

Internship Description

1. Bailey Barry
2. Major area of study: Family Science
3. Internship description Title: Teen, Youth, and Family Coordinator
4. Copple Family YMCA 8700 Yankee Woods Dr Lincoln NE, 68526 (402) 327-0037 ymcalincoln.org
5. The YMCA of Lincoln's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.
6. Supervisor: Lindsay Shearer- Teen, Youth, and Family Director
Contact Info: 531-289-7864 lshearer@ymcalincoln.org
7. The purpose of my internship was to gain knowledge about what I wanted to do with my career after graduation. I wanted to have a better understanding of the type of work I would enjoy doing
8. My major work responsibilities throughout my internship were to plan out themes and activities for the summer camp. I spent a lot of time lesson planning and putting together activities for the summer camp site supervisors to use. I met with my supervisor about budgeting for the summer camp and also went over potential field trips and set those up as well. I also prepared crafts and activities for child watch and made sure they had all the materials they needed. Another thing I did was visit the after school programs which were held at Wysong elementary and Moore Middle school which is attached to the Copple Family YMCA. The purpose of this was so I could learn about all the different programs that the YMCA offered and get to know how they were run and what they all consisted of. I definitely gained a lot of knowledge about youth programs and how they should be properly run. I strengthened my organization and communication skills throughout my internship as well because I had to always be running my ideas by my supervisor and always made sure we were on the same page whether it was about budget, planning, or youth programs in general.
9. My most critical moment at the YMCA was probably the times I got to see all the behind the scenes work that goes along with all of these programs. Whether it was dealing with upset parents, hiring new employees, or listening to the current employees talk about what their days are like with the kids it was always extremely educational and I will use a lot of that information for my future career.
10. My recommendations for preparing for an internship in this field would be to not be afraid to ask questions and to tell the supervisor what exactly you want to get out of your time there. I learned that I had to step up and tell my supervisor that I wanted to be involved in everything I possibly could because I believe that's the best way to get the most out of you internship. Don't just sit back and wait for them to tell you what to do.
11. I would definitely recommend the YNCA to future internship students because it was a very hands on experience and you get to dive into all the programs and really learn a lot about youth development and how things should be planned and executed. My supervisor really let me do/ be apart of anything that I asked to be. She wanted me to have the best experience possible and was always checking in on me to make sure that was happening.

Internship Description Guideline

1. Sarah Chevalier
2. Human Development and Family Science
 - Minors- Education, Psychology, and International Studies
3. Assistant Teacher
4. Bubbles and Blocks Child Development Center
 - 4930 Lindberg Street Lincoln, NE 68505
 - Nicole Peck 402- 488-0024
 - Nicole@bubblesandblocks.com
 - <http://www.bubblesandblockscdc.com>
5. Mission: To provide quality child care to children in a safe and nurturing environment, while providing them with numerous opportunities to grow their social, emotional, physical, and cognitive development.
6. Nicole Peck
 - 402-488-0024
7. The internship that I have decided for this semester is at a Bubbles and Blocks Child Development Center. I have had the best experience here and I can't wait to see what the rest of the semester is like. At my internship my daily schedule will consist of arriving around 1 pm and staying until about 6 pm. In this time I will get there at nap time so we will finish with lesson plans if need be, cleaning, organizing the room, or finishing up art work that was done for the day. Everyday at the center the kids will do an art project that is related to the theme of the week. For example a couple of weeks ago the theme was Dr. Seuss. To begin there was a different category for each day. Monday- hat day, Tuesday- crazy sock day, Wednesday- wears all green, etc. Then in each classroom for everyday of the week we would create an art project that has to do with the theme. In the classroom the schedule will usually begin in the morning with breakfast, following with bathrooms, circle time (which is when we do small learning activities), gym time, play time, lunch, rest time, snack time, and ending the day with free play. This internship has allowed me to work with all ages of children and also their parents. I really like being able to interact with different families and being challenged with questions they may ask at the end of the day about how their child's day was or how we are working with them on discipline etc. Everyday there is a consistent schedule that all of the students follow so that they are able to get into the hang of it is like to be on a consistent schedule for while they grow into the school age group. I really enjoy being apart of all of these

children and their families and I hope to continue to help not only them but also myself grow for my future career. The purpose of my internship is to allow myself to grow and learn all types of experience and knowledge from leaders around me about what it is like and what it takes to be working with children and their families. The challenges are always there but if you have enough motivation and passion for this career field then they are always there and able to conquer.

8. a. The major work responsibilities I have at my internship would be helping with the lesson plans for the following week and making sure that the artwork and learning assignments are following with the theme and age appropriate. I also had such reports or incident reports a couple times a week that I would help fill out and get to the parents if something happened to their children I would help explain and make sure they understood everything correctly. I liked to keep myself busy at my internship so that I was able to take in as much information and experience as possible.

b. While at my internship I think that the skills that I was able to acquire over this time was thinking on my feet and more effective communication skills. I think that it is important to grow in your communication skills if you want to continue to succeed. I was able to acquire thinking on my feet with mainly the older kids when they would ask me questions and I would need to answer them or put on the spot or when parents would pick up their children at the end of the day and being asked any questions on the spot.

c. Through this internship I was able to gain knowledge all around. I think that the most knowledge that I am able to gain the most on is what it is like to work with children. Working with children and their families is not for everyone but through this I have learned that it will always be a challenge from day to day and I am up for this. I have learned that this type of career is something that can be very challenging but at the end of the day will always put a smile on my face.

9. I believe that when first starting at my internship was a challenge for me. Whenever entering a new work environment it can be a challenge because you do not know what to expect and are around other individuals who have been in this environment for a while now. It was challenging for me because I am not the type of person to chime in with my advice right off the start. I like to get a feel for whom I am working with and what I should expect from others around me.

10. I think that this is a great place to start if you are wanting to figure out if you want to work with children in your future career or not. Some days will be great and others will be harder than other. This type of work environment will definitely challenge yourself and allow yourself to grow in ways that you may not have realized you had in you before. For future students I would let them know to go in with an open mind and to always be on your feet. Plans are bound to change in any circumstance and you should want to be there to help and learn along the way. It is

a great learning experience and will allow you to find out if this is the right career for you.

11. Yes I would recommend this center to future students. I think that this was a very comfortable setting for my first internship the directors are very caring and willing to work with you and your school schedule. They want to help you succeed and watch you grow while also benefiting them & all of the children in the center. I think that this is a place that everyone would enjoy if you like being around children. It definitely is worth every second of your time being spent here and I would not choose anywhere else to grow in my future career and experience.

Internship Site Description

1. Justine Cork
2. Human Development and Family Science, Psychology, and Ethnic Studies
3. Paraeducator
4. Jain Irrigation Systems
Jain Hills, Jalgaon, Shirsolli Road, Mohadi, Maharashtra 425003, India 91 (257) 226-0011
www.jains.com
5. Anubhuti's mission is to create a learning environment conducive to nurturing the learners and the educators to be creative, capable, compassionate, and equanimous citizens of character with a global outlook.
6. Dr. Rochelle L. Dalla
(402) 472-6546
7. The purpose of my internship was to enter a school system in another culture in order to build relationships with youth from low-income backgrounds. This was done with the goal of developing a greater understanding of another culture and other living experiences, as well as learning how to form relationships with people, especially children, who come from a different from myself.
8. Work responsibilities, skills, and knowledge:
 - a.) My major work responsibilities were to interact with the children at the Anubhuti School in Jalgaon, India in such a way that they have a positive experience at school. I taught the children about my family and culture in the United States. I played games and made projects with the kids. Finally, I spent a good deal of time observing student and teacher interactions in the classroom.
 - b.) Over the course of my internship, I feel one skill I acquired over everything else was flexibility. To be successful anywhere abroad, but especially in India, flexibility is absolutely necessary. While abroad, it seemed people were late or plans would change at the last moment at least once each day, and being able to go with the flow is essential. I also acquired some intercultural communication skills. In India, English is not the first language, so it was difficult, in the beginning, to communicate with a lot of people. However, through an increased understanding of nonverbal communication, daily experience with the accent, and learning a few phrases in Hindi and Marathi at the school, I feel much better prepared to communicate with people who speak another language than me than I did before the trip.
 - c.) During the course of my internship I gained a lot of cultural knowledge. I learned so much about the traditions and customs in India, as well as about the way school systems and family systems operate. I also learned how to work with others to ensure a positive experience for all while living in a completely foreign environment.

9. I believe the most critical moment in my internship occurred during home visits. At the end of my internship, I was given the opportunity to name some of the kids that I had become closest to and I was able to go into some of their homes. This was really critical for me because it really brought together everything that I had been learning with and about my kids for the nearly six weeks I had been with them. It gave me the opportunity to see first hand the kinds of home lives my students were coming from and to better understand exactly what an education can mean to them. Sitting with my beautiful little fourth graders in their shacks in the slum colonies of small-town India really made my heart ache, such that I know with absolute certain I want to work with disadvantaged youth in my career.
10. My biggest recommendation to future students going into this program is to leave everything you think you know behind. Living in India was nothing like I and my fellow interns imagined, and it was certainly nothing like living in the United States. In order to really make the most of your time, you must go in with an open mind, willing to try as many new things as you can and devote as much time as possible to experiencing new and amazing things with the people at Anubhuti.
11. I would absolutely recommend future students get involved with this program. The teachers and students at the Anubhuti Schools are absolutely incredible. This experience is truly once in a lifetime. I have come back with a much greater appreciation for all that I have and all that I can do, for myself and for others. I think it is so important for everyone who wants to work with people in any context to get some experience within another culture, and this internship provides an amazing opportunity to do just that. I had so much fun at Anubhuti, and though at times the internship got tough, I grew so much in those moments.

