

## Internship Description Guideline

(Email to [rdalla1@unl.edu](mailto:rdalla1@unl.edu) in a Word document by Friday, April 7<sup>th</sup>)

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

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

1. Name: Mackenzie Anderson
2. Child Youth and Family Services, minor in Education: However I hope to go into broadcasting as a career path
3. Intern; specializing in many motion graphics, videography, and editing. My biggest contribution is with the daily Nebraska 150 videos and making the motion graphics associated with those.
4. V2 Content (Video Production Studio)  
10040 Shore Front Drive, (402) 489-7959  
<http://www.v2content.com/#intro-1>
5. "Make an impact."  
"We pride ourselves in producing effective video content that can be used in multiple platforms including social media, special events, advertising, television, and websites."
6. Tiffany Verzal, Owner, Producer (and motion graphic designer)  
(979) 492-9412
7. The purpose of me getting this internship was to develop my broadcasting skills even further. In the past I have interned with NBC Sports and Golf Channel, which is a lot of just lower level interning like getting coffee, whereas this was completely hands on learning by doing. This company works on a broad spectrum of different videos, so I have been able to learn a lot. Another huge benefit of having this broadcasting position is it makes me competitive with those students who actually got their degree in broadcasting, whereas I had a different path.
8. Work responsibilities, skills, and knowledge:
  - 8a.) My major work responsibilities were learning and producing videos and graphics that were good enough to be shown with the companies name under them. This was actually a big responsibility for me because normally it is just the two owners that produce everything so I wanted the quality of my work to match what they envisioned. I spent my time there working on marketing videos, sports clips, and educational videos. I think I was helpful to my supervisors because I was able to take some of the weight of all the work off their hands, especially with the daily videos that needed to be produced.

## **Internship Description**

1. Merisa Anderson
2. Child, Youth, and Family Studies
3. CLC before and after school staff
4. Community Learning Center Lakeview Elementary
  - a. 300 Capitol Beach Blvd, Lincoln, Ne 68528
  - b. 402-436-1149 (Lakeview Elementary School Number)
  - c. Willardcommunitycenter.org (click on CLC Program and it will take you to deserved information)
5. The purpose of a Community Learning Center is to create an extended learning time during non-school hours (before or after school) that provide students with academic enrichment opportunities as well as additional activities designed to complement their regular academic program. Goals at Lakeview include increasing student achievement, supporting families and building stronger neighborhoods.
6. Gina Benne, Lakeview CLC Coordinator
  - a. 402-436-1149 (Lakeview phone number)
  - b. gbenne@lps.org
7. The purpose of the internship is to expand my knowledge about children K-5. There are many different activities and chances for me to grow as a leader in our everyday experiences. Being in charge of supervising a large number of children during free time, then monitoring a smaller group number when we bring down into age groups working with homework or other activities. My internship has also allowed me to be in charge of the large group time where we usually play games that focus on learning also.
8. Work responsibilities, skills and knowledge:
  - a. Some of my work responsibilities include; planning afternoon activities, supervising groups of children, cleaning responsibilities, opening and closing of shifts, helping prepare snacks, and helping organize things.
  - b. One of the main skills I have acquired is how to deal with certain behaviors as a whole group and on the individual level. Before I stated my internship being in charge was always a scary thought for me because I don't always know the best way to handle the unwanted behaviors.
  - c. I've gained some very usually knowledge about the types of children I want to work with after graduation and tips to help working with children with behaviors. I'm really thankful I have taken a large number of classes dealing with a verity of age groups because this as really helped with working with these children at my internship.
9. The most critical moment at my internship was the first couple days at my site. I wanted to make a good impression and make sure I understood all of the rules and made a connection with the children early on.

10. I would recommend having prior work experience with at least some age range of children. If you have some experience working with children it's going to help you out in the long run. Also this program works with mainly children coming from a more of a lower SES background, and diverse backgrounds. So being able to educate yourself on how those students might have some behavior issues.
11. I really enjoyed working with my internship site. I would highly recommend future students looking into the CLC program for an internship or even for a part time job. It is a very laid back environment, and you get to have fun playing with children.

1. Katherine Benton
2. Child, Youth, and Family Science minor in Psychology
3. School Psychologist
4. Lincoln Southwest High School  
7001 S 14<sup>th</sup> Lincoln, NE 68512  
<http://lsw.lps.org>
5. Lincoln Southwest High School will inspire an academic, creative, and flexible learning environment. Students, faculty, staff, and patrons will be challenged as a **COMMUNITY OF LEARNERS** to reach their maximum potential in a safe, caring, multicultural, and technological environment
6. Polly Hess Eds, NCSP, School Psychologist  
[phess@lps.org](mailto:p Hess@lps.org)
7. The purpose of my internship was to explore and look at all aspects of special education within the school system. I also helped out with tutoring; helping Mrs. Hess in any way possible. It varied from scoring assessments, creating curriculum for groups or participating in interventions. Every Friday I would help out in a core class where there are students with high level of needs and one-on-one assistance.
- 8a. My responsibilities within Lincoln Southwest High School were to observe and assist in anyway the school psychologist may need. I would also assist children who need special needs or extra help with academics or one-on-one time. I would also assist teachers who need more help in their classroom.
- 8b. I acquired some confidence with my abilities in a professional workplace and grew with my competencies with what I was able to achieve and build relationships with staff and students.
- 8c. The knowledge that I gained involved many different aspects of a school psychologist's daily duties and special education practices. I learned a lot about the different assessments for varying needs and how to score, graph, and interpret them. I also learned a lot of the "behind the scenes" of what goes on within behavioral and academic issues. When helping making reports, MDT's, IEP's, and BIP's I learned how to properly convey information into a document that will be given to the team members and parents.
9. I believe the most critical moment in this internship was building relationships with students. There was one instance that a student needed to get two missing assignments done, but wouldn't work with anyone all day, even with multiple different attempts. When I arrived, Mrs. Hess said we were their last attempt to get him working. I had only seen this child in passing. So, I went to his room and brought him to the forum room. And while walking there I would ask if he had any plans for the weekend or spring break. With asking questions not pertaining to his

work or school it allowed the student to open up a bit to me. Once we got to the forum room, he had no problem sitting down and working on his homework with me. We got a whole study guide done and started on another assignment. After we returned to the classroom, the teachers were astounded that we accomplished so much. From there on out I was told if he need anymore help then I would be called to help him. Knowing that I could help a child that couldn't connect with anyone else was a great feeling.

10. My advice to future interns is to keep an open mind. You will encounter many different students that come from different, sometimes hard and unthinkable situations that I only thought happened in bigger cities and in movies. It is hard knowing that you can only help so much.
11. I would certainly recommend this internship site to future students because my supervisor was amazing! I think if I had any other supervisor if would have been a much different experience. The administrating team really made it a great experience and created a great learning opportunity for me.

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

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

1. **Your name:** Taryn Betka
  
2. **Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...):**  
Child, Youth, and Family Studies
  
3. **Practicum position title:** Occupational Therapy Intern
  
4. **Organization / agency name:** Eastmont Towers  
**Organization / agency address and contact number:** 6315 0 St. Lincoln NE 68510 – (402)-489-6591  
**Organization website if available:** <http://www.eastmontliving.com>
  
5. **Mission of the organization or agency:** The mission of Eastmont Towers is to provide the best, most comfortable care for elders continuing their life in their facility. They want their residents to be able to live the rest of their lives with different activities and opportunities, while being comfortable.
  
6. **Supervisor's name and title:** Pam Piening – Full-Time Occupational Therapist  
**Supervisor's contact number (phone and fax, if available):** (402)-499-6719
  
7. **Describe the purpose of your internship:** The purpose of my internship is to learn more about the occupational therapy field in the geriatric population. It is also to build relationships and learn from my supervisor about treatment plans and different exercises for each treatment.
  
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 responsibilities are to follow my supervisor as she works with patients and help her or take over for her whenever she asks me to. I lead patients in exercises during treatment and help them begin puzzles or whatever their treatment may be for that day. I assist my supervisor in taking notes and collecting the minutes for the day.
  - 8b.) What skills did you acquire over the course of your internship?** I think my leadership and confidence skills have increased. I have become more confident in leading in taking initiative to try something new, even if I may fail. I also think I have improved with my communication with clients and my supervisor.
  - 8c.) What type of knowledge did you gain?** I've gained a lot of knowledge in many areas since the beginning of my internship. I have learned a lot about treatment plans for different

conditions in the occupational therapy area. I have learned about how to communicate with clients when they may not want to participate.

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

I think the most critical part of my internship is every time my supervisor asks me to do something new that she can tell I'm nervous about. I think this is the most critical because it really shows how I will react under pressure when in a tough situation, and how I handle the situation will show my supervisor a lot about what kind of occupational therapist I will be.

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

I would suggest for students to go with whatever their heart is telling them with placements and possible internship sites. I was nervous about going somewhere I knew I was interested in because I wanted to get a new experience, but I am so glad I went with my heart and went with what I knew I would love. I would also recommend to do research on what each internship placement really stands for and what their values are before choosing a site.

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

I would 100% recommend Eastmont Towers for a placement for another student going into occupational therapy. My supervisor has taught me so much and has given me so many opportunities for hands on experiences, and I feel so much more ready for OT school now. I have loved every minute of my internship, and would suggest this placement for anyone.

Chloe Bontrager

Family Science

Program Support Worker

Better Living Counseling Services  
7100 South 29<sup>th</sup> Street, Lincoln, NE  
Betterlivingcounselinginc.com  
402-476-0104

“We seek to strengthen and improve current family functioning by cultivating growth and change in order to preserve the family unit.”

Traci Mitchem: Program Support Worker Supervisor  
402-476-0104

The purpose of my internship was to learn about what it's like to work with an agency that provides services for foster care children, biological parents, and foster parents.

At Better Living I transport children who are in the foster care system to have parenting time supervised visits with their biological parents. During the visits I monitor and watch the interactions between the children and their parents to ensure the safety of the children during the visits. At Better Living we seek to improve and help teach parenting skills that some parents need guidance with and it was my job to teach them those parenting skills. For example, if a parent needs help with disciplining a child I may show them the appropriate way to put a child in time-out, or how to appropriately verbally communicate discipline with their child. During my time at Better Living I also had to create documentation of the visits and create signature sheets for the Department of Health and Human Services (DHHS). I was also involved in team meetings and clinical staffing with my supervisor and other team members where we discussed how to improve our visits with the families that we are assigned to and to keep everyone updated on how the cases are going.

The skills that I acquired at Better Living were empathy, communication skills, time-management, and active listening. The people that Better Living works with are people who have been through a lot in their lives and it was important to put myself in other people's shoes and to actively listen to their problems in order to gain a rapport with the families that I was working with. Time-management is also a huge skill that I learned at Better Living. Some of the children lived out of town and it was important for me to schedule enough time to pick up the children and to have them at their visit on time. It was also important for me to have enough time to write documentation and to send in my daily logs to my supervisor. Better Living has a 24-hour rule where all documentation needs to be turned in 24 hours after a visit has occurred. This pushed me to set my most important priorities first.

