

BYU EXPERIENTIAL LEARNING & INTERNSHIPS

2019 Stories & Spotlights

A photograph of a family of three in a grassy field. A man in a light blue shirt is kneeling on the left, leaning towards a young child with curly blonde hair who is standing in the center. The child is wearing a light blue top and dark blue pants. A woman with long blonde hair, wearing a dark top, is sitting on the grass on the right, looking towards the child. The background is a soft-focus green field with trees.

COLLEGE OF
FAMILY, HOME, &
SOCIAL SCIENCES

INTERNSHIP COORDINATORS

Aimee Burr	Secondary Education History & Social Sciences
Alison Sondrup	History
Charlene Clark	Social Work
Christine Worthington	Neuroscience Center
Clark Monson	Geography
Jolynn Jones	Psychology
Karen Auman	Family History
Karen Christensen	School of Family Life, Sociology
Lisa Norton	Psychology - Clinical Graduate
Lisa Peck	Washington Seminar
Makayla Beitler	Economics
Melissa Jones	Psychology - Clinical Graduate
Paul Stavast	Anthropology
Richard B Miller	Sociology
Scott Dunaway	Political Science

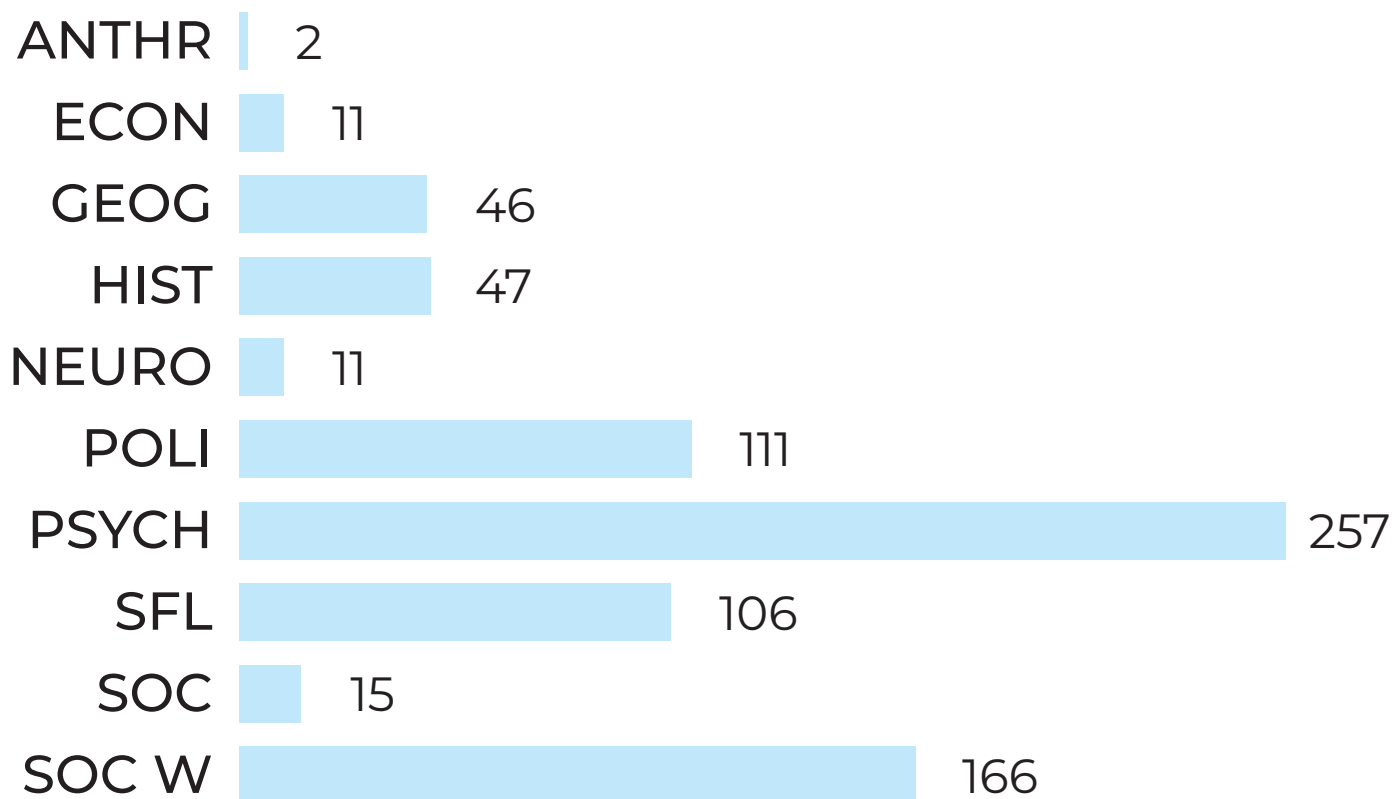
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**These stories were submitted by the students via survey. If your department is not represented, then we did not receive a suitable response from your interns. The college internship statistics only reflects internship courses where the students completed an internship application before enrolling.*

