

I did my 120 hour internship with Anoka-Hennepin Schools, District 11. I shadowed a school psychologist while she completed her regular duties.

There are a few skills that someone should have before undertaking this internship. First, if someone did not have an affinity for children, this would not be anything that should appeal to them. So if someone were not drawn to children or did not get along well with children, perhaps a different internship would be more fitting. Secondly and most importantly, I was not answering phones or filing anything by alphabetical order. This was a hugely comprehensive internship which was harder than all of my classes and more demanding than most jobs I have held. Someone interested in this internship should be ready to commit fully.

The strengths of this internship are that it gave me an absolutely complete look at a field in which I was very interested, a complete enough look to convince me to pursue it as a career.

Another strength, is that this will look outstanding on my graduate school applications. I basically got a miniature version of a graduate level practicum, so I will have a head start next year.

Weaknesses are that it was extremely demanding in a number of different ways: I was forced to bring all of my brainpower 100% of the time, I had to drive to different schools all over Anoka two to four times a week. Not to mention the emotional toll it takes on you when a teary-eyed 13-year-old looks at you and admits that they want to kill themselves. It is difficult in every way.

The most significant learning experience for me was that this is something I want to do with my life. My view of my future job is complete because of this internship.

If someone is interested in this internship in spite of how demanding I have truthfully made it sound, then I wholeheartedly recommend it. It answers every question you could have about the profession and it never wastes your time.

## Avanti Treatment Center for Girls Residential Counselor Intern

I supervised the girls through daily activities, guided them through their treatment process, held one on one therapeutic sessions, sat in on peer mediations, attended dialectical behavior group therapy, lead groups like mandatory recreation, helped de-escalate the girls, talk them through their problems and helped them cope with their stressors.

A person should be attentive, caring, strong willed, a good listener and brave to hold an internship like this. You must be brave and strong willed because the girls will try to manipulate you, lie to you, confuse you and work you over. You must be a fast thinker and good in stressful situations because things happen fast and there can be a lot of drama. You must be caring to help these troubled girls become strong women.

The strengths of this internship is the hands on experience working with troubled youth, the ability to get to know them and help them become better people is an amazing experience. The freedom to act like a staff member is nice because you really learn a lot by being in a leadership role and not just staff shadowing.

Weaknesses include the inability to fully prepare someone to be immersed in said environment. To not know all the consequences, and what they can and can't do can be challenging when you first begin because you feel out of control and lost. Also the inability to facilitate dangerous situations because you cannot restrain girls or hold them back. Only staff can do that.

The most significant thing I learned was how to connect with the girls, trying different approaches to get to know them and help them grow. I had to learn how to connect with each one, learn their past, find out what their issues are and how to help them. I needed to learn what these girls truly needed to succeed, unconditional love, affection, a safe home, encouragement, basic food and shelter and so on. Each girl has one issue, one main insecurity they need met to truly get better, and I learned that finding out such vital and personal information is very hard.

I would definitely recommend it because it challenges you in good ways and truly lets you help these girls and be a part of their changing process. You can get emotionally attached and root for every girl to be successful. You see these girls grow in front of your eyes. I had fun, I learned a lot about human nature and myself, I was challenged to be strong, stick to my guns and be a good role model for these girls. I impacted their lives and they impacted mine.

My internship was at the American Red Cross Twin Cities chapter; I worked as a community outreach intern in the multicultural services department. I have been put in charge of running their new Here and Around the world initiative which is established to promote several of the organizations services. The restoring family links service provides refugees in the United States with the opportunity to find and communicate with their loved ones after they have come to the U.S. due to conflict in their native lands. We also have disaster education available for people in their native language in order to ensure that everyone has the knowledge of what to do in the case of an emergency. Part of my job is to network with other organizations who work with our target population so that we can reach more people. I really like this position, it's a good place to be if you have an interest in serving diverse populations or working for a non-profit organization. This internship has helped me develop communication and leadership skills needed for the professional world. I recommend this internship because it gives you an opportunity to see how a large organization is run and how important it is to know how to properly communicate with others.