The type of knowledge I gained with Better Living included a better understanding of how the foster care system works from different perspectives (biological parents, foster parents, and the children). There are many rules and guidelines that the foster care system has to follow according to DHHS and most of these rules and laws I did not have an understanding of before my internship.

The most critical experience that happened to me at Better Living was when I noticed a parent was under the influence of drugs during a visit with their child. I ended up having to end the visit early to ensure the safety of the child and the parent got upset with me and started to yell at me. I explained to the parent that it was best if they called their case worker later once they had calmed down. Although I know that this was in the best interest of the child it can still affect you and make you question if you made the right decision.

My recommendations for future students who are planning on doing an internship similar to this is to remember to have time for yourself or you will burn out very quickly. It is also important to communicate with your supervisor because they are always willing to hear out your concerns or something that has been stressing you out. It is also important not to take things too personally and if a parent lashes out on you it's because there is something deeper going on in their life. It is also important to have time-management because most agencies that work with DHHS require that all documentation gets turned in 24 hours after a visit has occurred. This means setting priorities and sometimes missing out on things with friends or student activities.

I would recommend this internship to anyone who wants to gain experience working with the foster care system. Better Living is a great agency and they understand and appreciate that I'm still in school. They allow me to have a flexible schedule. I would also recommend this to someone who is willing to not only gain the hours needed for this internship course but who is really willing to learn and put in the time and effort that it takes with this agency.

1. Name: Quinten Beyersdorf
2. Major: Family Science
3. Position Title: CLC Staff (no official title)
4. Organization:
  - a. YMCA/CLC
  - b. 570 Fallbrook Blvd., Suite 210 Lincoln, NE 68521
  - c. 402-434-9200
5. Mission Statement:
  - a. YMCA: "to put Christian principles into practice through programs that help healthy spirit, mind, and body for all."
  - b. CLC: "serving children, families, and neighborhoods through collaborative partnerships that provide support services and opportunities which lead to smart kids, thriving families, and strong neighborhoods."
6. Supervisor
  - a. Name: Spencer Smith
  - b. Title: Program Director
  - c. Phone: (308) 991-4788
  - d. Email: spencersmith@ymcalincoln.org
7. Purpose of my internship
  - a. I applied for this position because I needed an internship for this class to graduate from UNL.
  - b. I have learned a lot about how to teach, and interact with, children.
  - c. I have learned that I could potentially be successful if I choose to work with young children in the future.
8. Work Responsibilities, Skills, and Knowledge:
  - a. Responsibilities –
    - i. Always looked for opportunities to encourage children when I saw them doing something right
    - ii. Always looked for opportunities to insist that children correct their behavior if I saw them doing something wrong
    - iii. Planned activities for the children and orchestrated the plans during activity time
    - iv. Supervised Homework Time and assisted the children if they had questions on their homework
    - v. Supervised Snack Time and helped clean up the cafeteria afterwards
    - vi. Supervised Gym/Playground Time and actively played with the children
    - vii. Supervised Free Time and played computer games or board/card games with the children
    - viii. Let the children talk to me about what they wanted to talk about
  - b. Skills Acquired –
    - i. Reality Statements
    - ii. Coupling Statements

- iii. Corrective Teaching
- iv. Giving more Praise to scholars who struggle more
- c. Type of Knowledge Gained –
  - i. I learned that students have a resistant identity, which can be an obstacles when trying to teach them something or correct them on something
  - ii. I learned that students learn well when games and activities are combined with material
- 9. Most Critical Moment:
  - a. When one of my students, Manny, repeated something to himself that I had taught him to say. It was the positive self-talk phrase that I always use, “don’t get upset, it’s just a game.” To be able to see the fruits of my labor was one of the best and more encouraging experiences I could’ve ever asked for.
- 10. Recommendation for future students:
  - a. Since you will be working with children, your patience will be exercised. Try to find little ways to “workout” your patience before you get to the “Game Day,” that is, working with children.
- 11. I recommend YMCA/CLC
  - a. It’s a paid job, not an unpaid internship
  - b. For those looking for a challenge, here it is: you get to work with children when they are at their peak wildness (when they get out of school).

1. Elizabeth Campbell
2. Family Science
3. Teachers Assistant
4. North American Martyrs School,  
1101 Isaac Drive Lincoln, NE 68521; 402-476-8088  
<http://www.namartyrs.org/school/>
5. The mission statement of North American Martyrs is “As an academic institution, the school seeks to work in partnership with parents in the intellectual, emotional, social, and physical development and growth of their children in harmony with the specific and unique gifts God has given to each child.”
6. Sarah Fitzgerald, Sixth Grade Teacher  
402-476-8088
7. The purpose of this internship was to gain experience with working with children who are middle school aged. I also wanted to see if I would be interested in working in a school setting in the future.
8. Work responsibilities, skills, and knowledge:
  - 8a.) For my internship, I spent the majority of my time in the sixth-grade classrooms. I would help the teachers plan projects for the kids to do or I would help the kids who needed extra help with assignments. I would also do other things that the teacher needed such as grading, making worksheets to go with the lessons they were teaching, and getting materials for the projects ready.  
  
In the afternoons, I worked in the library from 1:30 to 2. The first and second grade took turns coming to the library to check out books at this time. I would help the librarian check out books so she could make sure all the kids were getting books that went with their reading level.
  - 8b.) I learned how to be flexible with this internship because I did so many different things. I had to go with the flow of the day and help when unexpected things came up. I also learned how to be more organized.
  - 8c.) I learned that while I liked working with middle schoolers, I prefer to work with younger children.
9. While working at my internship, there was a student who needed a lot of extra help with his assignments. For the first half, the teachers allowed the students to fix their assignments that

they failed to get a passing grade. I worked with him on fixing his assignments almost every day. I got to see him slowly get better and better at getting his assignments done right the first time. Now the teachers don't allow the students to fix their assignments, but he is doing so much better that he wouldn't even need to fix his assignments any more. This is the reason why I enjoy working with children, because it is so rewarding to watch them grow and figure things out even if it takes some students longer than others.

10. My recommendation to students who are preparing to be a teacher's assistant would be that they should go in with an open mind. Going into my internship, I was not sure of everything I would be doing at the school. I had to learn how to be more flexible because the teachers would ask me to do things that had to be done by the end of the day, and I had to figure out how to get it done. It was both teacher's first year as sixth grade teachers, so I helped a lot with things that they had never done or taught before.

11. I would recommend this organization for future students because they were very easy to work with and I had a great experience with my internship.

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

1. Shelby Dickes
2. Family Science, Education minor
3. Child and Family Services Specialist Intern
4. Department of Health and Human Services | Child Protective Services  
824 N Lincoln Ave York, NE 68467 | 402-362-4471  
<http://dhhs.ne.gov/>
5. The mission of the Division of Children & Family Services is to provide the least disruptive services when needed, for only as long as needed to:
  - give children the opportunity to succeed as adults,
  - help the elderly and disabled live with dignity and respect, and
  - help families care for themselves;resulting in healthier families and safer, more prosperous communities.
6. Brandee Ehlers and Child and Family Service Supervisor  
Office: 402-363-9279 Fax: 402-362-3042
7. Describe the purpose of your internship.
  - The purpose of my internship for me was to solidify my career goals that I had in mind. I wanted to find an internship that would ultimately teach me things that I did not know before and also let me do some of the work and not just sit back and watch. At DHHS, I was able to learn things from all of the staff I worked with and also interact with clients and run meetings along with the workers.
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?)
    - A lot of my internship involved driving and documentation. We were constantly driving to different towns to attend court, team meetings, and family meetings. At all of these meetings and court, I would take notes and then when we got back to

the office, I would document for which ever worker I followed that day. I very rarely had nothing to do when I was at my internship.

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

- Some skills that I gained during my internship were communication skills and time management skills. Communication with families, coworkers, and basically everyone is key in a position like this. We are constantly communicating with lawyers, county attorney's, parents, children, and many others. I have found out through this internship that it is important to document all important conversations so that communication is never lost and you can always refer back to your notes. I have also learned that time management is important but it also important to understand that in a job like this, you will not always be able to manage your time. Things are constantly changing in a position like this and you have to be flexible and willing to work with parents and families to make meetings work.

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

- I gained knowledge on many different things including mental illnesses, how family systems work, and I have learned a lot about the court systems.

Throughout my internship, I was able to attend many different trainings and gain knowledge and better understanding of the families that we work with.

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

- The most critical moment at my internship was when I tagged along to my first removal experience. At this point, I had not seen any removal and had not really been taught what to do at a removal. I remember getting there and thinking "Holy crap." The removal was for meth and when we arrived, the mom secretly told me that she knew there was meth

in the house and I had to find a way to tell the police without her getting upset with me. During this time, I was also responsible for finding the children's important belongings and gathering them in a bag for where ever the children would be placed. It was scary, sad, exciting, and crazy all at the same time!

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 to go into this experience open minded. I think that if you go into it with a negative attitude, you will not get much out of the experience. My internship solidified my career goals that I have had in mind for a long time, despite people trying to talk me out of it. If I had listened to them and started my internship with a negative attitude, I wouldn't have gotten anything out of it and would not have enjoyed it as much as I did. At times in the semester, it was difficult balancing a job, class, and my internship but in the end it was well worth it!

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

- I would 100% recommend DHHS as a place to intern, especially in the York and Seward offices. The staff was amazing and always willing to help me when I needed it. Not only were they willing to help me, but they wanted to teach me things about the job that I would not have known unless they specifically pointed it out. I learned more than I ever could have imagined throughout this semester and would not have wanted to intern anywhere else. I highly recommend interning for CPS even if it isn't exactly what you want to do, because you also get to meet people from many other human services agencies and see what they do also.

## Internship Description

1. Taylor Fleissner
2. Family Science
3. CEDARS Childcare Intern
4. CEDARS Carol Yoakum Child Development Center, 4621 NW 48<sup>TH</sup> Street, Lincoln, 402-437-8923
5. It is the mission of CEDARS to help children who have been abused, neglected, and homeless achieve safety, stability, and enduring family relationships.
6. Emma Brunke- Program Director, 402-437-8923
7. The purpose of my internship is to learn and understand how a childcare works and operates.
8.
  - a. I typically work with the kids and play, and then during naptime, I prepare crafts and lesson plans for the upcoming week.
  - b. I have acquired communication skills as well as dependability. If I do not do my best, everyone will see that and I want to give them a good impression
  - c. I have gained knowledge about how teachers plan their lesson plans and interact with the kids, stimulating their growth and development
9. The most critical moment would definitely be one of the first days when I worked with the infants and I could not soothe one of them. It was naptime and the baby would not stop crying and I really was overwhelmed and was not familiar with how to properly comfort such a newborn. I eventually adapted and tend to lean more towards working with the toddlers and preschoolers because I lack that knowledge about babies, and also they are more comfortable around the teachers that are there everyday.
10. I would definitely recommend that you go somewhere you may not have the most interest in. You never know what it going to happen and chances are, you might love it and never knew it. I would recommend also giving everything your full effort because it could be something that seems pointless but is crucial.
11. I would definitely 100 percent recommend CEDARS to anyone. Working with these kids and gaining experience is priceless and will help tremendously especially if you plan on going into childcare. I have worked with the foster care team last semester and I just cannot get enough. I look forward to continuing with CEDARS in the future, whatever it may be.