COLLEGE INTERNSHIP STATISTICS

DEPARTMENTS



772

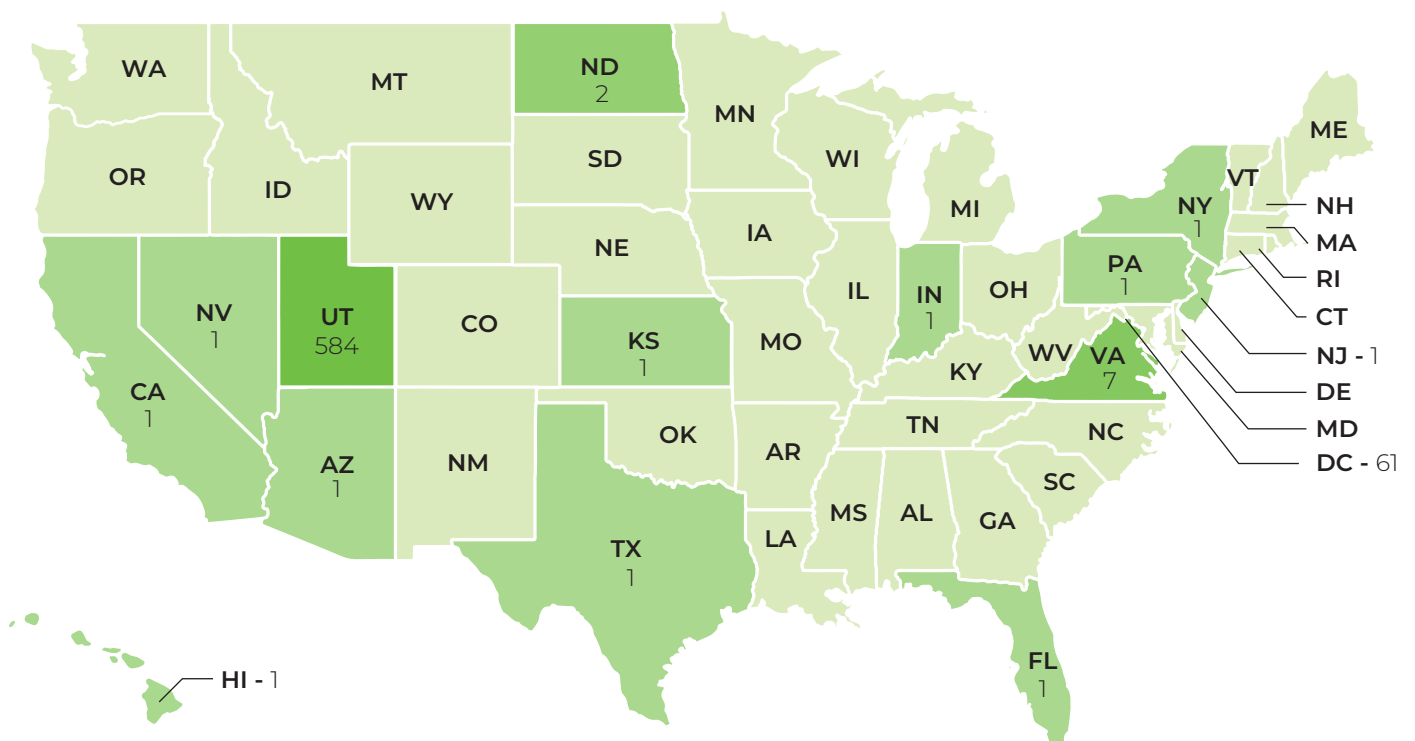
INTERNS

2019: WINTER • SPRING/SUMMER • FALL

TOP 5 PROVIDERS

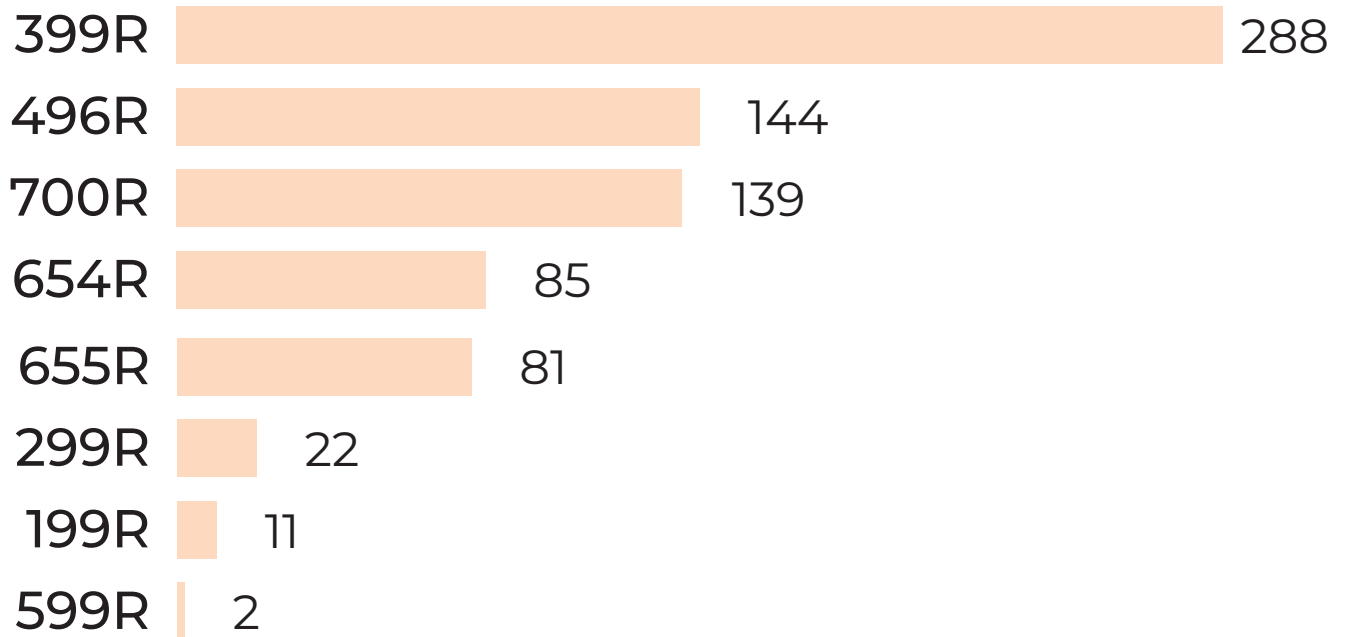
1. BYU On-Campus (50)
2. Wasatch Mental Health (38)
3. Utah Department of Corrections (29)
4. Utah State Legislature (27)
5. Utah State Hospital (25)

IN 15 TOTAL STATES



COLLEGE INTERNSHIP STATISTICS

COURSES



SEAN CALVIN AARON

RIVERWOODS BEHAVIORAL HEALTH

I provided individual, couples, and family therapy in an outpatient private practice setting. I helped people with various clinical concerns including anxiety, depression, relationship concerns, sexual concerns, suicidality, and OCD. I had many clients report that they had made significant positive changes in their lives due to the work we did together. It has been a rewarding opportunity to engage in the work of a therapist.

"It has been a rewarding opportunity to engage in the work of a therapist."

I learned that, while I enjoy therapy, I prefer clinics or settings where I have colleagues and other professionals nearby for more regular and naturally occurring consultation and peer support. The theoretical background of my education prepared me in ways to understand client's needs and how to meet them. I



Sean Calvin Aaron's head shot from the company's website.

also learned scheduling management, interacting with a company's insurance coordinator, navigating difficult family dynamics, and how to professionally disagree with a supervisor.