CARLOS DAVIS

Human Development/ Family Science major · Volunteer Assistant @ The LIGHTHOUSE

ORGANIZATION

LIGHTHOUSE
2601 N ST, LINCOLN, NE 68510
Phone: (402) 475-3220
Website: <https://lincolnlighthouse.org/>

MISSION: THE MISSION OF THE LIGHTHOUSE IS TO PROMOTE THE MENTAL, PHYSICAL, EMOTIONAL AND SPIRITUAL WELL-BEING OF ADOLESCENTS.

SUPERVISOR

FALAH AL-HIREZ
POSITION TITLE: FACILITY MANAGER & VOLUNTEER COORDINATOR
EMAIL: falah.alhirez@lincolnlighthouse.org

PURPOSE: THE PURPOSE OF MY INTERNSHIP IS TO GO OUT AND VOLUNTEER WHILE FIGURING OUT MY FUTURE CAREER PLANS. I WILL BE SECURING MY FUTURE CAREER PLANS OR CHANGING THEM BASED ON MY EXPERIENCE. WHILE IN THE INTERNSHIP I WILL LEARN SKILLS THAT I HAVENT EVER DONE BEFORE IN THE REAL-WORLD ENVIRONMENT.

RESPONSIBILITIES, SKILLS & KNOWLEDGE

- My major work responsibilities consist of finding any way to interact with the kids. The lighthouse has a homeroom where you can chill and watch tv or play board games. A gym where the kids play pickup games, and a game room. Anything that the staff
- I generally start out in the main room and greet all the kids there and say hello to the staff. Then I just move around throughout the house and make my rounds. I have a few kids who cling to me

can't do while I'm there I will help out and take care of it.

and I will take them to the homework room to work on assignments.

- The knowledge I gained is that children are smart and if you let them, they will run over you. They try to question my authority and challenge you. The biggest thing I learned is PATIENCE. It seems like some of those kids on job is to piss you off. When that happens, I just go somewhere else and cool down.

CRITICAL MOMENT

- The most critical moment I had was an incident that involved a girl in the LIGHTHOUSE. It was a Monday and I had just arrived and she was there. I had never seen her before and she came up and spoke to me. After that my supervisor and the head hauncho asked me to come with them. I thought I was in trouble and did something really bad. They just wanted to warn me about kids coming to parties at the University that I could possibly be with. They advised me that if I ever saw a kid of lighthouse at a party to leave and tell them. It turned out that the girl lied about her age to me and other stuff as well. I was also advised to stay away from her as well.

- 10.) I would tell in any future students to make sure to be really organized when taking this class. Read every bit of the syllabus and ask as many questions on the first day of class. Don't be afraid to reach new heights and just have fun the experience.
- I would recommend this class to anybody that is curious. I will say that you need to clear your schedule for a class like this. It requires a lot of attention and you're not able to keep up you will fall behind. If you want an opportunity to achieve your career goals then this is a class for you.

Kelly DeBoer
Internship Description Assignment

1. Name: Kelly DeBoer
2. Major area of study or focus: Education and Human Sciences
3. Practicum position title: Dental Assistant Intern
4. Organization/agency name: Pine Ridge Dental, Wilderness Ridge Location
 - Organization/agency address: 8545 Executive Woods Dr. #2, Lincoln, NE 68512
 - Contact number: (402) 423-1100
 - Organization website: <https://www.pineridgedental.com/>
5. Mission of the organization or agency: To provide excellent and comfortable dental care to patients who appreciate their service.
6. Supervisor's name: Jenny Aschoff-Williams
 - Supervisor's title: Treatment Plan Coordinator
 - Supervisor's contact number: (402) 423-1100
7. Describe the purpose of your internship:
 - The main purpose of my internship is to gain more knowledge and skills in a career field I want to pursue in the future, make more connections in the professional field I want to enter, and overall gain more experience in a professional setting.
8. Work responsibilities, skills, and knowledge:
 - 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time?)
 - My major work responsibilities are sterilization and flipping rooms. I spend a good amount of time sterilizing dental tools after being used and get them ready for the next patient by disinfecting, steaming, and packaging them. I also flip dental rooms after a patient has checked out by disinfecting the whole room and gathering all the used dental tools.
 - 8b.) What skills did you acquire over the course of your internship?
 - Teamwork, communication, active listening, and reliability are the skills I acquired over the course of my internship.
 - 8c.) What type of knowledge did you gain?

- The types of knowledge I gained from this experience are professional knowledge, dental knowledge, and self-knowledge.

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

- The most critical moment at my internship was dealing with my first supervisor. My relationship with this supervisor was very awkward and unprofessional. I first got hired and was supposed to start my internship in November. The same day I got hired by my supervisor is the same day I got my job taken away by my supervisor. I was told I could still start my internship in January, but they needed someone more full time right now. It wasn't until a few weeks later when a family friend who also happens to work at my internship site asked my parents why I rejected the job offer. My supervisor had not been honest with me or the staff members of what was actually going on and they never needed to hire someone more full time. When January rolled around, I went in for another interview with the same supervisor and got hired, for real this time. It was very awkward and uncomfortable because of what had happened. This made me very nervous and timid when I started working because it was clear my supervisor did not want me there and I had no idea what I could have done to cause this. Not long into my internship, this supervisor was let go of for other reasons and I was introduced to my new and current supervisor. My new supervisor has made my experience at my internship unforgettable and I'm very fortunate for how things worked out for me.

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

- Recommendations I have for future students is to go into your internship with an open mind and to give it time. You might feel out of place at first and not know what is going on so try not to overwhelm yourself and keep in mind that things will get easier with time. Building relationships with your co-workers is another recommendation I have. Try to actually get to know the people you're working with and don't be afraid to ask them questions on what they like or dislike about their career or the field they're working in.

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

- Yes, I would recommend Pine Ridge Dental to future internship students. Right off the bat, everyone was very welcoming and made me feel comfortable. My co-workers do a great job of explaining information and teach me new things every day. They really make sure I'm getting all I can out of this experience and push me each day.

Internship Description



Morgan Essman

Major: Human Development and Family Science

Minors: Gerontology, Psychology, and Hospitality

Disney College Program

Position Title: Cast Member

Casting Address: 1515 Buena Vista Drive, Orlando, Florida 32830

Casting Phone Number: (844) 559-2278

Email: wdw.college.recruiting@disney.com

Website:
<https://jobs.disneycareers.com/disney-college-program>

Supervisor Information

Stephanie Kopson, Leader Tomorrowland Foods

Email: Stephanie.L.Kopson@disney.com

Leader Office Phone Number: (407) 493-1286

Purpose

The Disney College Program gives me the opportunity to learn and gain experience in a hospitality industry while earning, learning, and living in Orlando, Florida while working for the Walt Disney World Company.



My Front of House costume at Cosmic Ray's.

Responsibilities – Quick-Service Food and Beverage

- Selling food and beverages at indoor restaurants
- Taking and filling orders, multi-tasking
- Preparing, assembling, handling, and serving food items
- Cash-handling
- Heavy lifting, pushing heavy carts
- Working with cleaning chemicals
- Working independently or as part of a large team
- Standing for extended periods of time
- Bussing tables, cleaning kitchen and counter equipment, and emptying trash cans

Skills – Quick-Service Food and Beverage

- Cash-handling
- Making magic for families
- Communicating with guests that speak a different language
- Stronger communicating skills

Knowledge – Quick-Service Food and Beverage

- Communication skills
- Interpersonal skills
- Leadership skills

Critical Moment

My most critical moment during my program was when I was able to cross-train and be able to learn about interacting guests and how to communicate with them effectively.

Recommendations for Future

My recommendations for future internship students are to learn and investigate your internship before jumping into it so you know what you're getting into when you get your internship site. Make sure to ask past internship students about their experiences and ask your interview or leaders questions before starting your internship.

Recommend Internship

I would recommend this internship location, but I'd tell future internship students to make sure that when you put what roles you are interested in on the application that you are being true to yourself and can picture yourself doing the role. If you know you couldn't see yourself in the role, don't put it down on the application because you could get chosen for the role and you need to make sure that you are going to be happy where you are being placed.



My Back of House costume at Cosmic Ray's.

1. Your name: Jocelin Galvan
2. Major area of study or focus: Family Science
3. Practicum position title: Community Engagement Intern
4. Organization / agency name: UNMC Munroe-Meyer Institute
Organization / agency address and contact number: 444 S 44th St, Omaha, NE 68105 (402) 559-6418
Organization website if available: <https://www.unmc.edu/mmi/>
5. Mission of the organization or agency:
The Munroe-Meyer Institute's (MMI) mission is to be world leaders in transforming the lives of individuals with intellectual and developmental disabilities, their families and communities through outreach, engagement, premier educational programs, innovative research and extraordinary patient care
6. Supervisor's name and title: Melonie Welsh
Supervisor's contact number (phone and fax, if available): 402-559-9828
7. Describe the purpose of your internship:
The purpose of my internship is to provide direct support to the director of Community Engagement and Community Engagement staff, research and conduct outreach to potential partner organizations, development and organize MMI tours, internal and external community events, and create projects to enhance the community at MMI.
8. Work responsibilities, skills, and knowledge:
 - 8a.) Describe your major work responsibilities of your internship (i.e., what did you do? and how did you spend your time? The majority of my responsibilities was assisting the Community Engagement staff. Every morning I would ask what they need me to do, and they would assign me various tasks. The other part of my time was coming up with ideas for various events. For example, I planned events to celebrate Autism Awareness Month.
 - 8b.) What skills did you acquire over the course of your internship? An important skill I acquired was communicating with people I didn't know. Because my department represents all the departments at MMI, I had to do a lot of coordinating with people I didn't know, which I wasn't comfortable doing before my internship. I also learned how to be creative by coming up with different ideas for events and projects. Lastly, I had to be organized because I was coordinating a lot of projects at once.
 - 8c.) What type of knowledge did you gain? I gained valuable knowledge on how an organization impacts the community. I learned how to work with people from different backgrounds and worldviews. I also gained knowledge about myself and what I want to do in the future.
9. What was your most critical moment at your internship?
The most critical moment at my internship was when I had to plan and coordinate my own project. My supervisors challenged me to come up with an idea to celebrate Valentine's Day

institute wide. I created and planned my own project, and ended up raising \$250 for kid's camp scholarship. This was critical because I didn't think I was capable of doing a project like that by myself. It was a lot of work, but it showed me that I'm capable of doing more than I thought.