I did my internship at People Incorporated, a non profit organization that serves many populations including the homeless. I interned with homeless services program that works to get homeless people off the streets and into housing. There are two parts of this process: outreach and placement/maintenance. I was able to work directly with several different case managers from both areas and with many clients in the program.

Some knowledge and understanding of mental illness and addiction was helpful to me in getting the most from my experience.

The best part of the internship was working directly in the field with homeless people. This allowed me to put many of the concepts learned in class to use.

If I had it do over again I would spend more time in the beginning with my site supervisor planning what I would do with the time I had. I felt that I could have contributed more to the program had I been assigned specific tasks. There was very little structure and although it was a great experience overall I often felt that I was underfoot and not making much of a contribution. By far the most important lesson was the importance of meeting clients where they are. By this I mean not having preconceived ideas or expectations of a client that will impede my ability to help. For example, many people who are homeless have a problem with drug or alcohol abuse and offering assistance contingent on their willingness to stop using is short sighted and ultimately ineffective.

I would recommend People Incorporated to other people looking interested in pursuing a career in mental health

## East Side Boy's and Girl's Club

2. Skills one should have prior to this internship- In order to work at the Boy's and Girl's Club one must have relatively good people/social skill and be able to converse with a wide variety of different people from different backgrounds. They should be interested in social work, and also interested in psychology. They should also have some set of educational skills which allow them to tutor and answer questions for the club members (youth).

Strengths and Weaknesses of this internship: The strength of this internship is that the staff at the Boy's and Girl's Club are very good people to work for/with and the children are very good kids. The relationships you make when doing a job like this one are worth more than the monetary rewards. Which brings me to the negatives, which are for one, you don't get paid, and also I am not planning on going on to work with Boy's and Girl's Club following College so it was in no way a stepping stone into a career as some internships are.

Most Significant Learning Experience: My most significant learning experience was when Larry Foote gave Boy's and Girl's Club 10 tickets to the Detroit Lions vs. Minnesota Vikings game and gave a motivational speech to me and 9 club members at the Westin Hotel Saturday night before the game. The 9 at-risk youth were able to see a man which came from a similar background/upbringing as they had and was able to go against the odds and become very successful. He spoke to us for an hour and a half and was by far the best speaker I've personally ever heard.

Recommend to other students: I would definitely recommend this internship to other students based on the positive experience I had doing it. The staff takes you right in a gives you about the right amount of responsibility to a point where you feel as if you are needed but also are not being overworked. The schedule is also very flexible in that you are free to come and go at your own discretion Monday through Friday from 3pm to 9pm. So definitely yes, I would recommend it.

## **Reconnect Intern at Amicus**

*What skills should you have before beginning this internship?*

One should have listening skills and be able to empathize without becoming a pushover. It would be beneficial to have some knowledge of the criminal justice system and theories in restorative justice, but not necessary.

*What are strengths and weaknesses of this internship?*

Strengths of this internship are that it involves a lot of face to face interaction with clients and allows the intern to acquaint themselves with issues facing this population from a close perspective. A weakness may be that there is no real training but shadowing others who work there. I am not sure how this could be changed because of the nature of the job and how different every situation is.

*Do you recommend this internship to students? Why or why not?*

I would recommend this internship to students who are interested in working with people leaving the prison system because this is the population you would be working with. I would also recommend it to anyone who just wants to expand their horizons a little. There is a lot that can be learned from a felon.

People Serving People  
Child Services Department  
614 S 3<sup>rd</sup> Street  
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What skills should a person have before beginning this internship?

In order for someone to do an internship at this facility is to have the ability to have patience. There are a max of 18 kids whose ages can range from 5 to 16.

What are the strengths and weaknesses of this internship?

#### Strengths

You can grow a greater appreciation for all types of personalities.