[READ MORE ABOUT SEAN'S STORY HERE](#)

SEAN VANHILLE

UTAH VALLEY PAIN MANAGEMENT

I worked as an intern administering, scoring, and writing reports for students who have learning disability concerns. I began by performing an intake interview to collect background information and more specific information about their specific learning needs. I then administered assessments based on those needs which, after testing, I scored and then wrote a report for the student and Accessibility Services with diagnoses (if any) and recommendations for accommodations.

“I learned a lot about learning disabilities and how to diagnose and explain them.”

The most useful skill I developed was how to write about a student's ability in such a way that Accessibility Services would be inclined to provide them with academic accommodations based on the clearly stated needs in the student report. It was useful to learn more about the distinction between a psychological diagnosis and a legal requirement

for academic accommodations. As psychologists, we rarely work in isolation, so learning how to effectively communicate with the organization which is the next step for the student is invaluable.

I continued to develop and hone my skills in both assessment and writing reports. I became more familiar with the assessments utilized at that site and how to interpret the nuances that can be present in a scored profile. Written reports are often considered the most important part of what we do as they communicate to the student and Accessibility Services what all the findings mean for the student moving forward.

Our assessment courses and training as well as being a TA for one of the graduate level assessment courses provided excellent training for the skills needed in this position. As stated, I think Dr. Martinelli does an excellent job helping me understand how to articulate a student's abilities so that Accessibility Services can provide the student the needed accommodations (if any) to best address the client's learning needs.

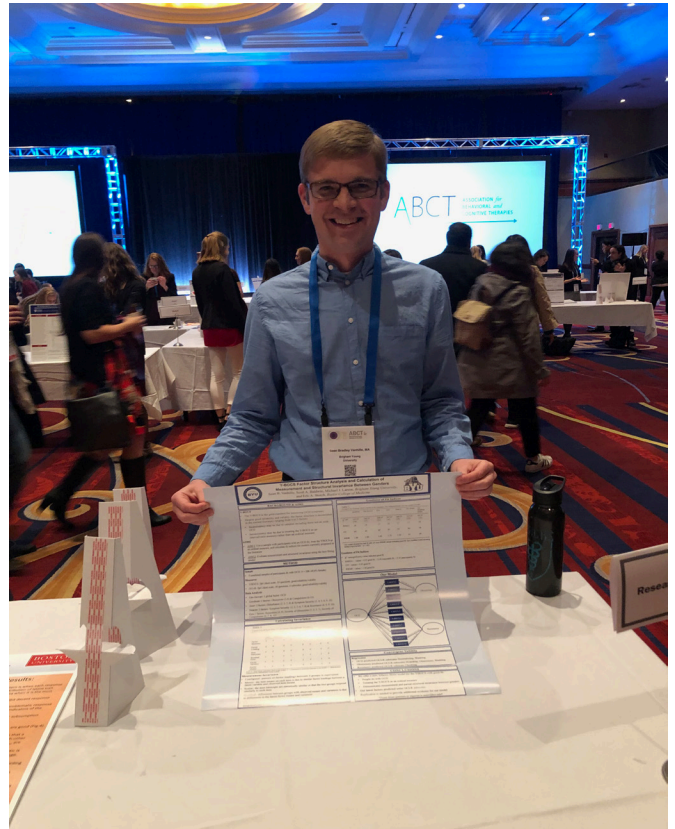
Dr. Martinelli used to work in Accessibility Services, so it was incredibly

helpful to have a supervisor who has been part of both steps in the students' process.

"It was useful to learn more about the distinction between a psychological diagnosis and a legal requirement for academic accommodations."

Dr. Martinelli also did a great job during our supervision times to help me reflect on what I can learn about the student based on the scores and how to best articulate that information to the student and in my report. I learned a lot about learning disabilities and how to diagnose and explain them.

Yes, I would recommend this internship. This site was helpful in continuing my assessment training. Also,



Sean Vanhille

the supervision is frequent and excellent. Dr. Martinelli has extensive knowledge about learning disabilities, assessment, and recommendations for academic accommodations.

[READ MORE ABOUT SEAN'S STORY HERE](#)

HAILEY ELLEN ZIMMERMAN

BYU'S DINING DESIGNS



Hailey Ellen Zimmerman (middle) and her coworkers.