1. Lindsay Henkenius
2. Major: Family Science
3. Practicum position title: Intern
4. Behaven Kids  
1145 High St, Lincoln, Ne  
1(402)423-6464  
<http://www.behavenkids.com/lincoln/>
5. Mission:  
To passionately teach effective skills that change children's lives and ultimately changes our future.
6. Supervisor's name: Katie Mandelko, Program Coordinator  
Phone: 402-423-6464  
Fax: 402-423-6465
7. Behaven gave me an opportunity to work with children with externalized behavior problems executing their individualized treatment plans.
8. Work responsibilities, skills, and knowledge:
  - 8a.) I spent my time on the treatment floor working with various ages ranging from 18 months to 10 years. I was responsible for using the Behaven method of praise and consequences to implement the children's individual treatment plans.
  - 8b.) I gained practical application skills regarding working with children and problem behaviors. I also sharpened my communication skills dealing with co-workers as well as parents.
  - 8c.) I became well acquainted with the Behaven method, but also Applied Behavioral Therapy, which Behaven bases their model on. I also gained practical knowledge regarding child care, positive re-enforcement and consequences when dealing with problem behaviors.

9. The most critical moment for me during this internship was when I was able to sit in on some of the group therapy sessions. I got a chance to see how Behavior was really changing kids' lives, and not simply a strict daycare. It was during one of those sessions that I realized that I did truly want to go into counseling, furthermore, I wanted to focus on kids.

10. A recommendation I would have for students in similar internship positions would be to not be afraid to ask questions. There is a lot of information to absorb in a relatively small amount of time, and it is easy to feel overwhelmed. The easiest way to get over that, is simply to jump right in and do not hold yourself back.

11. I would recommend this organization. The staff there is very friendly, and the supervisors are very accommodating. My supervisor knew that I have aspirations to go into counseling, so she ensured that I was able to sit in on group therapy, as well as psycho-education groups. They were also very willing to work with scheduling. Besides that, it allows students to work first hand with children in a therapeutic setting, working with them on their treatment.

8b.) The technical skills I acquired were knowledge in Adobe After Effects, Avid, Illustrator, Photoshop, Premiere, Final Cut Pro, Canon EOS 5D Mark 2, and Panasonic Lumix. All these software's and cameras are used in different aspects of broadcasting, so having such a diverse knowledge of these programs and equipment has been tremendous and will make me feel confident when applying for jobs.

8c.) Besides the skills I learned, the knowledge I have gained which will help me in the future is what areas of broadcasting are particularly appealing to me and what I am better at doing. I have also been given advice from the owners at which locations I should apply to and what would make me most marketable to those hiring.

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

I attended a race with the two owners and was told to shoot the end and whoever won. The other two were either running the race or far way shooting other footage. I was nervous because I had never shot for them before so I was scared to have the wrong angle or lighting. They had written the finishing winner into the script prior, so I could not miss it or they would have to rescript. In the end the footage looked great and they were happy with what I had done, so I was proud of myself for being confident and there in order for them to get the shot.

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

The most interesting advice my internship supervisor gave me that could relate to every profession is to ask the person above you what aspect of their job they hate doing and try to learn that. By taking this responsibility, it not only helps them but also shows you are capable of doing more and could potentially lead you to moving up in the company. Another piece of advice I would give is to keep putting in hours over your required amount for the class if you are seriously interested in going into that career. You will develop a ton of useful skills for the future and potentially look better to your company, which could lead to something in the future.

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

I would completely recommend this to another student, however I was the only intern with the two owners, who are married, and I am not sure they are looking to hire another intern in the future, it may have been a one time thing because they were extra busy at the time. Also, this would not be a beneficial internship for those hoping to go into CYAF, it just worked out perfectly for me because it is broadcast related.

1. Rachel Jackson
2. Family Science
3. Program Support Worker
4. Better Living Counseling

245 E 5<sup>th</sup> St. Fremont, NE 68025

(402) 753-2096

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

5. Better Living Counseling seeks to strengthen and improve family functioning by cultivating growth and change in order to preserve the family unit.

6. Justine Leathers

(402) 753-2096

7. The purpose of my internship was to gain insight and training regarding families in need and to teach parents important aspects of caring for children.

- 8.

a. The main responsibility of my internship was to transport and supervise children who are wards of the state while they interacted with their birth parents for a set amount of time.

b. During my internship I gained better insight into the lives of families living in poverty, struggling with drug use, or lacking basic parenting skills. This internship taught me to relate to many different kinds of people and I learned that families who struggle with addiction or other difficult situations are very similar to everyone else. I also learned how to follow DHHS guidelines regarding the foster system process and caring for children who are state wards.

c. I gained knowledge of foster care systems, courts, and resources in the community for people in need.

9. One critical moment during my internship that stands out is when I had to do a visit with a dad who had just gotten out of jail the day before. I am not very intimidating and a female so I was scared to do this visit. Many times after a parent gets out of jail or gets permission to see their child for the first time after he or she is removed, it is a really difficult time for them. Parents usually have a lot of emotions and they can come across as anger towards the visitation worker or even towards their children. However, after I actually met with and got to know this dad, I realized that he was a great parent who had just got caught up in the wrong situation. This was critical because it challenged my stereotype that someone who is in jail doesn't care about their kids. This dad cared about his child so much and disciplined him very well, I honestly hope I am able to have the patience with my children that he had.

10. If I had to give someone advice that was going to do the same internship, I would want he or she to know that it is stressful at times and that there is a lot of paperwork. I would also make sure the

individual knew that it was a lot of driving and that you get called to work on almost every day that you aren't scheduled which can be frustrating.

11. I would recommend Better Living Counseling to future students. It was an eye-opening experience and I am extremely grateful that I was able to have this opportunity. There are locations in Fremont and Lincoln so I would recommend it to students in the future who live in either area. It is a paid internship and if it goes well they offer you a position at the end.

## Internship Description Guideline

(Email to [rdalla1@unl.edu](mailto:rdalla1@unl.edu) in a Word document by Friday, April 7<sup>th</sup>)

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

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

1. Your name.

Vanessa Jackson

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

3. Practicum position title.

Intern

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

Clyde Malone Center  
2032 U street Lincoln, NE 68503  
[www.malonecenter.org](http://www.malonecenter.org)

5. Mission of the organization or agency.

The Malone Community Center mission is to honor and strengthen the African American community in Lincoln and Lancaster County by serving as a cornerstone for educational, cultural, and advocacy programs for all people.

6. Supervisor's name and title,

Nate Woods Assistant Director

Supervisor's contact number (phone and fax, if available).  
402-474-1116

7. Describe the purpose of your internship.

Learn what goes into running a community center/ non-profit.

8. Work responsibilities, skills, and knowledge:

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

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

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

My main responsibility was to run my reading program, help with Juneteeth parade. It is also to office work such as filing, writing receipts. Also coming up with new ideas for the center. A lot of my time also went into mentoring the children and facilitating.

8b. I feel I go to use a lot of creative skills, because I had to come up with my own ideas. I also feel like I gained more skills working with children. I gained experience and ability to be empathic, caring and teaching.

8c. I gained knowledge on how to run non-profit and on what it takes to teach and work with children.

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

I think running my reading program was a critical moment it made me enjoy the internship more and be open to the experience at the Malone center.

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

I say come to it open and being aware that it might not be structured. The student may have to bring structure to the facility.

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

*Why/why not?*

I personally wouldn't its to unstructured, and the staff lack communication skills. I feel they are trying to do good things for the kids but the staff doesn't do well with criticism, and they are very unprofessional.

1. Kelly Morgan Kuwitzky
2. CYFJ (Child Youth and Family Science, Journalism Mass Communication (ADPR))
3. Marketing Manager (Social Media Manager, Photographer, Videographer, Website Builder)
4. Well Grounded Coffee House  
707 South 24th Street  
Omaha, Nebraska 68102  
(<http://www.wellgroundedomaha.com/>) (being rebuilt currently)
5. A coffee house that donates 10% of its profits to “Charity: Water” a non-profit that builds wells in third world countries
6. Sarah Van Putten: Owner  
(402) 680-1666
7. The purpose of my internship was to discover which skills I enjoyed using the most, and making myself more marketable to a potential advertising or creative position at an agency.
8. Responsibilities, skills and knowledge
  - a. My major work responsibilities were to create a bank of photos for use in Instagram and Facebook, as well as promotional pieces and on the website. I also created videos for promotions. The website will be fully rebuilt and integrated with video and photos.
  - b. Over the course of my internship I acquired the ability to use Adobe Premier Pro, create social media calendars, manage my time as far as photoshoots, and expand upon my videography skills.
  - c. The knowledge I gained was the outline of the process that it takes to start your own business, working on appreciating constructive criticism and creating my own direction for creative projects while keeping the client at the center.
9. The most critical moment in my internship will be the finishing of the website. This was a huge step for my skills, where I had previously been only focused on marketing myself for photography, rebuilding this website and showcasing my videography will be a leap in my creative abilities.
10. For future internship students I would recommend this opportunity because it is a creative outlet for CYFJ students to work with a “for-profit” company that is still charitable and has the greater good in mind. Sarah is so open minded with creative direction its has given me a new perspective on working as one of a few creatives for a company.

1. Aubrey Lenz
2. Child, Youth, and Family Studies, Pre-Physical Therapy
3. PT Tech
4. Lincoln Orthopedic Physical Therapy  
1651 N. 86<sup>th</sup> Street, Suite 100  
Lincoln, NE 68508  
Loptonline.com  
402-484-7118
5. Rehabilitation for patients with post-surgery injuries or other injuries related to the knee, back, neck, wrist, ankle, or shoulder
6. John Lynn  
402-484-7118 – phone  
402-484-7117 – fax
7. The main purpose of my internship was to gain experience in physical therapy and help the patients at Lincoln Orthopedic Physical Therapy complete their rehabilitation.
8. Work responsibilities and skills include:
  - a. My major work responsibility was to assist the PTs and PTAs with whatever they needed done in order to complete their patient's therapy. My main responsibilities as a tech were to bring patients back from the waiting room and start them on their modalities, which included heat or ice with electrical stimulation, ultra sounds, or starting them on the bike or nu-step, or starting them with any other exercise instructed by the physical therapist. I also kept the clinic clean, changing pillow cases after each patient had left their table or room, as well as wiping down the area. I kept the gym clean, sanitizing it and putting away exercise equipment when the therapists were done. I also kept up with the laundry. Another responsibility I had was working at the front desk. I helped pull patient charts, file patient paper work, take new patients, answer phone calls, and communicate with doctor's offices.
  - b. I was able to acquire many skills over the course of my internship. One of my main goals was to learn how to read patient charts, which included their injury, where it was located, the exercises that needed to be done with that patient, their modalities, and measurements for each exercise. I also learned so much about orthopedic physical therapy in general. I was so lucky to have such amazing PTs and PTAs to work for, they were good about explaining to me what they were doing and why. I was also in the clinic all day, so I was able to observe them working with their patients. I learned a lot about taking phone calls and communicating with doctor's offices, as well as how to call for a patient's script from the doctor for the PT.
  - c. I gained knowledge in the hands-on patient care, as well as learning about patient charts and other paperwork. With my internship position, I was able to see both sides of how the clinic works.
9. The most critical moment of my internship was the day that I learned if I focus on taking care of my patients and building a good relationship with them, everything else will come naturally. There was many days when I became so stressed and caught up in answering phone calls correctly, or getting all the right paperwork done for a new patient. When I took a moment to relax and focus on my relationship with the patient and make sure they were comfortable, I

found I did much better on everything else. I built some amazing relationships throughout the course of my internship, and I found that when I focused on my relationship with the patient, everything else came more naturally. One day, a patient told me that they were nervous about coming to therapy, it was hard for them. That same patient later thanked me for helping her get through her therapy and complete it, as well as making her feel so comfortable while she was there. This was the most critical moment of my internship.