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

My recommendations for future students at this internship would be to research what all the departments at the institute do. MMI has a lot of moving parts, and if the student researches some of that before time, they will be able to start on projects a lot sooner because they will have a solid understanding.

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

I would recommend this particular organization for future internship students, especially if they live in Omaha. It's an amazing organization and they are moving to a new facility in 2020. There are many different departments a student can choose from. If a student is passionate about children diagnosed with Autism Spectrum Disorder or individuals with disabilities, this is a great place to intern. There are also many opportunities to be a part of research and studies.

1. Biba Ghaifan
2. Child, Youth, and Family Studies with a minor of Sociology
3. Assistant Teacher
4. Academic Advantage Child Development Center
6021 S. 56th St. Lincoln, NE 68516
(402) 420-5440
<https://aacdc.com/>
5. **5. *Teaching, Nurturing and Developing the Future..... One Child at a Time.***
6. 6. Courtney Guthrie, Center Manager, 56th St.
(308) 340-4106 fax:402-420-2333
7. The purpose of my internship is to be an assistant teacher and a floater. I assist the main teachers in the classroom with the children to provide extra support and teaching.
8. My major work of responsibilities is to assist the main teachers in whatever their schedule is for the students, to help them with any extra work and to watch their students and make sure all of them are doing what the teacher told them to do.

B. The skills I have acquired is building relationship with students, parents, and teachers. I learned how to develop communication skills and working as a team.

C. The knowledge I have gained is how to be a better teacher and learning the children behavior towards different things to help them understand of certain areas of learning.
9. The critical moment I had is when one of the lead teacher quit and I was scheduled at that classroom for a moment. We had infants in the classroom and one of them ended up getting hurt which I had to file a form for it and one of the experienced teacher was mad at me because they didn't have an incident like that for so long and I wasn't sure what to really do so I had to leave the scene and explained how everything had happen when it wasn't really my fault.
10. I would recommend to always ask questions no matter which classroom you are in to know exactly what needs to be done and the right way. Don't be afraid to reach out and ask for help when you see help is needed. The extra mile you do the more it will be appreciated.
11. I would recommend it because you get lots of hands on experience with the kids and the interaction with the kids are amazing and enjoyable. Teachers are nice and are always ready to help you out with questions and parents are wonderful to new hiring members as well.

Internship Description Guideline

Due: Fri. , April 5th at 10 p.m
(upload as WORD document in CANVAS)

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

1. Ada Gregg
2. Family Science
3. Youth Program Volunteer
4. Asian Community & Cultural Center
144 N 44th Street, Lincoln NE 68503
402-477-3446
5. The Asian Community & Cultural Center supports and empowers all refugees and immigrants through programs and services and advances the sharing of Asian culture and other cultural heritages of our clients with the community at large.
Vision: Immigrants in Lincoln and surrounding areas will have access to the resources and support they need to lead better lives.
6. Natalie Wiebelhaus- Youth Program Coordinator
402-730-2635
7. To learn, practice, and implement program development and provide support to the staff by carrying out mission-related tasks at a nonprofit charitable agency, as well as experience other aspects of non-profit management including grant writing, marketing, and case management.
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?)
 - Supported youth coordinators by assisting with youth program curriculum development, activity planning, database entry, and end-of-semester showcase events.
 - Participated in implementing programs for middle school and high school youth, (Life

After High School, Boys Community Council, Girls Leadership Council and new Assistant Youth Leaders program).

- Collaborated with human service agencies and other resources to refer services for refugees and immigrants.

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

- Communication skills
- Analytical thinking (solving problems quickly and effectively)
 - Design thinking
 - Critical thinking
- Collaboration and Teamwork
- Learning to take initiative
- Organization

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

- Interpersonal Abilities
 - Gained knowledge about refugee backgrounds/life experience
- Ability to wear multiple hats (able to step in where necessary even if it was not part of the internship description)
- Knowledge of myself: self-confidence (learning how to stand in front of a room full of students, put myself out there, be social, interactive, approachable etc...)
 - Public Speaking

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

The most critical moments at my internship included helping students who do not speak good English. More specifically, helping a girl with a take home history test. It was clear she had very little idea of what the questions were asking which is hard enough on its own, but she also did not have a very good idea of American history. Since this was a test, not just an assignment, I wanted to make sure she was doing the majority of it herself. Explaining things to someone who does not speak English well was very frustrating to me. I felt like I could not get through to her and did not want to just give her the answers. I struggled a lot with helping her on this test, it took us a couple days to do it. I figured out that explaining things at an extremely elementary level the key, in addition to asking a lot of questions and telling her to explain things back to me in her own words. This was extremely tedious spending so much time on every question, but I'm just glad I could eventually help her finish her test. She needed a lot of help and I don't know what she would have done if I wasn't able to put in the time with her. It makes me happy knowing I helped another person learn.

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

- Be prepared to talk about things in ways you have never talked before
- Remain a positive role model no matter what
- If you are working in a school setting, be respectful to other teachers and staff of the school

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

Yes, I would recommend this particular organization or agency to future internship students because I think helping high school aged children is very rewarding. Additionally, this internship could use all the help it can get in becoming something great. Right now, staff and student involvement is not extremely high, so this is why I am recommending more people get involved. This program is relatively new and I hope this internship course can help getting the word out!

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

- Family Sciences

3. Practicum position title.

- Direct Support Professional

4. Organization / agency name,

- Integrated Life Choices (ILC)

Organization / agency address and contact number

- 6800 Normal Boulevard
Lincoln, Nebraska 68506
402-742-0311

Organization website if available

- <https://ilc.net/>

5. Mission of the organization or agency.

- Integrated Life Choices supports people throughout every stage of life by providing exceptional service from a quality team.

6. Supervisor's name and title,

- Savino Lebron
• House Manager/Supervisor

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

- 402-326-8320

7. Describe the purpose of your internship.

- Purpose of my internship is to gain experience in the human services field. I want to explore this field because for my later career I want to work with disadvantage teenagers and families to help them through obstacles in life. I feel like this opportunity gives me different views of different families and individuals and ways to work with different people.

8. Work responsibilities, skills, and knowledge:

- Work responsibilities is to assist each individual with everyday life activities, while obtaining boundaries and helping each individual with their daily goals and long time achievements. Skills would contain of being able to switch with different people, change of personalities and working doing multiple things at once. Knowledge being able to understand what the individual needs and ways to support them to the best of my abilities.

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

- My daily basis consisted of picking individual up from vocational site, bringing the individual home and assisting the individual with everyday activities, ex: laundry, dishes, and cooking etc. My time was also spent working towards the individual goals and taking the individual out for community involvement.

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

- The most important skill I acquired over the course of the internship is patience. I learned to be patient and learning how to work with others time.

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

- Knowledge I gained through the internship is my likes and dislikes in the workplace. I learned how to communicate with those who are superior than me in times of conflict. I learned how to ask questions in the workforce and learn how to communicate with other coworkers.

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

- My most critical moment at my internship would be during evolutions, because I learned things about myself that needed improvements and things that I do well. My supervisor gave me word of praise and cherished the impact I have working with different individuals.

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

- To be open minded and be ready for any obstacles. I'll tell future internship students to never get too high or too low on one self, and always work to the best of your abilities.

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

Why/why not

?

- Yes, because in this particular agency I have gotten the chance to work with many different people, this agency really humbled me and opened my eyes in many things in life aspects. Personally I feel that I have grown in this agency and organization and gained knowledge that will last a lifetime.

1. Allison Kallhoff
2. My major is Family Science and I am minoring in Psychology. I would like to work with foster kids.
3. Assistant Teacher
4. Bubbles and Blocks Child Development Center, 4930 Lindberg St, 402-488-0024,
<http://www.bubblesandblockscdc.com>
5. The mission of Bubbles and Blocks is to provide quality child care to children in a safe and nurturing environment, while providing them with numerous opportunities to grow their social, emotional, physical, and cognitive development.
6. Supervisor: Nicole Peck, 402-2022-5567
7. The purpose of my internship is to give me an idea of how to communicate with parents effectively and to help nurture children while helping them grow and develop important skills they need for life long success.
8. A. My work responsibilities start at drop off in the morning. Since I usually work with younger children, the drop offs are usually tough because the children don't want to leave their parents. It is my job to have plenty of toys and coloring sheets out to distract them while their parents leave. During the day, I am in charge of serving them breakfast, lunch, and snack and making sure any kids with certain diets get the correct food (if they have allergies, making sure we follow the guidelines.) In each classroom, the day goes differently so I may also be in charge of helping them complete the activity for the day.