At BYU's Dining Designs, I worked as a graphic designer and was able to create both digital and printed materials for all dining locations on campus. I also was involved in the creation of BYU's Milk & Cookies and Choices restaurants. In addition to that, I was in charge to the complete rebrand of BYU's Cougar Express dining location.

I would have to say that the most useful thing I learned at my internship was how to collaborate in teams and communicate ideas effectively from designer to client. Each day at my internship, I had the opportunity to consult with managers over dining locations and work out what their ideas were when it came to marketing and design and how I could make their ideas realities.

I felt that my courses and major requirements built the foundation for the experience I had in my internship. When I started my internship, I did feel a little under qualified but quickly learned how to apply my skills and then felt very comfortable accomplishing my tasks from day to day, while still remaining challenged and pushed in

my development. Some important skills I learned are communication, teamwork, organization, wise time usage, further experience in using software programs, and camaraderie.

These pictures represent the friendship and connections I had with my coworkers. I really loved the people I worked with when I worked there.



Hailey Ellen Zimmerman having fun with her coworkers.

[READ MORE ABOUT HAILEY'S STORY HERE](#)

LORI GRIFFORD

STONEHENGE

I worked directly with the Social Work Director. I attended morning interdisciplinary meetings. I conducted social history interviews with patients. I charted information into the patients carts. I entered information onto the computer. I was present for meetings with patients and their families. I learned to schedule resources for patients for discharge from the facility. I advocated with patients needs.

Educating individuals concerning their options and then allowing them the right to choose the option that best worked for them, regardless of whether I believed that they were making the 'best' choice was useful to learn. Also, I learned to avoid getting into the middle of family drama involving the patient.

I developed skills in collaboration, time management, advocacy, and interpersonal relationships. I also learned to be resilient and how to adapt to new circumstances when I was required to adjust to a new supervisor just before my internship ended. It gave me hands on experience in my chosen field. It also gave me an opportunity to feel the spirit in caring for others. At one point feeling impressed to check on someone that ended up being a life saving situation. Yes. It was a

wonderful learning opportunity. I learned a great deal, developed relationships, and expanded my understanding of the field that I intend to work in.



Lori Grifford (top right) with her coworkers.

My courses were the reason I chose the internship that I did. Professor Nancy Madsen, was amazing in inspiring me to consider working with older adults. Also my End of Life course with Dr. Karen de la Cruz, was extremely helpful. I learned how to deal with individuals going through rough situations, advocating for them to have their needs met. I developed skills in collaboration, time management, advocacy, and interpersonal relationships. I also learned to be resilient and how to adapt to new circumstances when I was required to adjust to a new supervisor just before my internship ended.

READ MORE ABOUT LORI'S STORY HERE

GRANT FRANKLIN SMAELLIE

NATIONAL DEFENSE UNIVERSITY

During my internship, I worked in the International Student Management Office where I worked with foreign military officers of varying ranks from all over the world to adjust to living in the United States and studying at the university. These responsibilities included finding and creating partnerships with apartment complexes, creating debit card accounts, managing visa and driver license status with the U.S. State Department, while also creating and planning monthly excursions for the students to other regions of the country such as Montana, Texas, and Boston, MA. These trips were designed to provide the students with a greater perspective on American culture, identity and policy on a wide array of issues.

“...the effort to understand someone or a people who are different than you makes a great deal of difference.”

The most useful thing I learned was the unique and crucial role that diplomatic relations play for the nation's



Grant Franklin Smaellie official employee photo.

progress. While this office was only a small entity under the immense umbrella of the Department of Defense, our daily interactions and relationships with these individuals build a positive and trusting link, which is then used to strengthen the bond between the two countries' governments and militaries.

I am a history major at BYU and while knowing trends, patterns and details helped with my foundation, it was the knowledge that the effort to understand

someone or a people who are different than you makes a great deal of difference. My study and my professors in my classes have shown me that.

I gathered new skills concerning online databases such as Microsoft Access as we used them to organize a great deal of data. In addition, I became more proficient with the workings, traditions

and benefits of a professional working atmosphere outside.

“Our interactions with these individuals build a positive link, which is then used to strengthen the bond between the two countries.”