Help children adjust to their new surroundings.

#### Weakness

Donations are limited so activities for children need to be creative.

Sometimes the children can be undisciplined.

What was your most significant learning experience in the internship?

This internship can help you understand what “giving” actually means. You do not have to provide money to the children but be an ear to their problems. Some children are undisciplined but after a few weeks the children open up and it’s the most precious moment.

Do you recommend this internship to students? Why or why not?

I would recommend this internship to anyone. With the current economic situation, you see everyone at the shelter. It completely grounds you and makes you think twice about your opinion towards those misfortunate.

Minnesota Epilepsy Group is the largest and most comprehensive epilepsy program in the Midwest. It is a recognized referral facility, the recognized leader in treating epilepsy and other seizure related conditions. Their patient population is from newborns to elderly. The staff at Minnesota Epilepsy Group (MEG) has a wide variety of professional staff including: physicians, nurse practitioner, physicians assistant, registered nurses, psychologists, neuropsychologists, psychometrists and social workers. Going to MEG is not like simply going to another doctor's appointment, it is a program designed to address all the needs of an epilepsy patient.

The position I filled during my internship was responsible to assist with various research duties including: reading over current study protocols, completing regulatory paperwork, attend surgery conference, temperature log in research office, and screen patient charts identifying potential candidates. I was also able to meet with a patient's parent with the research coordinator to go over the consent and answer any question the parent might have regarding the study. I also was able to do the initial screening visit with the physician for this family. Another opportunity was to attend a patient visit with a patient coming out of a clinical trial.

This internship was helpful because as the human resources manager for this organization it helped me learn or better understand some of the challenges of the clinical staff. There is an enormous pressure to care for individuals with a chronic health condition. Clinical trials are only one avenue for patients to hopefully become seizure free, however this is not always the case. After being able to have direct interaction with some of our patients I have a better appreciation for what our clinical staff deals with every day.

The most significant learning experience was being involved directly in the research. Learning to read a protocol, understand it and be able to identify potential subjects for the study was really a wonderful experience. I enjoyed having exposure with patients and their families and being able to hear their stories and challenges in living with epilepsy or TS. Everyone has a contribution to make to the process and it takes everyone to make the process work. There is a rigid precise nature to medical research.

**Internship Location:** Boys and Girls Club

**Youth Worker:** assist with the social activities, group meetings; and facilitate social interactions between children of the Boys and Girls Club.

In order to succeed in completing your learning outcomes during this internship, it is best to make sure you have had some type of experience with one of the different age groups: Early childhood, adolescents, or teenagers. It will be difficult to know how to relate to children if you have never had to socialize with them or act as an authority figure over them. You should have great interpersonal skills with children and also know how to de-escalate conflicts in a positive way. Being able to redirect children towards a different course of action, when you see conflict rising amongst them, is a very important skill to have.

The strengths of this internship are knowing that you have made a difference in at least one or two children's personal lives, before your internship hours end. Observing children make the right choices during conflicts, using their own thoughts and ideas while doing homework or in groups, and making positive comments and remarks towards one another while socializing, are great strengths of this internship. There is nothing like seeing children use what you've taught them, without you having to be right there guiding them through step by step.

The only weakness of this internship is gaining closeness to the children, who began to depend on seeing you every week, then having to leave once the internship is over. I know that this week, my last week, will be so hard for me. The children ask me every day if I will still come back to visit or even work there one day. When they find someone they can trust and

depend on, who understands them, they tend to latch on for safety. One young girl is a tomboy and athlete, but did not feel comfortable with the way she was. I told her I was a tomboy and athlete when I was her age, and still am. She was so excited to hear this, and came out of her shell almost instantly. She was happy to have someone to relate to, and felt comfortable in her own skin.

The most significant learning experience I had in this internship was being able to show the children respect, but at the same time letting them know what is right and what is wrong. I have learned that you have to give children respect in order to get respect from them. The yelling and screaming does nothing but makes them angry and want to retaliate with angry remarks. When they are sat down and listened to, understood, and explained right from wrong, they respect you more.