10. If you are working in any type of health setting, focus on the patient. I became so stressed and overwhelmed with how much I had to learn with the front desk work, phone calls, etc. These things take time to learn, but you will get them. If you are in the health field, you are in it because you want to help people, not for the paperwork. If you focus on taking care of your patient, everything else will come much more naturally. I also learned that attention to detail is important. It's critical in this type of setting to pick up on how each therapist does things and to know what they like for their particular treatment for each patient.
11. I would recommend this location for an internship. Not only are you learning through your own tasks and responsibilities as a tech, but you are able to observe physical therapy throughout the day. I was also so lucky to have such amazing PTs and PTAs to work for. They taught me so much and were very encouraging throughout the entire internship. I have built strong relationships with each of them, and I felt like they genuinely cared about me and seeing me succeed.

1. Joel Lopez
2. Major: Family Science
3. Front desk/ wellness management/pick up crew
4. YMCA Lincoln  
1039, Lincoln, NE 68508 402-434-9213
5. Guidance for youth, exercise for all ages, after school programs/groups for all ages
6. Zach Kucera, Wellness supervisor,  
402-419-6305
7. The purpose of my internship was to be comfortable with working with children and people of all ages. I also wanted to see how I would enjoy the exercise part of the work place, I wanted see if I would want to continue working in this environment in the future.
8. Work responsibilities, skills, and knowledge:  
8a.) I would work the front desk, which meant checking people in and out out of the building. I would help teach wellness classes and individual skill training sessions. I would also help with equipment pick up and lifeguard the pool.8b I acquired how to run a check in check out system on the computer, I learned how to teach a wellness class for adults and how to address them, I also learned how to work with children both in groups and individually. 8c.) I gained knowledge of how to work with both young children and adults, I had a since of how to work with children but learning how to work with adults was all new to me and I really gained a lot by doing so.
9. The most critical moment of my internship was being able to run and teach an adult wellness class. I have worked kids camps before so I know for the most part how to work with a younger crowd but working with adults was a new challenge for me and something I had never done, being thrown into the fire and jumping into teaching adults was very beneficial to me and I feel like I gained a lot ding so.
10. I would say just devote your time and efforts to the internship. I think staying focused just on one thing at a time in general helps your experience with anything but I think just being dedicated to it really helps!
11. I would recommend because they really work with you well and if you are interested with working in a community where you have to work with people in general you are forced to socialize with clients everyday and it can definitely help you get out of your shell if you need it. Overall a great place to work!

## Internship Description

1. **Your name :** Kayla Lott
2. **Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...):**  
Family Science
3. **Practicum position title :** CASA intern. I didn't really have a title, I worked a lot with the executive director.
4. **Organization / agency name :** Court Appointed Special Advocate of Lancaster County  
**address and contact number :** 1141C H St, Lincoln, NE 68508 - (402) 474-5161  
**Organization website if available :** <http://www.casa4lanaster.org/>
5. **Mission of the organization or agency:** "CASA for Lancaster County provides a voice for abused and neglected children in the court system so they can thrive in safe, permanent homes."
6. **Supervisor's name and title :** Dawn Rockey – Executive Director  
**Supervisor's contact number (phone and fax, if available) :** 402-474-5161
7. **Describe the purpose of your internship:** To learn more about what the court process is like for children taken out of homes under the care of DHHS. To see what it would be like as a case worker, to learn how to prepare court reports, and help children in abusive/neglectful homes.
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 spent a majority of my time reading case reports and attending court for these cases. That was probably 75% of my time. I also did a lot of little jobs here and there. I organized all their closed case files, created new training manuals for training courses, reviewed future opportunities for

additional training, and created charts detailing the steps that cases go through once they enter the court system.

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

I learned how to be more assertive in the work environment, and communicate more openly with people on the treatment team I'm working with. I also learned how to set clearer boundaries with the people involved in my case. The youth on my case has restricted access to the internet and phones, and since she doesn't have her own phone, she often asks others if she can use their phone (she's not supposed to do that). I'm usually a pushover with youths, and in a personal situation, might have caved in (I know that's bad, I'm working on it for sure!), but since she was a part of a case for a professional job, I learned to say no. That was a big step for me.

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

I learned how to create court reports, how the court process works in juvenile justice and drug court, and I also learned a lot about how to deal with youths with extreme behavioral problems. I got to hear a lot about how the other CASA members work with these youths, as well as read research articles online during my internship. This will be very helpful to me in the future as I prepare for a job with DHHS as a case worker. I got to observe a lot of case workers during court sessions, as well as talk with them outside in the lobby while we waited to be called for court.

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

I would say the most critical moment at my internship was when I was working on my own case with the teenage youth that's on my case. I took her for the second time to test for her learner's permit at the DMV, and she passed. She had also just gotten a new job. She was really optimistic about her future and where she was, but she was also scared that it wouldn't last because of her past experiences and traumas. I assured her that her future was her choice, and that she was on a

really good path to doing everything she dreamed about in the future. She told me she was really happy to have me in her life and I was really supportive. That really made me feel good about the job I was doing and help reaffirm what I want to do as a career. I really felt like I was helping just by being there.

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

Come in with an open mind about what you will be doing. I went to a lot of court and read a lot of case files, which I thoroughly enjoyed. However, I also did a lot of paperwork and organizing. I was more than happy to do these jobs, but some people might not think of this as something they will be doing in a similar position. Just be ready and willing to do anything they throw at you. I did the tasks they wanted me to do with 110% and they ended up really like some of my stuff, and will be using a chart I made for future training.

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

Yes – They are very friendly and a very supportive staff. They helped me learn a lot, and gave me a lot of tasks to do that made me feel useful and important to their cause. I learned so much and they gave me so many opportunities to learn new things, it was amazing. They were very flexible with my schedule as well.

## Internship Description

1. Danielle Moore
2. Psychology, Child Youth and Family Studies Minor
3. Rehab Volunteer
4. Landcaster Rehabilitation Center  
Contact Number: (402) 441-7101  
Address: 1001 South St, Lincoln, NE 68502  
Website: <https://lancasterrc.com>
5. "To be the premier choice for compassionate care and provide the highest quality of life possible for those entrusted to us."
6. Kelly Sears-Rehabilitation Director  
402-441-710 or [kelly.sears@peoplefirstrehab.com](mailto:kelly.sears@peoplefirstrehab.com)
7. The overall purpose of my internship was to solidify my future career goals of being an occupational therapist while gaining knowledge, building relationships, and seeing and being a part of the impact they make on the everyday lives of their patients. This internship allowed me to see all parts of the field and grow as both a student and a person.

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

**8a.)** My major work responsibilities included assisting the therapists in their sessions such as balance activities, dressing the patients, following with the wheelchair, checking oxygen levels, and observing their different techniques. I also attended home safety's, helped with fine motor and sensory skills by playing games with the patients, and sometimes just simply talked and interacted with all the different residents. Each day I did and saw something new, learned about new precautions, and observed different diagnoses.

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

The skills I acquired throughout my internship include learning how to lock and adjust wheelchairs, measure the height needed of walkers, take a patient's oxygen and heart rate, how to use heart pillows and sternal precautions, what it takes to plan both home safety's and care plan meetings, and the correct techniques that should be used when lifting and assisting patients. I also strengthened my communication skills with adults, learned the keys to positively working with family members of patients, built on my teamwork skills by constantly working and observing a therapy team and planning common goals, became more organized, and greatly increased my problem-solving and my time management skills.

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

I gained knowledge in many different areas. I learned about many different diagnoses in the elderly population as well as the best treatments for them. For example, one common one for women is a UTI. I observed this and learned all the exercises and treatments to rid of them. I also gained knowledge on the different techniques and ways to provide therapy to patients. For example, one on one therapy, co-therapy, and cognitive therapy. I also gained knowledge on the

ways therapists communicate, the importance of taking notes and documenting your work, and the best ways to approach patients and communicate clearly with them. I learned about the language used in this field and what some of the abbreviations mean, the need for educating the patient and their families on the therapy being provided, and the best ways to build positive patient-therapy relationships.

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

Although I had multiple critical moments, I think the most critical moment was the first time I worked with a guy named Larry who had both of his legs amputated, and lost his vision so was completely blind. He said to me “life doesn’t always go how you plan, but most of the time its more about how you see things than actually seeing them.” He was so optimistic and told me that he feels blessed every single day. After his therapy session, he asked me to come to karaoke with him in the lobby and sang louder than any resident in there. This coming from a man who has no legs or sight was such an amazing experience and really allowed me to put my own life and obstacles in perspective. Every time I saw him and observed his therapy sessions he continually had a positive attitude and brought so much joy to the room. He was determined to do all the therapy he possibly could and had such positive relationships with all the therapists who continually pushed him in the right direction. I think this moment really solidified my future career plans and allowed me to see the true difference they can make in a person’s day as well as the wonderful relationships that they build with patients along the way.

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

My biggest recommendation for students doing something like this would be to be flexible, always have a positive attitude, and step out of your comfort zone. Schedules constantly change at places like this and it is important to not get frustrated and be able to adjust. I would also recommend doing some research before on the therapy offered, different stations available at the site, and learning some of the terminology you might come across. I did not do this and wished I would’ve because I would often get confused by which station was which and if residents were in short term or long term care. Being more knowledgeable about the site and all it offers can enhance the overall experience.