Lincoln Hall

READ MORE ABOUT GRANT'S STORY HERE

SAM HAUBER

TIMPANOGOS CAVES NATIONAL MONUMENT

I wanted to gain experience with the National Park Service doing interpretive work, where I could interpret history for the public. So I trained with the team of interpretive rangers at Timpanogos Caves National Monument and then led tours through the caves once a week. I put together my own programs to share with groups of all different ages when they came for a tour. I was able to alleviate



Sam Hauber

some of the stress on the park staff who lost a ranger before the season even started. I also helped children develop a love for conservation and history as I

helped them experience the monument with engaging interpretive techniques. It was fun to see them get excited about learning in such a beautiful and precious place!

The most useful thing I learned from my internship was adjusting my presentation according to my audience. I went through the caves with groups that had a variety of personalities and backgrounds. I learned to tailor my teaching to engage people in a way I wouldn't have been able to do anywhere else.

My BYU history courses taught me how to research reliable sources for the information in my interpretive talks. They also taught me how to communicate concepts simply and clearly to my audience. I learned to communicate effectively in training with my co-workers and boss by asking questions to make sure I understood important concepts; and with the public to make sure they had a memorable experience at the caves.

Yes, I recommend this internship! The staff at Timpanogos Caves National Monument are a ton of fun and very supportive of whatever educational or professional goals you may have.

[READ MORE ABOUT SAM'S STORY HERE](#)

BRIANNA JOAN BEUS

LAKERIDGE JR. HIGH

My internship at Lakeridge Jr. High was a wonderful experience. I had the opportunity to help students set both academic goals and life goals. We worked with students as they dealt with challenges in their academic, social, or family life and helped them to use different skills to work to overcome their challenges. We met with students one on one and encouraged them to continue to press forward, even if things were difficult or were not going their way.

The most useful thing that I learned at this internship was that every kid is different and needs to be treated differently. Of course, they are all held to the same school rules and need to be held accountable for their actions, but different things work for different students. Some kids just need someone to listen to their problems and provide encouragement, and some kids need someone to be very blunt and to the point. It was awesome to see the difference on students and the wide variety of things that could help them.

I was taking an Adolescent Development class at the same time that I had this internship, so that helped to better understand the adolescent kids that I was working with. I also took

a Helping Relationships course a couple semesters prior to my internship and that helped me to assist the students in identifying healthy and unhealthy relationships and how to build a good relationship. I learned how to meet with students and parents one on one and be a representative for a school. I also learned more about setting appointments and logging information.



Brianna Joan Beus and her fellow interns helped students in a Christmas decorating contest.

[READ MORE ABOUT BRIANNA'S STORY HERE](#)

GABRIELA GRAHL BAPTISTA

HUNTSMAN WORLD SENIOR GAMES

This internship opportunity was a little different because it was a volunteer opportunity. My volunteer position was to help with health screenings of the participants. As volunteers we were assigned to help with different health screening stations.

The stations that I got to go through were grip strength where I would help the participants to test their grip strength



Gabriela Grahl Baptista helping a participant test their grip strength.

through squeezing the machine. Another station was blood pressure test, where we would measure the blood pressure of participants. I also participated in the body composition station, where participants would come and step on a scale and have details of their body composition print out on a paper. I would then walk them through the results and explain what the numbers meant. The scale would analyze things like weight, visceral fat, BMI and other body weight and muscles related things.

“Helping people with health related things goes beyond just measuring the pressure or testing cholesterol; you are also there to give them comfort, direction, and make them feel good.”

My favorite station was the station where we would test blood glucose and cholesterol. In that station, we would take a blood sample from the finger tip and put part of it into a machine to deeply analyze blood cholesterol and


then the rest of that blood sample we would put into a little machine that would calculate the blood glucose of the participants. I also participated in the eye testing station, where we would test the participants for glaucoma and also test their vision through different machines. The last station that I got to be part of was the station that was testing and studying the balance of the participants. We would have them step on a not so steady mat

and we would perform series of activities to see how they could control their own balance. All of those stations resulted in me gaining more knowledge of the health field and the participants being helped and gaining more knowledge about their health and bodies.