B. I learned how to communicate with parents through drop off and pick up. In the mornings, we always ask the parents how the child's night was and if we should be looking for anything in case they have noticed their child in pain (ear infection, getting sick.) At pick up, I communicate with the parents about how their child's day was and if there were any problems. I am also in charge of making sure any ouch reports get signed by the parent and my supervisor.

C. I gained knowledge in the area of child care and their emotions. It is very easy to look at a child who is having a hard time at daycare and think that they are just misbehaving when in fact maybe they are tired or had a bad morning at home. I also learned that children thrive off of nurturing and caring personalities and they love when you act interested in whatever they have to say.

9. The most critical moment in my internship has mostly been just the constant communication between everyone. Between coworkers, you have to always know what the other person in your room at all times. It is important to communicate also if one teacher is gone for a day and there are specific instructions.

10. My recommendation for future internship students is that they should make sure that the place they are doing their internship at actually will prepare them for the future career path they are going down. I feel like I have not been exposed to very much but it is still interesting to me. I would also tell them to ask any questions they have and make sure you treat it like a real job so you have a good recommendation down the line.

11. I would recommend this organization. Nicole has been very helpful in what I need and all the parents are amazing!

1. Heather Lee
2. Human Development and Education Studies minors in Psychology and Special Education
3. Enrollment Processing Representative II
4. Nelnet, 121 S 13th St, Lincoln, NE 68508 (402) 458-2370,
<https://www.nelnet.com/about-nelnet>
5. Our mission: Why We Exist: Creating opportunities for people where they live, learn and work.
6. Debra Campos-Enrollment Processing Supervisor 402-323-4676 (phone number)
7. The purpose of my internship was too do something different I have never done before. Working a desk job and getting the feel of that.
8.
 - a. A. To check accounts for changes in statuses (20 different), understand and remember abbreviations on accounts, removing late fees and disclose accounts. Spending my time processing 20 accounts an hour. Ensure integrity of data and information, and commit to performance based.
 - b. Organization, critical thinking, problem solving, communication, teamwork and accuracy.
 - c. I have gained encoded knowledge.
9. The most critical moment was the first few days of training. Learning the terms, vocabulary and the systems. Getting the few first days of training to learn all of that. Made it a great transition to working individually.
10. I enjoy the position I am in, but not sitting at a desk all day. If you have never had, a desk job before and have curiosity for that. I would recommend it to get the feel of a desk job.
11. I would recommend Nelnet for an internship position. They definitely treat their employees right, pays well and it is a place you can move up quickly if hard is work is shown.

1. Jordan Merklein
2. Family Science – Gerontology Certificate
3. Meals on Wheels Intern
4. Tabitha Meals on Wheels

4729 Randolph Street, Lincoln, NE 68510 / 402-486-8589

<https://www.tabitha.org/senior-care-services/meals-on-wheels.html>

5. “Motivated by Christian compassion, Tabitha delivers a continuum of exceptional and innovative Senior Care services that promote the dignity, independence and well-being of older adults.”
6. Susie Brown / Meals on Wheels Coordinator
402-486-8589
7. The purpose of my internship was to learn as much about the Meals on Wheels program as possible. I wanted to learn the ins and outs of everything. My purpose of being at Meals on Wheels was to assist the program in areas they needed more help with, as well as to learn more about the volunteers and collect data on them. I completed a research study while at Tabitha and collected data and information on the volunteers through an anonymous survey. This helped the Meals on Wheels coordinators get to know a little bit more about their volunteers. Without the help of the volunteers that Meals on Wheels has on a daily basis there would be no Meals on Wheels program.
8. A) My major work responsibilities at Meals on Wheels was to help get route sheets ready every morning before deliveries would begin. I would put all of the routes together, assign the different volunteers to the different routes, and I would then set

them out for the volunteers to pick-up once they arrived. This could be challenging some mornings because if we had volunteers call in saying they wouldn't be able to make it in to deliver then we would have to find someone else to cover that route for them. Some days we would actually have more volunteers than we needed and not enough routes to give everyone, but other days we would have not enough volunteers and too many routes to fill. After this was finished then I would help volunteers when they came in to get their coolers and route sheets. I would talk with them about any concerns they might have, or I would explain to new volunteers what they need to do. Once all of the routes were out for the day I would check to see if we had any new clients to add to routes. I would work in a system called SAMS to add new clients. I had to put all of their personal information, contact information, emergency contacts, meal types, any medical issues, and any information that would be helpful to know about them into this system. After that I would assign them to a route and make sure they get put on the correct days that they want to receive meals. There are usually a few of these a day. I also answer the phones throughout the day to talk to the clients and volunteers. A lot of clients call and cancel their meals for certain days so when they do this I am able to go into the system and make sure their meal gets canceled so they don't get charged for it or the meal doesn't get delivered when it's not supposed to.

B) One major skill that I acquired by being at my internship is stepping out of my comfort zone a little bit and being more interactive with the clients and volunteers. Sometimes I would struggle with being shy or feeling uncomfortable, but I think that this internship really helped me step out of my comfort zone and engage with people more.

I also learned to multi-task a lot better while working here. There are usually many things going on at once and it took me a while to feel like I could handle it. My supervisor is used to having to multi-task 24/7 so she really helped me learn how to manage multi-tasking.

C) I gained a lot of knowledge on the clients and the volunteers at Tabitha. I have been able to deliver the meals on the weekends to clients so I have been able to meet them in person and see where they are living and what kind of condition they live in. I feel like this helps being able to see this first hand so that when I am helping the volunteers I have a better idea of what they are talking about. I also gained a ton of knowledge about the volunteers by completing my volunteer survey. This gave me a lot of insight to the demographics of the volunteers. This knowledge not only helped me while at my internship, but also will help me in the future if I am ever having to work a program that has volunteers.

9. The most critical moment at my internship was a Monday morning after a big snow storm. When I went into my internship the roads were terrible, school had been called off, and I knew that it was going to be a tough day because our volunteers have to drive around all of Lincoln to deliver these meals. When I got in we had to fill over 10 routes because of volunteers calling in that they wouldn't be able to make it out in that weather. We struggled to get all of the routes filled, but in the end we were able to. We had many volunteers call us that they had gotten their cars stuck while trying to deliver the meals, and many volunteers had fallen on the ice while trying to deliver the meals. It was a very stressful day and I was really worried about the safety of our volunteers and I

was also worried about the clients who might not get a meal that day because no one could get to their house to give them their meal. In the end every got their meals, all of the volunteers made it back safely, and the day went on. It was very hectic and stressful on this day, but it gave me great insight on what a day like that might be like. There's always going to be stressful and hectic days at a job, and it's the way that you go about it and handle it that makes all the difference.

10. My recommendation for future internship students is to really do your research on different programs and organizations and find one that really fits what you are looking for in a career/job after graduation. Don't settle on the first internship opportunity that you come across just because it is the easy way out. Go for the more difficult internship because those are the ones that are going to get you the most experience and prepare you the most for your future career/job. If you are struggling at your internship, SPEAK UP!! This is so important because you don't want to be miserable for 3 months while at your internship. If there is a problem, address it. Have a positive attitude and be grateful that you are given the experience.

11. I would definitely recommend Meals on Wheels to future internship students. I think this program gives you a lot of hands on experience and you really get to see what a day is like in that type of position. The supervisors are great and everyone truly cares about their employees, clients, and volunteers. I would not recommend interning for the activities department of Tabitha. They aren't very good at giving their interns things to do. I was in the activities department for about a month and I feel like I did not get anything out of being there. They wouldn't have things for me to do while I was there so

I would usually just sit there and wait for something to come up. When they did have things for me to do it was usually just “busy work”. I didn’t feel like any of the employees in the activities department wanted an intern because they would complain a lot about having to show interns around and show them things to do. I am really thankful that I was able to switch over to Meals on Wheels at Tabitha and gain a much better experience for the remainder of my internship.

Internship

Due: Fri. , April 5th at 10 p.m
(upload as WORD document in CANVAS)

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

1. Your name.
Gabriella Ochoa

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



3. Practicum position title.
Intern

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

5. Mission of the organization or agency.
To serve as a link between the Nebraska State Government and the Hispanic/Latino Community.

6. Supervisor's name and title,
Supervisor's contact number (phone and fax, if available).
Supervisor: Dr. Lazaro Arturo Spindola

Phone: 402 471-2791

7. Describe the purpose of your internship.

Research health disparities among Nebraskan Hispanics and research bills introduced that may affect this population. Also become familiar with how the Nebraskan Legislative functions.



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?)

Research bills introduced by senators, watch the 9am Legislative hearings, conduct research

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

What research engines were appropriate to find the information that I needed for my research
How to be comfortable talking to someone about what is going on within our Legislative
How to research the bills that are introduced using the Nebraska Legislative website

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

Became familiar with how the Nebraska Legislative works, became familiar with their vocabulary such as the house is under call,

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

The most critical moment would be when I had to conduct my diversity in upper management research. The reason this was critical was because this got passed on the board of the Commission and based on my research they are going to determine if the biggest companies in Nebraska need training based on hiring a more diverse population for their upper management team.

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 find a company that or intern in an area that you are passionate about and that may help you solidify your future career plans. Also do your best work like it is an actual job and you are getting paid for it like my supervisor said if your work is good they may want to hire you permanently onto their team after your done with your internship. And specifically for mine become familiar with Legislative vocabulary or else you will not know what they are taking about at the 9am hearings. And research words in the bills that are introduced and learn more about that subject so that you can be aware of what is going on the hearings.

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

I would recommend this more in particular if you are interested in government or politics even though I did conduct research on the Hispanic population and health disparities, I feel like I learned more about our legislative then anything else. This is a great agency to get to know the

Senators and their views on abortion, immigration, LGBTQ etc. I would recommend this for anyone interested in learning how our Nebraska Legislative works.