I do recommend this internship to other students, who have experience with children, and who would like to work with children in their future careers. If there is no intention on working with children in the future, this internship would be futile. This internship will help you learn to deal with all different types of conflicts, social settings, and children from different types of families. There is always a different situation, every day, to deal with. You must know how to encourage them and help build their self esteems. Great communication and interpersonal skills with children is definitely helpful. This is a very fun and fulfilling internship that will have you in touch with and able to understand the lifestyle that the children from the inner city have to live.

Name of Internship: Domestic Violence: Group Facilitation

Internship Site: Women of Nations

1. What skills should a person have before beginning this internship?

I think that the person who would take this internship would need to be creative and able to come up with ideas that could improve the shelter's current programming for residents. The person would also need to be culturally competent, fluency in Spanish would also help.

2. What are the strengths and weaknesses of this internship?

The strength of this internship is that you get to see what it is like to work in a non-profit setting with very little funding. The weakness of this internship is that you are not allowed access to case files for the residents and you do not get to work one-on-one with case management.

3. What was your most significant learning experience in this internship? What did you learn?

My most significant learning experience came while I was at the MIWSAC conference, which was the last part of my internship. I feel that it really took everything I had learned, summarized and elaborated on things, plus some of the sessions answered questions that I had about certain aspects of this line of work. For example, I learned new ways to facilitate a group, if things aren't working how you thought you wanted the group to go, its okay to think outside the box and try different approaches, as long as the group learns what they need to learn.

4. Do you recommend this internship to students? Why or why not?

This is a difficult question to answer. I would say yes to students who are American Indian, because it was very culturally relevant for me. Also, I would like to say yes because it is clear to see that Women of Nations could use help. However, I would only recommend this site for students who want to really start their own group or work on their own. I would not recommend this site for students who like/need a lot of structure and guidance.

Through my internship at Three Rivers Community Action, Inc. on family advocacy, I learned program functions within the organization and available resources for low income families in Rice County. Under the supervision of the Head Start Director, Teacher and Transitional Housing Case Manager, my role was an assistant teacher. I assisted with case management, family advocacy and classroom management in the Head Start and Transitional Housing programs. I followed two families who were living in transitional housing with children enrolled in Head Start program. This was done through regular contact with families and children, case consultation, identifying needs, developing goals and identifying available resources to address families' needs. Covering areas as chemical dependency, self sufficiency, housing and legal issues. I learned that the foundation of a trusting/working relationship was the key to open communication for families to share personal experiences and feelings. This was helpful in identifying the family's needs and available resources.

Strength of this internship was learning from two areas of an organization that lend assistances to families separately and the regular training offered. I was able to observe how the differences in approaches and styles can make a difference on the amount of communication and information families were sharing. The hands on experience gave me an opportunity to build the foundation of a trusting/working relationship with families and put into practice what I was learning. Weakness would have been the lack of supervision in one area, making it beneficial to have a second resource to learn from. Before starting this internship I think it would help to have some knowledge on child development and to familiarize you with community resources. I would recommend this internship to others because of the hands on experience and the regular training that is offered through the agency.

My internship was at St David's Center located in Minnetonka. I was an intern in the autism day treatment (ADT) program. My position as a staff member included working one on one with one of six children throughout the day's activities. Days were structured to include lunch, sensory, cognitive/mental health, music, reading, snack, outside, bathroom, and group activities. As an intern I built relationships with the children while applying the techniques used by staff to aid in working toward each individual's goals. I learned and sang songs with the children, played silly games, played imaginatively, presented activities in new ways, and challenged the children. I also learned each child's goals and did paperwork for each day's goal outcomes that are collected for insurance purposes. I learned to ask questions, and found this to be one of the most important parts of learning how and why things are presented in certain ways and how I should handle various situations. As an intern I was also responsible to keep up on issues discussed in weekly team meetings.