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

I would absolutely recommend Landcaster Rehabilitation to any future internship students. They are extremely flexible with hours, always have someone who you can shadow or tasks for you to complete, have Physical Therapists, Occupational Therapists, and Speech Therapists that all offer and teach different things, and everyone there was extremely kind and welcoming. They made my experience unique and always made me feel like I was doing something beneficial for them, the patients, and myself by being there. The work they do there is truly inspiring and betters the lives of so many. It was amazing to watch the extreme progress the residents there made and even better to be a part of it and help make each of their days a little bit better. The elderly population was so appreciative of me being there and always made me feel like the littlest things I did made a difference. Also, the supervisor, Kelly Sears is great. He is personable, makes sure everything is going okay but allows you to be independent, provides amazing advice, and really shows that he cares about what he does and the people around him. Landcaster allowed me to gain experience, learn an incredible amount about occupational

therapy, and build a network in the therapy field.

## Internship Description Guideline

Aline Muragizi

1. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
  - a. Child, Youth & Family Studies ( Human Development)
  - b. Minor: Education
2. Practicum position title.: Assistant Youth from middle school & high school
3. LIGHTHOUSE  
2601 N St, Lincoln, NE 68510  
(402) 475-3220  
<https://lincolnlighthouse.org/>
4. Mission of the organization or agency.
  - a. “The mission of Lighthouse is to promote the mental, physical, emotional and spiritual well-being of adolescents. “
  - b.
5. Supervisor’s name and title
  - a. Falah Al-Hirez \_ *Facility Manager/Volunteer Coordinator*

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

- a. 475-3220 [falah.alhirez@lincolnlighthouse.org](mailto:falah.alhirez@lincolnlighthouse.org)

6. Describe the purpose of your internship.
  - a. Being able to talk with people and working with youth. My future career is to work with adoption kids and foster care children. Working at the lighthouse opened my eye more and I start thinking outside the box, every child had a different story. The purpose was to gain more knowledge and to understand more about youth, for example how they think. Also working with other stuff, learning from them and also understand how they talk to kids was also my other purpose of working at the lighthouse.

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?)**

One of major work responsibility is working with youth on their homework, making sure they are doing everything right or doing their homework before they go play in the GYM. I always help the stuff in any area they need help with.

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

The best skills I learned over at the lighthouse was creating boundaries and healthy relationship with the youth. At first, I was scared that the kids might not like me or respect me but everything is going well now.

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

Middle school and high school kids are not easy to work with, but working at the Lighthouse gave me an amazing opportunity to gain more knowledge on how youth act and how to be around them. Also how to talk to them, I've build more social skills.

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

- a. I really haven't gotten any critical moment but I would say one day I had to deal with one kid who said a bad word and I have to report to the supervisor. She was upset at me but it was part of my job to report everything.

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

- b. I would say to be ready to work with kids and playing with them. Also understanding what's going on with social media, because to talk to them you must understand what they're talking about. Pretty much be ready to for anything, every day is a new day at the lighthouse. Sometimes kids would come running to talk to you but some other day, you won't have anyone coming to you.

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

Yes, it is an amazing experience working at Lighthouse, they stuff are so friendly, the kids are unbelieve. You can never get bored while you are at the Lighthouse, they is so much movement going on there. But if you can't stand kids, Lighthouse is not for you.

## Internship Description Guideline

1. Shujia Pang
2. Child, Youth and Family Studies. (Family Science)
3. Health Class Instructor/ Social Media Operator
4. Asian Community & Cultural Center  
144 N 44 Street, Ste A, Lincoln, NE 68503, Lincoln, NE 68503  
(402) 477-3446  
<http://www.lincolnasiancenter.org/>

Malone Community Center  
2032 U St, Lincoln, NE 68503  
2032 U St, Lincoln, NE 68503  
<https://www.malonecenter.org/>

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

Asian Center: The Asian Community & Cultural Center supports and empowers all refugees and immigrants through programs and services and advances the sharing of Asian culture and the celebration of multicultural heritage with the community at large.

Malone Center: The Malone Community Center mission is to honor and strengthen the African American community in Lincoln and Lancaster County by serving as a cornerstone for educational, cultural, and advocacy programs for all people.

### **6. Supervisor's name and title,**

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

Malone Center: Regina Sullivan, 4023268534

Asian Center: Htoo Wah, 4023188697

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

To improve community members' health and community health conditions. Help children be engaged and comfortable with healthy lifestyle changes and change families' mindsets into a healthy way. To better learn about community resources and make use of them.

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

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

Provided health classes for families, and helped children be engaged and comfortable with healthy lifestyle changes. Designed relevant healthy diet plans, physical activities.

I went to Asian center and Malone center once a week, and one hour and a half every time. We created Facebook to track people's update progress and posted any health education on it to make the plans accountable. In the class, we did educational part first, and then did physical activities. Every Friday, we had cohort meeting to update our classes' plans, and studied professional articles to enhance our teaching and learning outcomes.

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

I gained the skills of creating and delivering health education and physical activity classes. I also

learned to cooperate with students majoring in nutrition to implement the activities and came up with the ideas. Additionally, I gained knowledge of how to design the classes and implemented the plans, how to make the activities for kids more diverse and fun, to make them accountability.

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

I gained valuable professional experience while connecting with local health organizations while making a difference in the community. Also, I knew the necessary of Family-centered intervention, people's intimacy in a community. How did cultural competence provide insights into the complexity of interacting with diverse population? How to deal with cultural difference intervention? I also learned about community cultures and stages in the cultural adaptation.

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

My most valuable part in my internship was the moment I interacted with families from diverse backgrounds, listened to their class feedback and learned their cultural beliefs on the eating styles. It was important because it was my first-hand materials. Their feedback and experience helped me more understand cultural diversity and learned how to implement the plans effectively.

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

My serve population was individuals or small groups which mean our works need to be specific designed and arranged for people. We needed to learn about the topics they were interested in and adjusted during a semester's teaching. Thus it needed students to be flexible when preparing the plans.

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

I would recommend this internship because you are able to interact with African Americans and Asian Americans families at the same time at the Malone Center and Asian Center. Also, this community health & wellness internship provides me an opportunity to work with a team of nutrition and health sciences students and learn many nutrition knowledge from them. During the internship, I have better understanding of Lincoln community and people's health conditions, and this experience will definitely enhance my professional knowledge in the area of human service. In addition, we worked one to one or small group classes, which made me more engaged in every individual and learn their needs. Therefore, I would recommend it if you want to work with small groups and provide health education for people. Also, if you are interested in learning nutrition and regulating people's diet and health, it is a fit internship to achieve your goal.

## Internship Description Guideline

(Email to [rdalla1@unl.edu](mailto:rdalla1@unl.edu) in a Word document by Friday, April 7<sup>th</sup>)

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

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

1. Jordan Paxton
2. Family Science
3. Helping Hands Assistant Manager of Inventory
4. United Way of Lincoln and Lancaster County  
238 S 13th Street, Lincoln, NE 68508  
<http://www.unitedwaylincoln.org/>
5. To improve lives by mobilizing the caring power of the Lincoln and Lancaster County community.
6. Lona Thompson, Manager- Leadership Giving/Affinity Groups  
402-441-7312
7. The purpose of my internship was to gain knowledge about a non profit organization. To understand the work that goes into helping the community and to gain experience in the public service field.
8. Work responsibilities, skills, and knowledge:
  - 8a.) I was responsible for putting auction items into the database, setting up auction items before the event, making posters, using social media to promote organization, meeting with and reading to students, other random office duties.**
  - 8b.) I've learned to work with other volunteers and agencies, my communication skills have developed more and I am better able to work with others when it comes to big events.**
  - 8c.) Gaining knowledge about how to run a silent auction event from start to finish, understanding the ins and outs of a non profit organization.**
9. My most critical moment at my internship was early on, planning for the silent auction. It was most critical because this was my organization's major event of the year and their big fundraising event. The money we raised during the auction is used throughout the year for things like books, coats, and many more things that United Way gives to schools and other organizations. I learned how a silent auction is put it on and everything that goes into the planning of one.

10. Figure out how to manage your time wisely. If you have job as well as school, and the internship it can be very difficult to have the time for all of your responsibilities. Understand that in the beginning and have a set schedule for everything. Don't be afraid to go out of your comfort zone, know that doing that will benefit you.

11. The organization I interned with was a great experience for me and I would recommend it to someone who is interested in a non profit. However, during the spring United Way is not as busy as it is during the winter because most of their events are over. I would recommend if you were going to intern for them to intern with them in the winter.

## Internship Description Guideline

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

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

1. Carolyn Radil
2. Family Science
3. Nanny
4. Ritter Family-7421 Andre Circle (402-770-4227)  
Mroz Family- 4848 Duxhall Dr (402-802-0321)
5. The mission statement for both of these families, as their nanny, is to provide excellent care for their children. These families will strive for a safe environment at all times, while incorporating fun activities.
6. Alison Ritter  
(402) 770-4227  
Riley Davis  
(402) 802-0321
7. The purpose of my internship is to provide care for children, while the parents are away. While watching the children I will perform many duties. Some of these duties include: diaper changings, bath times, story and song time, sensory activities, outdoor play and meal times. I will also communicate with the parents if anything happened and how the children were for the day.
8. Work responsibilities, skills, and knowledge:
  - 8a.) The majority of my responsibilities included interacting with the children. The children I watched were very active and kept me on my toes. I also prepared lunch and snacks for the children and bottles before bedtime. I also changed diapers when necessary and laid them down at a decent time for naps or bedtime.
  - 8b.) The skills that I gained throughout my internship would be patience and communication. I also learned how to work in stressful situations and what to do when a young child starts crying.
  - 8c.) The knowledge that I gained during my internship was how to work with children when they are not always happy. You can't determine how children are going to act for that particular day so I learned that I always have to approach my day with a smile. I also learned

how to communicate effectively with parents. it was scary at first talking with parents but now it is easy.

9. The critical moment during my internship was when one of the children was very unhappy and would not go down for the night. This child did not want to lie in their bed and wanted to continue playing. I was becoming frustrated because this child needed to go to bed because it was getting late. It is very important that children go to bed early to properly develop and grow. I learned that I needed to relax and cuddle with the child so they knew it was bedtime. After this experience I realize I gained more experience and know how to work under different situations.

10. I would recommend students who are in a similar position to always be patient and genuine. These two qualities can be difficult to do when in stressful situations. However, it is very important to be patient with young children because they may not understand what is going on and they pick up on your frustration.

11. I would definitely recommend being a nanny. My particular families were awesome and it was a joy to see their children. I would recommend looking around early if you want to be a nanny because some families may not be able to give you the hours you need so finding the right family could take some time. Being a nanny will show you if you want to work with children for the rest of your life, or not so it was such a great experience.