1. Kate Richardson
2. Family Science / Pre-Occupational Therapy
3. Occupational Therapy Intern
4. St. Elizabeth Sports and Physical Therapy
5000 N. 26th Street, Suite 4000, Lincoln, NE 68521
402-742-8410
<https://www.chihealth.com/st-elizabeth/services/physical-therapy.html>
5. The Mission of Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.
6. Supervisor Megan Kotz, Occupational Therapist, OTD, OTR/L, CLT, CHT
402-742-8410
7. The purpose of my internship was to gain confidence in working with people and communicating with patients in the occupational therapy setting. Secondly, I wanted to gain knowledge about medical documentation in the field of occupational therapy. Thirdly, I hoped to broaden my perspective on the field of occupational therapy as a whole through observation.
8.
 - a. Major work responsibilities at my internship included greeting patients, starting patients in Fludotherapy or heat packs, leading patients through exercise routines, organizing patient charts and cleaning or sanitizing the gym. I spent most of my time, however, shadowing various patients at the clinic.
 - b. Skills I acquired over the course of my internship include learning to greet patients, learning how to lead patients through rehab routines and learning to file patient folders.
 - c. I expanded my knowledge about both physical and occupational therapy fields as a whole. I also learned new medical terms.
9. The most critical moment at my internship was when I got to work hands-on with patients leading them through routines, rather than shadowing the entire time.
10. For future students doing a similar internship, I would recommend going to a site with numerous occupational therapists on staff. At my location, there was only one occupational therapist and numerous physical therapists and I wish it would've been the other way around, so I could see a variety of patients as I want to pursue occupational therapy, not physical therapy.
11. I would recommend this agency to future students as I had an excellent experience, however, the downfall was it was an unpaid internship.

1. Sheridan Rieke
2. Major: Child, Youth and Family Studies
 - a. Minor: Psychology
 - b. Main focus: Certified Occupational Therapy Assistant
3. Assistant Teacher (For various age groups but mainly infants/toddlers)
4. Sheridan Child Development Center
 - a. 6955 Old Cheney Rd, Lincoln, NE 68516
 - b. (402) 423-5037
 - c. <http://sheridanlutheran.org/about-us/scdc/>
5. “Your child will grow socially, emotionally, cognitively and spiritually. They will learn self confidence, grace, forgiveness, accountability and responsibility.”
- 6.
7. Rachel Poppert
 - a. Assistant Director
 - b. (402) 423-5037
8. Work Responsibilities:
 - a. My main work responsibilities when with the babies are feeding, changing and playing with babies and communicating with their parents at drop off and pickup times. When with toddlers and over, I play with the kids and do projects and academic lessons with them along with the main teacher in the classroom. I also feed the kids snack and communicate with parents. I also close everyday which includes staying until the last child is gone, combining rooms and sending

teachers home as numbers drop, various cleaning duties, locking doors and logging kids out of our systems.

- b. I have learned how to communicate good and bad news with parents and how to answer their questions or send them to the right people if I don't have the answers to their questions.
 - c. I have learned that I really do love working with children and getting to know their families. I have also learned how to plan and execute projects and lesson plans that are age appropriate for the kids.
9. The most critical moment for me was when I got moved from the preschool room to the infant room. Three year olds and babies are so different in their needs and I was very nervous about the change and I knew I was really going to miss my preschool kids. It took a couple weeks to get comfortable in the baby room and I had to get used to being between the baby room and toddler room constantly but now that I've adjusted, I'm actually happy the change happened. I have been able to gain experience in a whole new age group, which will help me so much in the future.
10. My advice to future internship students would be to be flexible. You need to be willing to go wherever you are needed, especially as a part-time teacher. If the center is short-staffed, it is likely that you will be moved throughout the day to whichever room needs the most help. You should also be able to communicate with parents in a professional yet personable way. Parents want to know about their child's day but also love swapping personal stories and sometimes ask for advice. If you have the answer to their questions then great but if not, you should be able to point them in the right direction to get them the answers they are looking for.

11. I would definitely recommend this organization to other students. It is in south Lincoln which is quite the drive from campus but if that does not bother you then this place is amazing. The relationships I have formed with kids, their families, and coworkers are unlike any other. I always tell my boss that I am so happy I found SCDC because I have never truly loved a job the way I love this one. People are so kind and caring and all the teachers truly do work together like a team and care about one another like a family. And with the wide age range, there is so much to learn.

Due: Fri. , April 5th at 10 p.m
(upload as WORD document in CANVAS)

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

1. Your name.
Whitney Rosno
2. Major area of study or focus (e.g., Family Science, Early Childhood Education, etc...)
CYAF
3. Practicum position title.
Intern for the Nebraska Office of Public Counsel/ Ombudsman's
4. Organization / agency name,
Organization / agency address and contact number
Organization website if available
Nebraska Office of Public Counsel/ Ombudsman's
Centre Terrace Bldg
1225 L Street, Ste #300
Lincoln, NE
(402) 471-2035
<https://nebraskalegislature.gov/divisions/ombud.php>
5. Mission of the organization or agency.
The Ombudsman's Office is an impartial branch of the legislature that oversees the actions of state government administration. It handles citizen complaints about the actions of these state branches and investigates the actions and ways of handling issues to be sure things are being run in a fair, and correct manner- as determined by laws, regulations, and other statutes.
6. Supervisor's name and title,
Supervisor's contact number (phone and fax, if available).
***Hong Pham* (primary) Ombudsman Deputy for Welfare Services, *Lucas Atkinson*- Assistant Ombudsman, *Jerall Moreland*- Deputy Ombudsman for Institutions**
7. Describe the purpose of your internship.
I was able to assist my supervisors with several different things. With Lucas and Hong I helped them with individual cases. I helped with research into the field, helped

them make phone calls and emails, and I was able to complete some of their cases on my own. Their cases ranged from child abuse topics, to people who were having property line disputes. With Jerall, I was able to visit some of the different state run institutions, like the Lincoln Regional Center, YRTC in Kearney, and BSDC in Beatrice. We took tours, and took a look at the inner workings of these places in things such as staffing ratios, overtime issues, and just overall the way they were being run.

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 helped with research, phone calls, emails, and writing summary reports of visits, and key findings for reports on these visits.*

8b.) What skills did you acquire over the course of your internship? *I am now more comfortable in a professional work place. I improved my communication skills. I gained a better understanding of the inner workings of the government and the way different departments are run.*

8c.) What type of knowledge did you gain? *I learned how to navigate through different rules/ regulations/ titles and state statutes to get the information that was needed. I learned how to draft professional recommendation emails for different departments. I was able to learn what goes into a professional meeting and was able to observe those. I learned how different state facilities are run and the importance of advocacy for the at risk individuals in these.*

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

I think the most critical moment would be the first phone calls and cases that I did on my own. I felt good about these because it meant my supervisors trusted me to make the contact with these individuals, and they had faith that I could do what they needed and successfully translate the work of the Ombudsman's Office.

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

11. Would you recommend this particular organization or agency to future internship students? *Why/why not?* **I would definitely recommend this agency for future internship students. I felt like the wide array of things I was exposed to will help me very much in the future. I was also able to network with many department head and be able to feel comfortable in meetings with these people. You're also able to interact with many different people- criminals in the Lincoln Regional Center, youth in the foster care system, parents going through custody battles, the individuals at the Beatrice BSDC campus. The exposure to all these different things alone are reasons to do this internship.**

1. Amanda Ruda

2. Child Youth & Family Studies

3. Child Care Provider (co-teacher)

4. Trinity Infant & Child Care Center

1345 South 16th St. #2, 402-475-9731

<http://trinitylincoln.org/childcare/downtown-location>

5. Learning is a process that continually takes place as children make new discoveries about the world. We believe in the potential of children and strive to build creative, nurturing and stimulating environments that promote exploration and discovery. We value families and strive to provide opportunities to build a sense of community! Our dedication to children, our facility, qualified staff, curriculum, and quality materials work together to create a wonderful community for children to develop and grow.

6. Jennie Malone, Director

402-475-9731

7. The purpose of my internship at Trinity was to learn how to co-teach in a classroom for children ages 1 to 2. This entailed keeping the children safe, demonstrating appropriate behavior, guiding activities, creating a comfortable, nurturing and safe environment, and communicating with parents during drop-offs.

8a. The major responsibilities during a typical day were to: assist the head teacher in watching, guiding, and playing with the kids in the morning during free play, serve breakfast while teaching good manners, help children with using the bathroom following breakfast, more free play, and then occasionally leading group time.

8b. The biggest skill I acquired over the course of my internship was how to deal with behavioral problems through redirection. There were a couple of children in the classroom I was placed in that had very strong personality types. These children knew how to push buttons (both peers and teachers) and learning the best techniques to redirect them was vital to getting through the mornings.

8c. Looking back, I have gained a ton of knowledge through this placement. Some of the things that stick out to me the most are; knowing when to and when not to intervene in children's problems, what a typical morning looks like in a classroom with children aged 1-2, and how to guide children in free play that is age-appropriate.

9. One of the more critical moments of my internship thus far was when a child was transitioning into our room. He struggled because for a child his age, it was weird, new, and out of routine. This was critical because I learned how important teachers are in children's lives. We are responsible for making them feel safe and comfortable in a place in which they spend over half of their day, and so much more.

10. Step out of your comfort zone! In the beginning it was tricky for me to know how and when to step into an issue the kids were having; I was worried about what the teachers would

think of the way I handled the situations. Once I got a feel for the kid's personalities and behavior types, this became easy and a lot more natural!

