to a youth speak about their life and the current hardships they are experiencing really just made me feel a sense of belonging. Like I belong in an environment where I am able to help youth and their families overcome obstacles that have prevented them from being successful.
10. My recommendations for future students would be to make sure and time manage. This is especially important if you have a full-time job. Be proactive and make sure that your professors know that you have a full time job as well as an internship. Things can get overwhelming quickly if you are not organized and set aside time for certain assignments/ tasks!
11. I would absolutely recommend interning at CEDARS Youth Services Emergency Shelter! All of the staff and supervisors are welcoming and genuinely want to give you the feel of what it looks like to be a Case Manager. If you are looking to work with at-risk youth, their families, and their teams (POs, therapists, GALs, etc.) to help provide skills, guidance, and support, then this would be the perfect internship opportunity for you!