## Internship Description Guideline

(Email to [rdalla1@unl.edu](mailto:rdalla1@unl.edu) in a Word document by Friday, April 7<sup>th</sup>)

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

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

1. Your name.  
Allison Redwine
  
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)  
Family Science
  
3. Practicum position title.  
Social Media Intern
  
4. Organization / agency name,  
Organization / agency address and contact number  
Organization website if available  
Blur Parties  
2501 West L Street  
Blurparties.com
  
5. Mission of the organization or agency.  
N/A
  
6. Supervisor's name and title,  
Supervisor's contact number (phone and fax, if available).  
Stacy Leners  
Co-owner  
402-730-1765
  
7. Describe the purpose of your internship.  
The purpose of my internship was to design and coordinate social media content for Sip Nebraska and Blur Parties on Facebook, Instagram, and Twitter
  
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 spent most of my time creating graphics and editing pictures on Photoshop and then writing and publishing posts on the various social media platforms to promote different events**
  - 8b.) What skills did you acquire over the course of your internship?**

**I was able to increase my photoshop skills and learn more about the event planning industry and everything it takes to build an event from scratch**

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

**I gained a lot of technical skills and experience based knowledge that I can use in future situations. I was able to learn how to tailor my posts to different audiences to get optimal engagement.**

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

The most critical part of my internship is having to manage my time well. Since I am so busy I had to make sure to make time so I could get the things done I needed to for the internship.

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

I would say to really give it the time that it deserves and to not spread yourself too thin so it feels like a burden because it is a good learning opportunity if you put the time into it.

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

I would recommend this organization to a future student if they happen to be in the same situation as me because it's a good learning experience and there is a lot you can learn.

1. Meg Rogers
2. Family Science
3. Early Head Start intern
4. Community Action  
210 O Street Lincoln, NE 68508  
(402) 471-4515  
communityactionatwork.org
5. Community Action's mission statement is to empower people living in poverty to reach economic stability.
6. Lindsay Filipi/Early Head Start Family Educator  
(402) 875-9383
7. The purpose of my internship is to be responsible for assisting EHS Family Educators in case management for Early Head Start families, promoting and maintaining a family centered model of comprehensive services consistent with Federal Head Start model and performance standards; Provide administrative assistance to Early Head Start associates. Maintain accurate and complete documentation.
8. A) My major work responsibilities include assisting Early Head Start Family Educators by supporting them during case management involvement with families which includes phone calls, outreach services, child and parent education, goal setting, family assessment, and completing all program paperwork; Shadow Early Head Start Family Educators during home visits, parent and child involvement activities including but not limited to playgroups and family outings; Refer to families to appropriate community agencies; Participate in annual recruitment activities; Attend required meetings and trainings; Support Program Governance activities.  

(B) I have acquired many skills over the course of my internship. I learned how to approach, display and communicate with a wide range of personalities in a professional and courteous manner during a variety of situations. I also learned to follow directions and then work independently, comply with agency and program policies, including all confidentiality and safety policies and also how to contribute to team effort.

(C) I have gained more of an awareness of the benefits of Early Head Start for low-income children and how critical it is to their overall wellbeing, especially when it comes to school readiness. I have become more culturally aware and sensitive to multiple different backgrounds of people. I am more knowledgeable on how complex it can be for families whose native language is not English. By discovering everything Community Action has to offer, I have learned so much about what the community needs and how to serve them.
9. The most critical moment at my internship was creating my own lesson plan and presenting it at a home visit. I felt very excited that I was able to do it all on my own and

seeing the children engage in my lesson was rewarding. It was a critical moment because it made me realize that I would be good at this job, or something similar to it. Even better, I truly enjoyed doing it. My main goal of my internship was to discover if I could see myself doing something like this as a career and in that moment I felt like I could.

10. My recommendations for future internship students are to be positive and confident going into the internship. I recommend to students to try to be confident in the workplace, as it can initially be intimidating. I also highly suggest asking as many questions as possible, most of the people in a similar position or organization really want to help the community as much as possible and love when new people are enthusiastic about it. I also would recommend for people to step out of their comfort zones and try new things, even if it is scary. It is extremely beneficial to experience as much as possible through an internship. I think it is important to establish relationships in the workplace. Even though it could seem awkward since you are not an official employee, people want to get to know you and it makes the experience so much more enjoyable when you feel comfortable and happy to talk to people. Also, go in to every situation with an open mind.
11. I absolutely would recommend Community Action to any future internship students. The people there are very dedicated to their work and do amazing things for our community. They are humble people that truly care about others and are always there to help you. Community Action consistently wanted me to have the best internship experience. They stress how important it is for it to be beneficial to me and encouraged me to participate in anything I wanted to be apart of. Community Action was just recently voted one of the best places to work at in Lincoln and I definitely believe it. They are passionate and respectful of others, always creating a positive atmosphere.

1. Meg Rogers
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(C) I have gained more of an awareness of the benefits of Early Head Start for low-income children and how critical it is to their overall wellbeing, especially when it comes to school readiness. I have become more culturally aware and sensitive to multiple different backgrounds of people. I am more knowledgeable on how complex it can be for families whose native language is not English. By discovering everything Community Action has to offer, I have learned so much about what the community needs and how to serve them.
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10. My recommendations for future internship students are to be positive and confident going into the internship. I recommend to students to try to be confident in the workplace, as it can initially be intimidating. I also highly suggest asking as many questions as possible, most of the people in a similar position or organization really want to help the community as much as possible and love when new people are enthusiastic about it. I also would recommend for people to step out of their comfort zones and try new things, even if it is scary. It is extremely beneficial to experience as much as possible through an internship. I think it is important to establish relationships in the workplace. Even though it could seem awkward since you are not an official employee, people want to get to know you and it makes the experience so much more enjoyable when you feel comfortable and happy to talk to people. Also, go in to every situation with an open mind.
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Community Internship  
CYAF 497D – Internship Description  
Nicole Romine  
4/7/17

### Internship Description

1. **Name:** Nicole Romine
2. **Major:** Child, Youth, & Family Studies (Human Development)  
**Minor(s):** Psychology, Gerontology  
*Specialization:* Gerontology Certificate
3. **Practicum Position Title:** Hospice Intern
4. **Organization:** HoriSun Hospice  
Address: 2200 South 40<sup>th</sup> Street, Suite 101, Lincoln, NE 68506 // Phone: 402-484-6444  
Website: <http://www.horisunhospice.com>
5. **Mission:** The mission of HoriSun Hospice, Inc. is to deliver the highest level of holistic hospice care with honor and respect for patients and their families.
6. **Supervisor:** Mandy Miller, RN, BSN, CHPN – Director of Clinical Services  
**Supervisor's Contact Information:** Phone: 402-484-6444 // Fax: 402-484-6464
7. The purpose of my internship was to learn more about hospice in general, as well as understand how the interdisciplinary team members work together to fulfill the mission of holistic hospice care. Also, I wanted to choose an internship that had a lot of interaction with the elderly population as well as families.
8. **a.** I spend much of my time at HoriSun Hospice working with the Volunteer Coordinator and Public Relations Coordinator. The major work responsibilities of my internship include working with the assistance of the Volunteer Coordinator to restructure and recreate the volunteer training manual by making sure that it has the updated policies and procedures and as well relevant information. Also, I created a new filing format for the hospice volunteer files by condensing multiple documents into one file. Additionally, throughout the course of my internship I have been to a few events with the Provider Relations Coordinator, learning how HoriSun Hospice gives back to the community as well as opens itself up as a resource for anyone curious about hospice care. Additionally, I was able to go with a hospice aid on a couple patient visits to see the direct care side of hospice.  
**b.** The skills that I have acquired from my internship would be overall better communication skills. I have learned how to communicate and interact with members of an interdisciplinary team. Also, I was able to improve my research skills by composing information for a revamped volunteer training manual.

c. I gained a lot of knowledge about a hospice volunteer program over the course of my internship. This knowledge helped me understand the reasons why volunteers are utilized in hospice. Also, I gained knowledge about how a hospice interdisciplinary team works together to provide patient care. Finally, I acquired more knowledge about hospice care in general, because prior to my internship I wasn't really familiar with the concept of hospice care, besides that it was associated with dying. I think my internship has helped me develop an overall understanding of the whole picture of hospice from promoting HoriSun Hospice to the community, nurse referrals, social work, volunteers, bereavement, medical records, etc.

9. The most critical moment at my internship probably took place during the course of my involvement in recreating/updating the volunteer training manual for the hospice volunteer program at HoriSun. Sometimes it was hard to take constructive criticism on documents I created for the manual because I thought that they were adequate, but when the volunteer coordinator reviewed them she noticed that they were lacking in some crucial areas. Although, I was exposed to abundant knowledge about hospice care and felt confident about regurgitating what I had learned to create documents for the manual, I don't know everything so it was necessary for my work to be critically evaluated to make sure that the correct information was being presented to incoming volunteers.
10. My recommendation for preparing for an internship experience in a similar organization would be, to not let the fear of the word "hospice" hinder you from exploring this field. Although, hospice ultimately takes care of patients who are journeying through end of life, there is so much more that goes into overall picture of hospice that I didn't even realize until my internship in a hospice organization.
11. I would recommend HoriSun Hospice to future internship students, as well as gerontology students, who are interested in experiencing a hospice setting or working with the elderly. The staff at HoriSun Hospice are partially the reason that makes being an intern at this organization so great! They are knowledgeable, genuine, and caring and will take the time to explain or answer any questions you might have about hospice care. HoriSun Hospice is a great hospice organization and I highly recommend them to anyone looking for an internship in hospice!

Kimberly Ruiz  
Family Science  
Youth Program Intern

El Centro de Las Americas  
210 "O" St. Lincoln, NE 68508  
(402) 474-3950  
[www.elcentrodelasamericas.org/](http://www.elcentrodelasamericas.org/)

El Centro de Las Americas (Hispanic Community Center) coordinates numerous community programs. It is divided into two subsectors; family support services and educational services. The family support services include the Crisis Assistance and Prevention, Health Education and Outreach, and Domestic Violence programs. The education services include the Joven Noble Program (Youth Program), and Adult Education.

Steve Solorio, Youth Program Coordinator,  
[steve@elcentrone.org](mailto:steve@elcentrone.org)  
(402) 714-7324

The purpose of my internship is to provide weekly group sessions with underrepresented, at-risk youth, both inside and outside of school. The sessions are planned for youth to participate in cultural awareness activities and leadership development. Joven Noble focuses on prevention of substance abuse, relationship violence, gang violence, and academic failure. The purpose of the program is to encourage and guide students to enhance and accomplish their academic and life goals.

Currently the program is held at three middle schools and two high schools during school hours. My responsibilities are to plan and execute lessons each week, have one-on-one meetings with students, organize trips/campus tours, and case manage. Each week the assistant coordinator and I work together to plan lessons for the programs. Lessons varied from team building activities to gang violence and prevention. We divided the schools among each other and each person is in charge of at least one school. My responsibilities are to meet with every student at least once a month, keep a record of grades, behavior, and school attendance, and report progress.

I acquired many skills through my internship. I learned to plan and organize lessons that kept students interested and on task. I also strengthened my team building skills by working with my supervisor and program assistant to plan field trips and college visits. The most important skill I acquired was accountability. I am accountable for attending each program, planning lessons, and meetings with the students.

I have grown a lot as an individual and professional because of my internship. I realized it is not easy to work with middle school and high school students, who are at-risk and have difficult home lives. It takes a lot of patience and consistency for kids to trust you and be comfortable sharing about themselves.