11. Yes! Trinity is a great environment with excellent teachers! In all of my experience working in child care, I have not learned as much as I did here. The head teachers were supportive, fun, interactive, always ready to answer any questions I had, and would step in when I needed help with anything in the classroom. The directors are amazing as well!

1. **Name:** Leah Sanchez
2. **Major:** Child Youth and Family studies with an emphasis in Human Development and Family Science
3. **Position:** Teacher Assistant
4. **Organization:**
Family Service Association of Lincoln
501 S 7th St. 402-441-7949
<https://familyservicelincoln.org>

5. **Mission Statement:**

The Youth Development Program partners with schools, families, and neighborhoods to provide expanded learning opportunities in safe environments while helping to build stronger communities.

6. **Supervisor:**

Cris Yanak-Cushman – Supervising Teacher/Site Director
Phone: (402) 580-4233
Fax: (402) 441-6466

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

The purpose of my internship was too able to apply in-class knowledge out in to the community in the field area that we were most drawn to career wise. These internships are meant to give us one of the first professional experiences we have ever had as well as foster goals for our future.

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

8a.) I spent a lot of my time learning time management (transitions to different activities), behavior management (variety of personalities), and finally being a supportive role model. A coworker and I are in charge of about 35 children every day where we guide the children through activities, physical activity, as well as healthy balanced snacks. This also includes managing behaviors and keeping track of incidents (paper work) as well as accident reports.

8b.) I acquired excellent communication skills with team members as well as with the parents and families of our students. I also gained leadership skills due to the fact that I was often Group leader which meant I was the one who was more in charge than the other staff on duty. However, the skill I think I gained the most was being collaborative with my staff members and creating my own lesson plan.

8c.) I gained the knowledge of how Family Service Association of Lincoln works by providing youth with a safe before and after school environment that is much needed in our communities. I also learned a lot about myself through this internship as well as being able to narrow down my career path more than I had already done before. I learned that I work well with students K-5 and aim to take this knowledge for my future career goals.

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

My most critical moment at my internship is where I was told by my supervisor that she really hoped that I stayed with them long after my internship was done. My whole outlook on careers truly shifted and I felt that I knew what kind of environment I wanted to work in. I never went in expecting to be praised but instead went in to work hard for my own experience but have come back every day since that day and have felt so elevated knowing I had a purpose.

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

I would highly recommend that future internship students really take this opportunity to apply what they know very seriously. An internship while must be done professional is a place to learn, grow and shape our future career or even solidify our goals. I would also recommend being open to all sorts of internships as that experience alone could be what you find in yourself which is purpose.

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

If you are a student who hasn't had much experience with youth K-5th grade and are looking forward to seeing how you can support a safe learning environment, this would be a great non-profit organization to do your internship through. I will also point out that they are all highly welcoming as well as flexible and understanding of our college schedules.

1. Taylor Schmeekle
2. Child, Youth, and Family Studies
3. Juvenile Probation Intern
4. Lancaster County Juvenile Probation/ 605 S 10th St Room B302/ (402) 441-7364
5. Nebraska State Probation Mission: We, the leaders in community corrections, juvenile and restorative justice are unified in our dedication to delivering a system of seamless services which are founded on evidence-based practices and valued by Nebraska's communities, victims, offenders and courts. We create constructive change through rehabilitation, collaboration, and partnership in order to enhance safe communities.
6. Christyna Wells, Senior Probation Officer, (402) 441-7364
7. Learn more about Juvenile Probation and get my foot in the door for future career opportunities
8. Work responsibilities, skills, and knowledge:
 - a. Completing a predispositional interview (PDI), going to court hearings and meetings with the youth.
 - b. I acquired more leadership skills, as well as communication skills.
 - c. I gained knowledge of the juvenile court system and how the juvenile probation system works
9. Completing the PDI on my own under the supervision of my supervisor because it will be used in court just like one of the paid officers PDIs.
10. Make sure you can be there for more than 2 days a week and be able to stay for long periods of time.

11. Yes, I would recommend this internship to anyone who feels like they would like to become an adult or youth probation officer. It has been a great learning experience and has helped me map out my career plans.

1. Jesse Stirling
2. Family Science
3. Before/after school program counselor
4. Fallbrook YMCA
700 Penrose Dr Suite B, Lincoln, NE 68521 / 402-323-6444
<https://www.ymcalincoln.org/location/fallbrook-ymca>
5. “To put Christian principles into practice through programs that build healthy spirit, mind and body for all.”
6. Emmalie Wilcox / Youth, Teen, and Family Program Director
(P) 402-323-6433
(F) 402-323-6445
7. Purpose: To keep children safe as they do the following: eat snack, finish their homework, play games, and do different activities. Following their safety, my purpose it to model good behavior and responsibility.
8. Work responsibilities:
 - Preparing snack (putting it in bowls, pouring milk, distributing silverware)
 - Helping children with homework
 - Supervising kids while playing outside and in the gym, leading activities, and cleaning (wiping down tables, sweeping).
 - Modeling great behavior and making sure the kids are having fun

Work skills:

- Learning to communicate in a manner where young children fully understand what I expect of them is something profound I have acquired. This includes a lot of positive reinforcement and thanking the kids when they do listen.
- Gaging which activities are appropriate for certain age groups, like being able to differentiate which activities the younger kids (ages 5-7) would enjoy that the older kids (ages 10-11) may not find appealing.
- How to speak to children from various backgrounds (for example, not assuming they all celebrate Christmas, or not assuming the child will be picked up by a biological parent as many are in foster care).

Work knowledge:

- Respect from children is more important than wanting them to like you as a counselor. The favorite types of counselors are ones who don't enforce any rules, talk with the children like they are their peers, and laugh when the child does something inappropriate. At first, I wanted to be this ideal counselor that all the kids loved and I viewed this as my top priority.
- Children don't benefit from permissiveness in the long run, and you can be a counselor

that is both respected and liked.

- The importance of positive behavior in front of children. They hear and see everything, and as tempting as it may be to gossip with my coworkers while on site, I understand how crucial it is to set an example in my own actions.

9. Most critical moment: I was disciplining a young boy and getting very angry that he wasn't paying attention to me in the slightest. Afterwards, he only continued this behavior in front of other counselors and I told him he only misbehaves for attention. A few days later I was told that this child comes from a neglectful home and has lived on and off between his mother and grandparents. This stunned me because my assumption was right, but perhaps *too* right that I should not have said this to his face. This young boy acted out from the lack of a nurturing environment at home, and I realized that every child there has a different story. It is never okay to assume, and I needed to address the situation with compassion rather than judgement.

10. Recommendations:

- Talk with others who have children or have worked with kids. Ask them what the struggles and rewards are when working with young kids.
- Do your research on the YMCA and what it stands for.
- Connect with your coworkers and don't be afraid to ask questions, especially when it comes to the proper way of handling a situation where kids are arguing or bullying.
- Be positive. Negativity only wears off on the children and they will mirror your attitude.
- Be respectful of the space you are in. Working at an elementary school, be aware of the teachers/janitors belongings and the cleanliness of the cafeteria/playground/gym. They work there too!

11. Yes, I would recommend this internship to others. The school setting is such a positive place with everyone there for one purpose: the kids. I look forward to my internship site, and the free time you have with the kids allows so much time for teaching them things and building relationships. The staff at Kooser Elementary (teachers, other YMCA staff) are all extremely friendly and want what is best for the kids in any circumstance. The job is certainly a learning experience as you grow accustomed to all its parts, but it is so rewarding in the end.

Tanisha talib
Dr Dalla
CYAF 497D
2nd April 2019

Internship description

- 1) Tanisha talib
- 2) Majors – Psychology and Human development and family science
(Minor – gerontology and sociology)
- 3) Intake coordinator / front desk
- 4) Couples and Family clinic
35th and East campus loop
Lincoln, NE , 68508
4024725035
cehs.unl.edu/cfc
- 5) Couples and family clinic provides mental health services to University of Nebraska students, faculty and staff and community of Lincoln. It provides services like individual, couples and family therapy.
- 6) Vanessa Neuhaus , Director of marriage and family therapy program
vneuhaus2@unl.edu
- 7) The purpose of the internship was to learn more about the field of marriage and family therapy. It was also to give me an opportunity to observe things I learn in class in practice.
- 8)

8a.) My main responsibility was to help clients who came to the couples and family clinic with parking permits and as well as filling forms. I mainly took care of front desk work like picking up phones, making clients comfortable in the waiting area. I also helped with the research for some things for the clinic. I observed sessions of therapy and asked questions about the techniques that the therapists were using.

8b.) I learned team work as I had to coordinate the therapist, I also learnt a lot about body language and how people communicate, I also learn how to make the clients talk and when to use reflexive listening.

8c.) I learn about different personality types and as well how people construct their narratives. I also learned a lot of the different services that are provided in Lincoln when I was doing the research project.

9) The most critical part of the internship was when we have a client's husband come in causing problems like wanting to ask information about her and telling me things about their life that I shouldn't know. This was critical for me as I learnt to be calm in that situation and ask the client to be calm as well. I also don't like confrontations so this taught me that sometimes it's okay to speak up.

10) It is important for you to be able to take initiative as a lot of times you might not have so much work to do. Also I would recommend observing as many sessions that your schedule allows. Even though you can observe online, it's better in person.

11) Yes, you can learn a lot about the marriage and family therapy program at UNL. Also you get to observe therapy sessions which was really amazing according to me. It is also not a very stressful internship so this helped me a lot as this was my last semester in UNL.