I learned many things in my internship. I was able to learn how to perform little procedures and how to perform certain health screenings, and if I had to choose



Gabriela Grahl Baptista (right) and her fellow volunteers at the Dixie Center.



the most useful one it would be the cholesterol and glucose testing because I was able to handle needles, which is something that is related to my career path. But I believe that if I had to choose the number one most useful thing that I learned it would be the “patient” interaction. My plan is to go to nursing school after I graduate from BYU and one of the strong requirements is to have patient interaction, which I never really understood why we needed patient interaction before applying to nursing school if we were there to learn that as well, but after volunteering in the health screening I understood why.

Helping people with health related things goes beyond just measuring the pressure or testing cholesterol; you are also there to give them comfort, direction, and make them feel good. I had some people come and they had amazing health and I was able to see their happiness but some people didn't have great results in their blood pressure test or in the cholesterol test or any other test, and I had to tell them that there was something that wasn't quite right, but I had to do it in a way that would show comfort and not make them desperate

about it. The best thing I learned was definitely how to interact with people from all ages and in all situations, good or bad, and that is something I am taking into my future career.

“The best thing I learned was definitely how to interact with people from all ages in all situations, good or bad, and that is something I am taking into my future career.”

I had learned in past classes things like normal glucose levels and normal blood pressure and that was really helpful when I was analyzing the results and explaining to the participants their results. I was able to develop teamwork, because I was working with a group of other volunteers that were in the same station as me and we had to coordinate everything together. I was also able to develop communication, since I had to communicate to the participants.

READ MORE ABOUT GABRIELA'S STORY HERE

BIANCA PENA

NATIONAL DEFENSE UNIVERSITY

One of the first tasks I was assigned that we used throughout the internship was an excel intern task tracker. With some direction, I created and designed an excel spreadsheet that prioritized tasks from the office and kept track of completion—it promoted efficiency and our group of interns finished more tasks than interns before us. Throughout the internship I learned to use new tools and applications and processes to make work go smoothly.



Site of Bianca Pena's internship.



Bianca Pena (middle) worked in the International Student Management office.

The most useful thing I learned from my internship was how to use the different Microsoft Office Suite applications. I also developed a better sense of teamwork and workflow with my fellow interns. It taught me to never be afraid to ask questions because it's better to ask than to do something wrong without knowing because I didn't ask. I also learned the importance of interpersonal relationships in the office and communication through phone and email correspondence to various outside organizations in partnership with the university.

READ MORE ABOUT BIANCA'S STORY HERE

HEATHER KRISTINA WALKER

DEPARTMENT OF JUSTICE CIVIL RIGHTS DIVISION

I did a lot of demographic research for the section. I got to spend time looking at the electoral history of lots of different, primarily small towns, places to see if minority candidates were running and being successful. I also got to help with various investigations that the section was doing.

One of the coolest things that I did was monitor an election. We traveled out and took notes on what was happening in the election and wrote up reports that could be used in litigation later.

I learned how to exist in a professional environment. I got to interact with some very intelligent people and learning how to present myself in those situations was so valuable. It helped me be more confident in my skills and education. I really developed interpersonal skills. I also became a lot more familiar with Excel and the other software used in the office.

I really appreciated the focus on writing in Political Science. I did so much reading and writing and synthesizing in my internship. I wouldn't have been nearly as successful without that. Also the opportunity to TA and RA is what I think got me the internship to begin with.

Me and another intern went to Supreme Court Oral Arguments at the suggestion of our supervisor. It was one of the coolest experiences of my life to see all nine Justices. We woke up at four in the morning and waited in line. When we came back, my mentor asked all about it.



Heather Kristina Walker in front of the Supreme Court Building.

[READ MORE ABOUT HEATHER'S STORY HERE](#)

SAMANTHA MICHON

THE HERITAGE FOUNDATION

My internship at The Heritage Foundation was absolutely life changing! I got to learn about government and public policy firsthand from an organization whose research influences policymakers around the world. I worked in the fundraising department with the donor communications team. We developed creative ways to connect with the organization's major donors. I worked on a variety of projects, ranging from writing reports for donors who funded special projects to managing the donors'

intern sponsorships. In addition to work, Heritage provided their interns many unique opportunities to learn from top scholars and community leaders. Heritage interns even got to visit the Supreme Court for a private lecture with Justice Kavanaugh! My internship provided me numerous opportunities to expand skills that I learned at BYU. The business and writing skills I learned in college proved to be so valuable because I was able to set myself apart from other interns and take on projects that no other interns were trusted with.