The most critical moment in my internship was a simple lesson that taught me a lot about the students. At the beginning of my internship, we planned a lesson to get to know students and staff better. It was a simple exercise about three things no one in the room knew about each

other. Many of the students shared events or circumstance in their lives that were very personal. It was great to see how the students were supportive and encouraging of each other, even if they did not know each other before the program. This lesson helped me understand the importance of the program and the support it provides for each student.

My recommendation for future internship students is to do their research on agencies and set a meeting before signing the contract to make sure they will get the maximum experience. I also feel it is important to understand that working with adolescents can be difficult but rewarding if you put time and effort.

I would definitely recommend El Centro de Las Americas to future internship students, who want to be more culturally competent. The agency has a great environment and the staff make you feel part of the team. It has great opportunities to learn and success.

1. Charissa Shotkoski
2. My field of study is family science with a double minor in sociology and psychology.
3. My title is program coordinator staff.
4. YMCA  
6767 S 14<sup>th</sup> St, Lincoln, NE.  
Ymca.org
5. The mission at the YMCA is to provide everyone with a healthy and fun environment for working out and for child care during and outside of school.
6. Kim Pair – Executive Director of Youth Development  
402-323-6400
7. The purpose of my internship is to work under my director to plan and coordinate youth events for fundays, which are days out of school. I plan a lot of activities involving academic lessons for kids of all ages.
8. My responsibilities at work are to make sure that each kid has a fun and enjoyable academic experience in which they get to utilize their knowledge and learn new skills.  
I acquired a lot of good socializing, coordinating, and leading skills. Although I have room for improvement, I still got a lot of really good experiences to learn a lot about how to lead a big group of kids as I would if I continued on to be a teacher.  
I gained a lot of really good knowledge on how to control big groups on children during fun times and academic lessons.
9. The most critical moment to me was when I had a student disrespect a group of girls because he was trying to be mean. He had a learning disability in which he had always been doing things out of the norm like that in order to gain attention from his teachers. It was very important to learn this behavior and know how to recognize it.
10. The biggest recommendation I could give to future students would to be open to as many different learn situations and keep an open eye out. I got stuck doing more planning rather than hands on and I would recommend getting as hands on as you possibly can.
11. I personally would recommend this job to others for their internship. It's a really great organization and I met a lot of really great influential people along the way. The biggest downfall for me was that I didn't get to be as hands on as I would have liked.

**Name:** Tiffany Ebke

**Major:** Child Youth and Family Studies, Emphasis in Nutrition

**Position:** Youth Health Educator

**Organization:** FACT- Families Achieve Change Together

**Mission:** Be a resource for families seeking to change make their lifestyle healthier.

**Supervisor:** Dr. Megan Kelley, CHES Professor

**Phone:** 402-472-7116

**Work Responsibilities:**

Lesson Planning, facilitating classes, planning snacks, creating workouts, keeping track of health records, communicating with participants via class Facebook page.

**Skills:**

Organization, creating lesson plans, adapting lessons, personalizing class content, communication with both clients and cohorts, time management

**Knowledge:**

How culture influences food and health choices and how to examine the functionality of different family units.

**Critical Moment:**

The most critical moment was when we learned how to better engage the kids we were teaching by making lessons and activities into games and competitions. We were struggling for a couple weeks but after better engaging them, we felt as though we were making an impact in their health.

**Recommendations:**

Plan group time before classes start to brainstorm ideas for potential class lessons. At the first class, run some ideas by the family figure out their interests and overlap them with lessons.

Yes, I would recommend this site. I was able to work closely with a professor and other cohorts with similar interests in health and community. I also learned more about implementing a new program.

1. Molly Stickle
2. Family Science
3. Youth Minister
4. St. Joseph Catholic Parish Youth Ministry  
7900 Trendwood Dr, Lincoln, NE 68506  
<http://www.stjosephlnk.org/Youth/ministry.aspx>
5. The mission of this program is to encounter the youth in the St. Joseph Parish, so that they may experience fun, faith, and fellowship. They will learn about their Catholic faith, while at the same time growing in close relationships with their peers.
6. Eric Zimmerman  
(402) 540-6219
7. The main purpose of this internship was to encounter the students where they are, and show them the joy of the Catholic Faith.
8. Responsibilities and Knowledge
  - a. In this internship, I have delved into the life of a youth minister. I have done essentially all of the tasks that my supervisor and colleague participate in on a daily basis. I have planned and run events, facilitated group discussions, and assisted in helping with parent questions and concerns.
  - b. Throughout this intership, I have acquired the skills of working with youth in a school setting. It has required me to think ahead, as well as tap into my creative side when planning events.

- c. I think the most valuable piece of knowledge I have learned through working with these kids is that it is so important to gain the trust of the students before anything. When working with youth, the presence of a “new” person can be odd, so showing them that you are a trusting, warm individual is one of the most important things to do.
9. I think the most impactful moments for me have been when I notice how much the kids have really began to respect and trust me. There was a particular moment when one of the students pulled me and my colleague, Claire, aside to tell us about some bullying that was occurring in the school. She was not the one who was being bullied, but was worried for some of her friends. It was cool to be able to talk her through how to deal with the situation.
10. I would tell future interns working in youth ministry to be prepared for anything. In this field, it is pretty unpredictable, and the demands can be arduous, but it is incredibly rewarding.
11. I would definitely recommend people to work for St. Joe’s in the future. It is a great community and a wonderful organization!

## Internship Description Guideline

(Email to [rdalla1@unl.edu](mailto:rdalla1@unl.edu) in a Word document by Friday, April 7<sup>th</sup>)

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

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

1. Your Name  
Hannah Stodola
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)  
Child, Youth, & Family Studies
3. Practicum position title.  
Child Specialist I
4. Organization / agency name,  
CEDARS Youth Services  
Organization / agency address and contact number  
1533 N 27<sup>th</sup> St (402\_ 437-8999  
Organization website if available  
www.cedars-kids.org
5. Mission of the organization or agency.  
It is the mission of CEDARS to help children who have been abused, neglected, and homeless achieve safety, stability, and enduring family relationships.
6. Supervisor's name and title,  
Bridget Olson- RYS & Intern/Volunteer Program Manager  
Supervisor's contact number (phone and fax, if available).  
P (402) 437-8815 F (402) 437-8833
7. Describe the purpose of your internship.  
The purpose of my internship is to gain experience and knowledge working with children who have faced adversities. I aim to seek if working with children and families is where I want my professional career to go after graduation.
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 step in for lead teachers that are leaving for the day in the infant room. I take care of the infants within a ratio of 1:4 or 2:8. I feed, change, and lead activities with them. I communicate with parents about their child during pick up. I kept the center clean and safe for the children.
  - 8b.) What skills did you acquire over the course of your internship?**  
I acquired many skills during my internship. Communicating with parents is a skill I acquired and also communicating with other staff and administration in a professional manor. I also have better skills in creating and maintaining relationships.
  - 8c.) What type of knowledge did you gain?**  
Through attending meetings, asking questions, and following through with my goals I gained information I will use in my future career. I learned how to be a professional, how to

appropriately document, and how to take the lead in a classroom. I understand more the development of an infant and their developmental milestones.

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

The most critical moment in my internship is when I was working by myself in the infant room. I had four babies that were all screaming and needed attention in some way whether that was a bottle or my assistance with a toy. It was hard to stay calm and work through all of the screaming and crying, but I successfully calmed every baby. I had to figure out what each baby needed and tend to it in a timely manner. I assessed which baby needed to be tended to first based on why I thought they were crying.

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

I would recommend having patience. It is easy to get frustrated and lose control but in an environment where children depend on you to be their caregiver and their role model, patience is key.

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

I would recommend this organization for future internship students because I have come to admire the teachers and administrators I work with. They have helped me by answering questions, giving guidance, and being supportive.

## Internship Description Guideline

(Email to [rdalla1@unl.edu](mailto:rdalla1@unl.edu) in a Word document by Friday, April 7<sup>th</sup>)

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

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

1. Your name: **Shelby Stogner**
  
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...):  
**Child, Youth, and Family Studies**
  
3. Practicum position title: **Relief Youth Specialist**
  
4. Organization / agency name: **Cedars- Northbridge**  
Organization / agency address and contact number: **1533 N 27<sup>th</sup> St. Lincoln, NE; (402) 437-8999**  
  
Organization website if available: **<http://www.cedars-kids.org/>**
  
5. Mission of the organization or agency: **Provide adequate child care to low-income families**
  
6. Supervisor's name and title: **Denise Wooter: Assistant Director**  
Supervisor's contact number (phone and fax, if available): **N/A**
  
7. Describe the purpose of your internship: **The purpose of my internship was to work and interact with children and to figure out what I wanted to do in my future career.**
  
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?**  
**Responsibilities include supervising and interacting with children, changing diapers, feedings, cleaning, and coverage. I spent most of my time as a floater and would go to classrooms that needed coverage for lunch breaks.**  
  
**8b.) What skills did you acquire over the course of your internship?**  
**I acquired problem solving skills, communication skills, and teamwork/cooperation skills.**  
  
**8c.) What type of knowledge did you gain?**  
**I gained knowledge on how to deal with children who have behavioral problems such as anger issues, ADHD/ADD, destructive behavior, etc.**
  
9. What was your most critical moment at your internship? Explain *why*.  
**The most critical moment at my internship was when the children started listening and**

**following directions more. This was considered a critical moment for me because when I first started I had struggled with getting the kids to listen to me and to respect me. As time went on and the kids got more used to me, they started listening to me a lot more and respected me as a teacher.**

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

**I would recommend to future internship students preparing for the internship experience in a similar position that they make sure they research about the organization before deciding on one.**

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

**I wouldn't recommend future internship students to complete their internship at Northbridge. I loved being around the kids and working with them, however the supervisors there aren't good at communicating and aren't on the same page with each other or with their employees. The organization was very unorganized when it came to scheduling and assigning teachers to rooms.**

Caitlin Stoos  
CYAF 497D  
Internship Description

1. Caitlin Stoos
2. Family Science
3. Intern at Bog Brothers Big Sisters
4. Heartland Big Brothers Big Sisters
  - a. 62301 Havelock Ave, Lincoln, NE (402)464-2227
  - b. hbbbs.org
5. “provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever.”
6. Dana Berger, Match Support Specialist
  - a. (402)464-2227 ext. 206
7. The purpose of my internship is to gain experience working with a community resource in the nonprofit sector. The focus with Big Brothers Big Sisters is to match adult volunteers with children who need a positive adult mentor in their lives.
8. A. The major work responsibilities included helping with administrative work (filing, copying, typing documents, reorganizing information packets, etc.). I spent my time assisting each full-time employee with specific tasks they needed to complete.  
B. I gained knowledge of their database and how to navigate it, I learned how to interact with the volunteers and parents of the child participants, I learned about the behind-the-scenes aspects of major fundraising and planning.  
C. I gained valuable knowledge on how each aspect of Big Brothers Big Sisters works to come together to serve the population of focus in Lincoln. I learned how to approach situations in terms of obtaining, retaining, training, and placing adult volunteers. I also learned about the importance of large fundraisers and their impacts on an organization.
9. The most critical moment of my internship would be when I helped a Match Specialist conduct surveys. I had a fear of talking on the phone, and the employees supported and encouraged me, then put me in an uncomfortable position where I grew and gained confidence in my skills. It was a great learning moment for me, and I now have confidence to speak with people on the phone without fear of mistakes or judgment. The employees were extremely helpful and positive, and made me go out of my comfort zone to grow as a professional.
10. I would recommend not being afraid to try new things, even things that scare you. It allows for learning and amazing growth as a person and a professional. It also helps to be flexible and open to doing any kind of task that the full time employees need help with. They appreciate the help and will take whatever they can get; it allows them to focus on

more time-constricted tasks, and you are working toward learning new things in the process!