1. Kelsey Thelen
2. Family Science
3. Preschool Paraeducator
4. Belmont Elementary School

3425 N 14th St, Lincoln, NE 68521

(402) 436-1124

<https://belmont.lps.org/>

5. Mission: Strong relationships throughout the Belmont Community promote high learning and behavioral expectations
6. Supervisor: Brittany Brown – Early Childhood Teacher
7. The purpose of my internship was to have the opportunity to work in the classroom setting and with children of different learning abilities and to find out if I enjoyed this setting and working with young children.
8. In my role as a paraeducator, I assisted the lead teacher in the preschool classroom, helped to facilitate learning, play and self help activities. Skills that I acquired over the course of my internship included lesson planning, leading lessons, patience, and decision making skills. Knowledge that I gained throughout this internship includes learning about how to teach children with special needs as I worked very one-on-one with the children who have autism in my classroom. I also learned effective behavioral management techniques for preschoolers and ways to get them to focus and pay attention when needed.
9. My most critical moment at my internship was when the other paraeducator in our room was gone one day. This was very intimidating for me as we really

depend on all of the teachers in our classroom. The day was very difficult and stressful overall, but it also showed me how much I have learned throughout this experience and that I can step up if I need to and still have the day go smoothly.

10. For future internship students preparing for the internship experience, I would say to start early in applying for internships as it can take more time than you would think to find one. Also, to keep an open mind when applying because even if it isn't something you really want to do, it may surprise you and you may end up finding something you enjoy that you never expected.
11. I would recommend working at Belmont because the staff are all super nice and helpful. I had so many teachers introduce themselves to me in the beginning and let me know that if I needed any help that they were there to answer any questions. The overall atmosphere is very positive and I really have enjoyed my time working at Belmont!

Internship Description

1. Ally Thomsen
2. Family Science
3. Intern
4. Cedars Northbridge ECDC,
1533 N 27th St, Lincoln, NE 68503
(402) 437-8999
<https://cedarskids.org/who-we-help/families-in-need-of-resources-support-and-education/early-childhood-and-school-age-programs/preschool-childcare.html>
5. It is the mission of CEDARS to help children achieve safety, stability, and enduring family relationships.
6. Christen Million
cmillion@CEDARS-KIDS.ORG
(402) 437-8994
7. The purpose of my internship was to gain knowledge and skills working with younger children, determine whether I enjoyed working with younger children, and build confidence and competence in working in a professional childcare setting.
8. Work responsibilities, skills, and knowledge:
 - 8a.) I acted as a teacher's assistant for the majority of my internship, most of the time in the preschool room with the 4-5 year-olds. I play with the kids, engage with them in activities and storytime, help with meals and naptime, and assist with calming kids down after a conflict or tantrum.
 - 8b.) Over the course of my internship, I've gained communication skills with the teachers who work at the center, I've become better at engaging students in activities, and learned de-escalation techniques for young children.
 - 8c.) I've learned more about the developmental stages of early childhood and what they look like between age groups, and I've learned more about teaching social and emotional competence to young children.
9. The most critical moment at my internship was really more of a series of learning moments. We had one student in particular who would emotionally escalate to the point of throwing chairs and tables on an almost daily basis. Through working with him, I learned to watch for signs of escalation before it gets too far and how to intervene and calm him down before he could escalate. I also learned that, after a certain point, the best you can do is keep yourself and the other students safe and give the student space and time to self-soothe.
10. My recommendation for students looking into internships here or in other similar places is to talk to your supervisor about spending time in different areas of the center or with different

age groups. I spent the first month or so of my internship bouncing between different classrooms and age groups before realizing that I work best with the older kids. I also recommend talking to the staff working at the site about their experience and knowledge, because they know a lot about what they do.

11. I would definitely recommend this organization to future students. Everyone there is incredibly welcoming and helpful, and it has overall been a very positive learning experience.

Internship Description

Allison Tietjen

Child, Youth, and Family Studies – Minor in Psychology (Pre-Occupational Therapy)

Fallbrook YMCA Child Watch Staff/Intern

Fallbrook YMCA

700 Penrose Dr Suite B, Lincoln, NE 68521

(402) 323 – 6444

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

Mission: “To put Christian principles into practice through programs that build healthy spirit, mind and body for all.”

Supervisors:

Emmalie Wilcox - Youth, Teen & Family Program Director

ewilcox@ymcalincoln.org

Koya Dorner - Child Watch Supervisor)

KDorner@ymcalincoln.org

(402) 323 – 6444

The purpose of my internship for me was to gain more experience working with young children. As a future occupational therapist, I will be working with all age groups, and my experience and knowledge working with infants was very limited before this internship. Now I am very confident with the 0-4 age group, as this is the primary age that I worked with throughout my internship.

My responsibilities in my internship were to care for infants, toddlers, and young children. This included diaper-changing, bottle feeding, picking up toys, cleaning, checking children in and out on the computer, and simply making sure the children were being safe, responsible, and cared for. Most of my time was actually spent in the infant area however, so I was mainly working directly with infants. Over the course of my internship, I learned how to soothe a crying baby, how to know what is making an infant upset, and how to help young children play kindly and safely together. I gained a lot of knowledge that I did not have before about early childhood development and gained confidence working in this early childhood age group.

One of the most critical moments at my internship is when I had to look after 4 infants all at once. This really put my skills to the test, and I had to make sure I always was on alert. After that day, I felt very confident in my job and knew that the other staff were confident in me as well.

I would recommend to future students doing a similar internship to make connections with the other individuals you are working with and constantly ask questions. Even at the

end of my internship, I am still always asking questions in order to broaden my knowledge in the area. I feel as though making connections with the people you will be working with makes for a smoother internship, and you will get more out of the experience.

I would absolutely recommend this organization to another student. The YMCA has so many opportunities for great internship sites, and they were very easy to work with. They truly cared about my experience, and wanted my internship to go smoothly. My supervisor and director checked in on me multiple times throughout the semester and made me feel very comfortable and welcomed into the job.

Internship Description

1. Your name: Codi Todd-Songster

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

3. Practicum position title: Youth Care Provider

4. Organization / agency name: Willard

Organization / agency address and contact number: 1245 S Folsom Street—402-475-0805

Organization website if available: willardcommunitycenter.org

5. Mission of the organization or agency: To provide before and after school care to the Southwest area of Lincoln.

6. Supervisor's name and title: Sarah Reinke—Program Director

Supervisor's contact number (phone and fax, if available): 402-475-0805

7. Describe the purpose of your internship: My internship focused on before and after school childcare and programs.

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 typically spent my time directing children, playing with them, doing homework, activities and snack time.

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

I was able to acquire better communication skills—especially with children, reasoning skills, and time management skills.

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

Throughout my internship I learned a lot about the inner workings of after school programs, and I was also able to learn some of the rules behind that influencing their organization—such as regulations by LPS.

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

The most critical moment I experienced at my internship was when a white student sincerely asked why his Chinese friend always closed his eyes and he asked if he could see. I didn't know what to say so I decided to let the student respond. He said "I can see just fine, my eyes are open, and this is just how I look." His friend seemed to understand and they went back to playing. This was important because it helped me realize that it's important for kids to dictate

those interaction sometimes because while they don't know or understand everything, they can teach each other important lessons. I had a different situation dealing with race where a white student aggressively called another student the N word and claimed he didn't know what he was saying—which I referred to my supervisor to handle. So while I do think these lessons can be important I do think there's a line where adults should become involved.

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

I would recommend focusing on time management. The hours for this position are early in the morning and in the middle of the afternoon which cause it to take up a lot of time during the weekdays.

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

While I think this organization is great, I do think they could improve on training. While I would suggest it if you like children and are patient, you also have to advocate a lot to understand what's going on so it's for someone who is more outgoing and willing to advocate for themselves.

Internship Description

Elizabeth Werner

CYAF 497D

- My major is Child, Youth & Family Studies with a double minor in Psychology & Sociology.
- I am currently doing my internship at Willard Community Center, specifically at the Pre-K house. The address of the Pre-K house is 1030 W. Q St. and the address of the main office is 1245 S Folsom St., the contact number and website is the same for both 402-475-0805/
<https://www.willardcommunitycenter.org>.
- The mission of Willard Community Center is “We help area residents grow, connect and contribute to our community”.
- My supervisor is Sarah Reinke the program director, she can be reached at sarahr@willardcommunitycenter.org/402-475-0805.
- The purpose of my internship has been to become more knowledgeable about children that are in their preschool aged years since I have most of my experience working with school-aged children. I also wanted to see what it would be like to work in the daycare setting since I have only nannied/babysat before. I am trying to figure out what type of setting I want to work in after graduation, when I look for a full-time position somewhere and wanted to explore the child care setting a little more in depth.
- A.) No matter what shift I work, the main responsibilities include keeping the kids safe, making sure they are being kind to one another and following the rules. I spend my time facilitating play, playing with the kids, feeding them, keeping them entertained, redirecting negative behavior and making sure their needs are being met.
- B.) I have acquired the skills to make daily lesson plans and read children’s behaviors more clearly than before. I am able to utilize my knowledge from my studies to know how to handle negative and

positive situations. I also now have the skills to facilitate more than three children at a time, which was the max number of kids I had experience with previously.

- C.) I feel like I have the knowledge to understand when a child needs assistance and when they are able to do the task on their own. I have seen behaviors that I read about in textbooks and learned about in classes which has been beneficial and insightful and I have learned much more about child's temperaments styles.