I would highly suggest experience and passion for young children and some prior knowledge of autism spectrum disorders. Communication skills and patience are a must as autism is complex and challenging to understand. This program is great because brings out the great potential of each child and allows for having fun in the moment. The staff is very inviting, understanding, and helpful. Weaknesses in the program are the increases in responsibilities and occasional staff/paperwork confusion. This experience taught me how to think ahead and on my feet at all times by learning to read each child as an individual and construct my requests around their abilities.

I would recommend this internship to others because it taught me a lot about building relationships with people and working towards common goals so children can live up to their potential.

## **People Serving People - Community Integrated Services Internship**

This internship consists of guiding new residents through the services offered in-house by People Serving People and off-site services offered through other organizations. The position also requires that interns offer emotional & material goods support to residents throughout their stay, yet still maintain a professional distance.

### ***What skills should a person have before beginning this internship?***

Patience, compassion, and open-mindedness are the primary components of performing well at People Serving People. Some families are relative angels; others are difficult day in and day out. The intern's job is not to decide who should receive extra help or get a friendlier orientation, or any other difference. Have patience with the kids; their whole life is unstable and their reaching out for anything they can find. Have patience with their parents; they don't need yet another person judging them and telling them what they *should* be doing. Have compassion, but recognize the need for the parents to retain their pride. Be open-minded; remember that the parents have been through humiliating and exhausting events which can't help but color how they speak and act.

### ***What are the strengths and weaknesses of this internship?***

This internship teaches a lot about the qualities mentioned above – patience, compassion, open-mindedness, & professional distance – but the most valuable strength of this internship is that the intern learns about perspective. Being in a position where I have never done an internship before, and I have never held a position of this kind before – I feel inadequate naming a flaw in the internship. I would prefer to be the only intern, rather than having 2 on-site daily, so that I would be forced to learn how to handle so many of these types of tasks efficiently. However, there were days when the residents were better served because two interns were available to them.

### ***What was your most significant learning experience in this internship? What did you learn?***

During this internship, I found myself harboring preconceived ideas about some residents. Those that I felt weren't grateful enough, behaved in a "tacky" way, weren't motivated enough, or saw their situation the wrong way were judged and given compassion out of obligation. I noticed myself doing this fairly early in the internship & immediately sought advice from an advocate who mentioned she had similar problems and occasionally still does under certain circumstances. She advised me to remember that I don't know what happened in the weeks and days and hours before I came across the individual and that this person may have problems or fears or heartache that I know nothing about. She recommended I slow down and consider that each person in PSP is in survival mode and they're doing the best they can with what they have now and what skills they were able to learn in their (probably very difficult) life. Seeing each person as a unique story of experiences and hopes and heartaches allowed me to completely suspend the negative way of thinking I started out with.

### ***Do you recommend this internship to students? Why or why not?***

I believe that any student seeking a career in any social science field will benefit from this internship. The hands-on, face-to-face experience they have with a variety of people is extraordinarily educational. The intern is forced to learn how to think on one's feet and still provide an efficient & comforting experience to the recipients. Furthermore, it allows the intern to look beyond the surface and deeper into the matter with each resident – what brought them to this point in their life, what their priorities & goals are, what their limitations are – and to respond accordingly without judgment. This internship is fun and diverse, but not for the easily offended or stubborn.

Internship Site: Integrity Living Options

Internship Position: Resource and Curriculum Development for Behavioral Services

This internship opportunity was created to aid in the development of the Behavioral Services division at Integrity Living Options. There are many consumers in our residential homes that have chronic and severe mental illness and behavioral issues. Unfortunately, many residential employees do not have the experience or education to understand or respond to these individuals. This internship involved creating a comprehensive training about mental illness, and will be used for educating residential staff about mental illness and recommended approaches for individuals that reside in Integrity homes.