11. I would absolutely recommend this place to future students. The people are amazing, and their work has made such a positive impact on the children of Lincoln. They are a valuable community resource, and can always use help. They are always willing to help the intern students, and give them a lot of opportunities to learn and grow.

1. Jocelyn Theil
2. Family Science
3. Executive Assistant in Human Resources
4. Kidwell
  1. 3333 Folkways Circle, Lincoln NE 68504
5. Technology for tomorrow, made possible today.
6. Ryan Theil CEO (402) 475-9151
7. Learning about the inner workings of a big company and how the HR department is essential to the running of a company.
8. a) My responsibilities were expansive. I got to work on a lot of different things, from going over the employee manual and making changes, to sitting in on work meetings on changing work policies.  
b) I have improved my technology skills and my skills with working with people on a day to day basis.  
c) I learned a lot about how companies run and operate and all that goes into making a big company a success.
9. I think my first day was critical that was when I was really thrown into the mix with all different people and responsibilities really began to come up. That was my sink or swim kind of moment.
10. I would keep an open mind, while some tasks may not seem important at the time when you look back you realize that every little tasks counts toward moving the company forward.
11. Yes the employees are great and the work was fun making the overall experience a good one if one is looking for going into big business.

Zachary Van Der Zanden

CYAF 497 D

4-7-17

### Bridges to Hope Description

1. Zachary Van Der Zanden

2. **Major Area of Study:** Criminal Justice and Child, Youth, and Family Services

3. **Practicum Position Title:** Partner

4. **Organization Information:** Bridges to Hope, 3107 S. 6<sup>th</sup> St #107 Lincoln, NE 68502

402-420-5696 [bridgestohopene.org](http://bridgestohopene.org)

5. **Organization Mission:** The goal of Bridges to Hope is to help those who have been incarcerated find a way to rejoin society effectively and make sure they are given the tools for success that they need in order to have a good chance at staying out of the correctional system. We provide them with the clothing and basic furniture they need once they find a place to live and also provide them with all the information to contact other organization that are willing to help them or hire them knowing that they have been arrested before.

6. **Supervisor's Name, Title and Contact:** Rhonda Mattingly, Executive Director, 402-560-4389

7. **Purpose of Internship:** The reason that I wanted to work at Bridges to Hope was due in large part to it being the perfect organization for my two areas of study, being able to work both with inmates and their families seemed ideal to me. It allowed me to talk with people from both areas that I was studying and get an understanding of some of the difficulties that they both face.

8. **Work Responsibilities, Skills, and Knowledge:**

A. On a day to day basis at Bridges to Hope there are several things that I do very regularly that are important. The first is to organize all the donations that come through the doors and make sure that the items are put in the right place and are organized, also if we aren't taking certain items I make sure that they are out in the right are so they can be taken to their organizations so they can better be used by them. Second and most importantly to me is I help those people recently released from incarceration pick out some items from around the warehouse that they need in order to live a little more comfortable of a life, and also have the chance to learn about these people and the struggles that they have faced in their life.

B. The most important skill that I have developed and learned from my time spent at Bridges to Hope is the improvement in my ability to communicate. Learning to speak to people who have lived a hard life and trying to understand the struggles that they have had in their lives

is very important because it makes them feel acknowledged. This is important to anyone but is still important that you learn to it well.

C. The knowledge that I gained will spend time with Bridges to Hope is priceless in to me because of my career goals. I want to join law enforcement and being able to talk with people who I will inevitably interacting with allows me to begin to understand how these people ended up in the situation that they did but also it will allow me to better help them once I begin to interact with them by pointing them in the right direction for the help that some of them so desperately need.

**9. Critical Moment:** For me there was not one moment specifically that seemed critical, it was more the entire time that I spent there seemed critical because of how much trouble our correctional system is and how much help these people released from prison need in order to stay out of corrections and live a normal life. Meeting with people every day who are struggling just to find a way to live really opens your eyes to the reality of the situation and if you don't see these people you can easily forget about them and discard them to the side, which is essentially what has been done to the by society which is a shame because it causes many of them to return to their life of crime in order to provide for their families.

**10.** If I had to say anything to students who would consider working at Bridges to Hope before they go and work there it would have to be to keep an open mind. It is easy to go in there and think that every person that comes through those doors is a horrible criminal and not deserving of any help but that isn't fair. They are just people like you and me and sometimes we all need some help, just treat them with fairly and with respect that means a lot to these people as much of society has shunned them.

**11.** I would definitely recommend going to volunteer at this organization, it is a wonderful place to volunteer! Everyone who works there is so friendly and easy to talk to, when I first began to volunteer there they made me feel included in what was going on within the organization and made sure that they explained everything to me so I understood how to help people who came through and how to keep the warehouse organized. Bridges to Hope is a great place for anyone to work at even if it isn't the type of people you thought you would be helping it is a wonderful experience to talk with new people and understand the struggle that so many face on a daily basis.

## Internship Description Guideline

(Email to [rdalla1@unl.edu](mailto:rdalla1@unl.edu) in a Word document by Friday, April 7<sup>th</sup>)

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

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

1. Your name: Erica Wagner
2. Major area of study or focus: Family Science
3. Practicum position title: Youth Ministry Intern
4. Catholic Diocese of Lincoln Office of Youth & Young Adult Ministry  
3700 Sheridan Blvd, Lincoln, NE 68506/ 402-488-2040  
<http://www.lincolndiocese.org/youth>
5. The mission of the organization is unknown.
6. Supervisor: Jeff Schinstock, Director of Youth & Young Adult Ministry. 402-473-0625
7. The purpose of my internship was to confirm for myself that working with youth and young adults in a faith-based, youth ministry setting was the career path I wanted to take. From my internship site's perspective, I believe the purpose of my internship was to help plan the QUEST Retreat in hopes of bringing it back to life since it is losing popularity.
8. Work responsibilities, skills, and knowledge:
  - 8a.) My major work responsibilities were planning two retreats—Koinonia for college aged students and QUEST for freshman and sophomores in high school. I spent most of my time at my site planning and preparing for the QUEST retreat—making phone calls to priests to ask if they would help, finding people to help on the retreat and take inventory of the retreat materials. Preparation for the Koinonia retreat happened outside of my internship since the meetings were on the weekends and the retreat was organized through the UNL Newman Center.
  - 8b.) I learned how to manage my time and work with little guidance. I learned how to facilitate meetings and talk to people I didn't know.
  - 8c.) Similar to the skills I gained, I gained a knowledge in how to work with people of all ages. I gained a knowledge in retreat planning.
9. I think the most critical moment at my internship was when my supervisor asked me if I would direct and be in charge of planning a QUEST Retreat. I think this was the most critical moment because that was the moment I knew he was confident in me and trusted in my abilities even when I was not confident in myself.

10. My recommendation for future internship students with an interest in a position or organization similar to mine is to not be afraid to be challenged and pushed to do something you may not be comfortable doing because that is what ministry is all about. It is about going outside of your comfort zone for the youth. I also suggest being upfront with your supervisor on what you want to gain from the internship because then they can give you tasks that will help you achieve your goals.

11. I recommend the organization to future internship students. The organization is a laidback, fun environment that also challenged me to step outside of myself. My supervisor placed so much trust in my abilities and pushed me to plan and help direct a retreat when I had no experience directing a retreat. He knew how I needed to be challenged and in what areas I needed to grow.

1. Katherine Wanek
2. Child, Youth, and Family Studies with a focus on the career of a Child Life Specialist.
3. Student Intern
4. Mourning Hope Grief Center  
4919 Baldwin Ave, Lincoln, NE 68504, (402) 488-8989  
<http://www.mourninghope.org>
5. The mission of Mourning Hope is to provide grief support services for youth and their families in Lincoln and surrounding communities. Their center will serve as a safe haven of support, hope, companionship, and unconditional acceptance for each person seeking assistance after the loss of a significant person in their lives. Through innovative programming, specialized support services, and knowledgeable instruction, Mourning Hope fosters a healthy response to grief, one child and family at a time.
6. Lauren Patton, Program Resource Coordinator  
Work Number: 402-488-8989, Cell: 512-922-9742, Fax: 402-486-0288
7. The purpose of my internship with Mourning Hope was to serve as their student intern. I was apart of two 10-week sessions where I would serve as a facilitator for an elementary age group as well as co-facilitating the caregiver or parents group. I also came an additional two days a week and did office hours where I would complete tasks assigned to me by my supervisor or any colleague of mine at Mourning Hope.
- 8a. The major work responsibilities I had was to help plan each 10-week session with activities and ice breakers that focused on the need of mourning we were discussing that week and were unique to the people we were serving. I also was in charge of setting up each group meeting night as well as cleaning up following the session. I also came on Wednesdays and Fridays for office hours where I would complete various tasks assigned to me by my supervisor.
- b. I acquired many skills throughout my internship. I had to first of all learn how to respond to children and families who were grieving and how to help them throughout this difficult process. I also feel like I learned how to be more empathetic and thankful in my own personal life. I learned how to better manage my time and make sacrifices when it came to completing my hours on time.
- c. I learned many knowledgeable things during my internship. As I mentioned my knowledge grew tremendously when it came to the grieving process and what works and what doesn't when it comes to addressing and working through each need of mourning depending on the age and developmental level of the people you are working with. I learned different strategies on responding to people when they talk about the situation and how important it is to let them tell their own story whether it is right or wrong. I also learned more about non-profit organizations as a whole and how donating works.
9. I think the most crucial part of my internship was working with the children and they would connect the need of mourning we were focusing on to something they were experiencing in their life and how to see it as something positive or that its okay to feel that way. There was a moment when we were discussing feelings and one girl said she has learned she needs to just "get over it", but we said that is not necessary and you can grieve as long as you want too. She later shared with the group what we had talked about it and was an aspiring moment for us as facilitators.
10. My recommendations for future internship students are to go in with an open mind and heart. This type of experience is definitely a heavy subject and something that is a lot different than the typical internship experience, but you learn to better appreciate all that you have in your life.

11. I would recommend this particular organization to future internship students because like I had mentioned it is a lot different than a typical internship experience because of us discussing the topic of death and working with grieving people, but I feel like my knowledge on the subject grew and I appreciate my life and everyone in it a lot more. I feel like you grow as a person emotionally and I had the opportunity to grow really close to the people I worked with and form great friendships with them.