- The most critical moment at my internship thus far has been taking on more responsibility and stepping into the lead teacher position during one of my shifts. This was due to being understaffed at the pre-k house and a situation coming up with the lead teacher where she needed the day off. Out of the two of us staff members working, I had been there longer and had a better relationship with the kids so I was entrusted to step into the lead teacher position for my afternoon shift and continue the afternoon routine with the kids. I felt nervous at first but after a few minutes into our after-nap routine, I was really excited. I feel like I have been there long enough to know the routine and be able to keep everything consistent with their every-day schedule. I have learned that with this age group, consistency is key so I wanted to make sure I kept everything as normal as possible so there weren't as many distractions and negative behavior. I was glad that day that the weather was very nice so we were able to take the kids outside to play. Usually Miss Kim, the lead teacher, has specific games and activities for them to do after circle time but since it was nice outside, we skipped that part and went straight outside to play which is also what she would've done had she been there. I felt like this opportunity was critical for me because it showed me that I am capable of taking over and being in charge of multiple preschoolers at a time.

- I recommend being understanding that not every day working in daycare is going to be perfect, some days are harder than others but the relationships you can build with the children makes it all worth it. I would also recommend that the student has patience with the process of building relationships with the children. Some kids have a slower to warm temperament and it takes time for some kids to become comfortable and trust you. I know personally, a handful of the kids took a few weeks before they started to like me and confide in me.

○ Yes, I would recommend this organization to anyone interested in working with children of any age. I love my supervisor and all the head teachers I have had the opportunity of working with. I also feel like it's a small enough organization where I have built relationships with my superiors but also other staff members. I can really only speak on the pre-k program, but I love it so much since it's a smaller program with only 12 kid's max at a time so building relationships with them has been easy and impactful.

1. Name
 - Malcolm White
 2. Major area of study or focus
 - Major: Child, Youth, and Family Science
 - Minors: Coaching and education
 3. Practicum position title
 - Reserve team volunteer coach
 4. Organization name
 - Lincoln East High School Basketball
 5. Mission of the organization
 - Develop basketball players into confident young men by providing a positive meaningful athletic experience. Players will grow physically, mentally, and emotionally by committing to a basketball program that practices selflessness, ownership, accountability, and sportsmanship. Meaningful lifelong relationships will be the result of the commitment and dedication all participants (coaches, players, managers, alumni, youth, etc.) have to one another.
-
1. Supervisors name and title
 - Jeff Campbell- Head Basketball coach
 2. Describe the purpose of your internship
 - Help Coach Fox coach and manage the reserve basketball team
 3. Work responsibilities, skills, and knowledge
 - Going over strategies in the coaches office, coaching athletes at practice
 - Working with athletes and learning how to communicate with them
 - How to use different coaching styles when dealing with different athletes
 4. What was the most critical moment of your internship? Explain why?
 - Having to mend my coaching style with coach fox, for the first couple of practices I was not as comfortable with the team so I did not always speak up on issues, later he would bring up the issues to the team in practice.
Now I am comfortable with the team and have learned when to speak up.
 5. What are your recommendations for future internship students for preparing for the internship experience in a similar position or organization?
 - Go into it with an open mind and be yourself, no one is going to judge you for being yourself as long as your are doing your job
 6. Would you recommend this particular organization or agency to future internship students? *Why/why not?*
 - Yes I would recommend this organization to future internship students, the coaching staff and Lincoln east is close and friendly and my transition to the staff was seamless.

Internship Description

1. **Name:** Austin Williams

2. **Major:** Child, Youth and Family Studies

3. **Practicum or Position Title:** Research Assistant

4.

- **Organization / agency name:** College of Education and Human Sciences
- **Organization / agency address and contact number:** 105 Home Economics Building
Lincoln, NE 68583-0800, 402-472-2913
- **Organization website if available** : <https://cehs.unl.edu/>

5. **Mission of the organization or agency:** “The College of Education and Human Sciences is dedicated to enhancing the lives of individuals, families, schools, and communities and to strengthening the relationships among them.” (University of Nebraska-Lincoln, 2019)

6.

- **Supervisor’s name and title:** Dr. John Raible Ph.D.
- **Supervisor’s contact number (phone and fax, if available):** 402-472-6490

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

The purpose of this internship is to help Dr. John Raible gather information about a book he is planning to write, related to the Holocaust specifically the Kinder Transport. In addition to gathering different sources of information I also have to write annotated bibliographies for each source, through this book Dr. Raible aims to educate the young adult population about the perspectives of other young adult refugees and hopes to instill a multicultural lens into the minds of his young readers.

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

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

- My tasks involve a lot of time invested into finding appropriate sources of information specific to the kinder transport and other topics related to children who survived the Holocaust. In addition to this I also maintain a document that lists out all the books I’ve found and write annotated bibliographies for each book thus making a nexus for all the information related to Dr. Raible’s requirements. I travel to multiple public libraries in Lincoln and search for information and also utilize the library systems at UNL for this purpose.

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

- The skills I acquired over the course of this internship are; effective research skills, skimming and learning about annotated bibliography. Furthermore, I have also polished my interpersonal skills of communication and time management.

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

- I gained a lot of knowledge about the Holocaust and the Kinder Transport, two things that I was not taught about in Highschool. I also learnt a lot about the public library systems and how to use them as effective resources. Interacting with librarians was also an interesting experience since I was never truly familiar with this occupation. Learning about how to write annotated bibliographies was another skill that I hope to take with me into grad school.

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

- Prior to this Internship I was interning at the Adaptive Decisions Making Lab and there I had a critical moment where I decided to switch to this internship with Dr. Raible. Dr. Raible's genuine empathetic nature and wisdom was very magnetic and I knew I had something to learn from him and learn about his research. I was not very happy with my experience prior to Dr. Raible's internship, though I learnt quite about R and research statistics in the Centre for Brain, Behavior and Biology I feel like it was lacking a humane component that Dr. Raible's work had. Hence, I decided to switch in order to pursue my goals of learning about multiculturalism from Dr. Raible.

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

- My recommendations for future students applying to Dr. Raible's internship is to be prepared to read and move about. If you're someone who is used to being in your comfort zone, then it'll be hard to adjust to what Dr. Raible expects from you. However always be ready to vocalize your opinions about anything that concerns you or prevents you from performing the best you can.

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

- Yes! I would most definitely recommend this organization to future students because Dr. Raible is a very supportive supervisor and his style of managing students is very open minded. He will treat you with respect and is very understanding of your circumstances and will accommodate accordingly. He is a great representation of what college professors should be like! The duties may vary depending on his research which in itself is very interesting topics all centered around the idea of multiculturalism. I would strongly recommend this to future applicants/students.

References

Univeristy of Nebraska-Lincoln. (2019). *About the College*. Retrieved from COLLEGE OF EDUCATION AND HUMAN SCIENCES: <https://cehs.unl.edu/cehs/about-college/>

Sylvie Zozaya

Internship Description

*in some categories I have a beginning and a now section because I started off doing one thing then actually got hired for a different position within the organization

1. Sylvie Zozaya
2. Human Development and Family Science
3. Position Title
 - a. Beginning: Food Bank of Lincoln Intern
 - b. Now: Distribution Center Volunteer Coordinator
4. Food Bank of Lincoln
 - a. 4840 Doris Bair Circle, Suite A Lincoln, NE 68504
 - b. 402-466-8170
 - c. <https://www.lincolnfoodbank.org/>
5. Mission: To alleviate hunger in Southeast Nebraska
6. Supervisor
 - a. Beginning: Jami Gordon, Front Office Specialist
 - i. 402-466-8170 ext. 124
 - ii. jgordon@lincolnfoodbank.org
 - b. Now: Mariana Schell, Operations Director
 - i. 402-466-8170 ext. 111
 - ii. mschell@lincolnfoodbank.org
7. Purpose:

- a. Beginning: Learn behind the scenes of how the food bank is run (donors, event planning, food distribution, tool ordering, connection making, etc.)
 - b. Now: Distribution Center Volunteer Coordinator
8. Work responsibilities, skills, and knowledge
- a. Beginning
 - i. Mostly transferring data from a new agency, the food bank recently took over, other office tasks such as organizing, planning and ordering materials
 - ii. Data entry skills significantly improved in speed and accuracy, further enhanced social skills with professional boundaries
 - iii. Gained knowledge on how a food bank is run on the daily, paperwork and procedures that go into running a non-profit
 - b. Now
 - i. Organizing and scheduling volunteers for special events, sorting donated food, and special projects for food distributions, setting up work stations for volunteer groups, training and educating new and regular volunteers, follow FDA guidelines for food safety and ensure volunteers do too
 - ii. Public speaking skills improved greatly from talking with large groups of volunteers, organizational and time management skills enhanced, multitasking skill enhanced, professional language skills
 - iii. Learned FDA guidelines, how exactly to set up volunteer times and activities, the different activities of a food bank that rely on volunteer help, AIB guidelines for non-profits

9. Most critical moment

- a. Securing my position as Distribution Center Volunteer Coordinator
- b. Secured a job for me post-graduation, is the job I always wanted to have, officially apart of the awesome team at the Food Bank, gave me more hands-on experience

10. Recommendations

- a. Rise to the occasion- go above and beyond on the tasks that are being asked of you so that you can get more responsibility and show them what you are made of
- b. Take the initiative- one of the things that my supervisors continuously have told me is how impressed they are with my initiative in securing my internship and seeking out new tasks, don't be afraid to ask for more responsibility, speak up

11. The Food Bank is an awesome organization and its responsibilities are divided among its employees very well which means they really don't need a whole lot of extra help. If they were going to intern in the front office like I did, I would not recommend this organization for internship as often times they found it a struggle to give me tasks to complete. Perhaps if there was a different area in the food bank procedures that had extra work to cover, I would 100% recommend this organization for it's awesome people, environment, and mission.