This process started with researching learning styles in order to create the training in a way that could be best understood by most employees. Special consideration was taken for varying education levels as well as cultural differences since there are many employees that are not natives of the United States. Competency evaluations were also created to determine if the training material was effective and so additional research on how to write effective test questions was completed.

The training material was compiled from many resources for mental illness including the DSM-IV-R, NAMI, Web MD, and other web based material. After the information was researched, it was compiled into training documents broken into sections such as: symptoms, etiology, treatment options, general recommended approaches, and response for crisis situations.

The skill that was most utilized in this internship position was the ability to research. The intern possessed some general knowledge about cultural differences and mental illness, but more than half of the internship hours were used in researching facts about specific diagnosis, and how best to create the training materials. The intern also was responsible for delivering the training, so having some comfort in speaking in front of a group would be helpful as well.

The strengths of this internship included the opportunity to learn more about mental health issues as well as the best way to teach. The weakness was that there was not a lot of guidance provided in how best to compile and present the information so there was a large learning curve and lots of trial and error.

My most significant learning experience was how best to teach. I was fortunate that the groups were fairly small, and that the individuals I was training with were comfortable with asking questions so that I could identify weaknesses in my material. Many psychological terms and theories are too advanced for individuals that do not have an educational background in psychology, so I also spent significant time attempting to define these ideas in "layman's terms".

This was a unique internship opportunity; it is not an established intern site and this opportunity may not be available for individuals that do not have a professional relationship with the management team at Integrity. I do recommend this type of internship for anyone that has a desire to be in a management position, as teaching and communicating ideas is surely a strength that a good manager should possess.

I had the privilege of working with an organization called Safe Journey which assists victims of domestic abuse with options to better their situations. In short, this internship required that Safe Journey advocates meet with patients who requested Safe Journey's services after they experienced a physical altercation with a spouse or loved one. Safe Journey provides many services to include 24-hour advocacy, safety planning, shelter and safe housing referral, legal remedies, community resources, documentation of injury, assistance with local police departments and/or paperwork, orders for protection (OFP), and on-site support groups.

My internship experience has been one that I will never forget. Some skills that need to be attained prior to this internship, would be good foundational knowledge of domestic abuse and an open mind towards the people who become victims of domestic abuse. A person needs to know how to be a good listener and has to not feel a compulsion to offer up their own suggestions for "fixing" that person. Additionally, you must feel comfortable with many varieties of people (i.e. socio-economic status, education, race, religion, etc.).

Some strengths of this internship would include experience working with a wide variety of people and situations. Every day that you work for Safe Journey will be different and challenging. The weaknesses and significant learning experience of this internship include a first-hand look at how prevalent mental and physical abuse is on our society and how overcrowded shelters and safe places are for people who are going through these situations. Additionally, you also see countless numbers of people who abuse the system, take up space in shelters and utilize government funding when they don't need it.

I would absolutely recommend this internship to anyone interested in helping people at a highly detrimental time in their life. This internship has been an amazing learning experience.

## Child Services Internship

### People Serving People

1. What skills should a person have before beginning this internship?

Having prior experience with kids is vital, preferably minorities and inner city children. Patience and authority are also key factors.

2. What are the strengths and weaknesses of this internship?

Strengths of this internship included schedule flexibility, freedom to plan your own activities and crafts, combination of tutoring and activities.

Weaknesses of this internship included little training/orientation and not being guided very well. When I first signed up for it and even after orientation I was still very unsure of what exactly I was doing.

3. What was your most significant learning experience in the internship? What did you learn?

Many of the children came from homes with little or no structure and some have very little respect for authority. I learned through out the course of the internship to try to talk to the kids about why they were acting the way they were and to reflect back on their actions instead of immediately giving them a punishment. I also had to earn a bit of respect from the children first and then they began to listen to me more.

4. Do you recommend this internship to students? Why or why not?

Yes, I found this to be very rewarding. If you are planning on going into teaching or children services of some kind I would highly recommend this