Samantha Michon in Washington D.C.

The most useful thing that I learned from my internship is that I am capable of more than I think. Before starting my internship, I was worried that I wouldn't measure up to the other interns; however, I quickly realized that my time at BYU helped to set me apart from others. Having a good work ethic and being a good, honest person who works well with others makes a huge difference in the workplace. Being able to prove that I can work hard and learn quickly encouraged my team members to treat me like an employee that they could trust rather than an intern to constantly supervise. This gave me the confidence and courage I needed to move forward and pursue a

career that I was too scared to go after before my internship.

“Being able to prove that I can work hard and learn quickly encouraged my team members to treat me like an employee that they could trust...”

More than anything, the classes I took for my business minor helped me in every aspect of my internship. The accounting, marketing, technology, and writing skills I developed in these classes gave me a step up compared to the other interns in my department who did not have any business background. I was able to take on extra projects at work because I knew how to adjust credit and debit entries for accounting records, how to write business memos, and how to use in-depth features of Excel. My internship gave me a taste of a real-world job by teaching me how to work effectively to meet tight deadlines, participate in meetings, and work well with coworkers. I was also given opportunities to develop my business writing skills,

which is very valuable because writing in a clear, succinct way is so different than writing 8-page essays in college.

My internship gave me an opportunity to use the skills that I gained at BYU in a real-world setting. Getting to intern in an office allowed me to expand the skills that I began developing in college. Business classes, such as MCOM 320 and ACC 200, taught me the basics of finances and communications within the business setting, which proved to be so helpful when I was able to take on projects that no other interns could.



Samantha Michon (middle left) and her friends in front of the Supreme Court Building.

READ MORE ABOUT SAMANTHA'S STORY HERE

CHRISTINA SATHER

MAKE-A-WISH UTAH BRANCH

In my internship, I was involved in managing all social media accounts for the Make-A-Wish Utah branch. I was making posts almost daily on Instagram, Twitter, and Facebook. I also was in charge of contacting wish kid families and writing their wish stories and posting them on the company's national website. I was responsible for contacting pre-wish families and creating biographies for wish kids for their future parties and celebrations. I was a main contact for fundraisers and/or projects with other companies such as Associated Foods campaigns and Parade of Homes displays. I was also a helping hand in creating parties and occasionally wish dreams come true.

The most useful thing I learned was compassion. Speaking with these kids and their families and hearing what they have been through definitely made me more humble. Also along with this, I learned how the insides of non-profits and businesses work, like their social media analytics and how they put wishes on from start to finish. Knowing more about people helped me to make a connection with each and every individual I came in contact with. It was interesting to see how different people were with their reactions

or how they treated their own situations.

My creative writing improved vastly. I was so used to writing research papers and empirical articles that it was difficult for me to come out of my shell and find out how the company wanted their jargon. Yes I would recommend this internship. It really teaches you a lot of life skills that are not only used in a business setting but in every aspect. Make-A-Wish is an amazing organization and an even better company to get involved with!



Christina Sather

[READ MORE ABOUT CHRISTINA'S STORY HERE](#)

DANIEL JAMES HECKATHORN

THE HERITAGE COMMUNITY

I worked in the Spark Academy with neurodiverse adolescents focusing on skills development using a neurological framework and trauma-integrated approach. I supervised and mentored students on an assigned home, ensuring the proper implementation of clinical treatment plans and assignments as outlined by their treatment team. I was essentially part of every aspect of the boys' lives. I could be with them from when they woke up in the morning until they went to bed. I went off campus to activities in the community and helped them learn valuable life skills as well.

What resulted were boys learning how to cope with their specific problems and seeing some graduate from the program and even thank me at times for my help. Though there are difficult times working with a population such as this, the high



Daniel James Heckathorn

points are certainly rewarding. The most useful thing I learning was what it is really like working in a treatment setting without having to become a therapist first. It helped me to better realize what I want to do with my career as well as learn more about my own limits and potential.

My courses on adolescent development and clinical psychology were of great worth in this internship. I was able to have some background knowledge on psychological disorders to better sympathize with the boys when they would confide in me. I developed professional skills such as leadership, organization, accountability, and stress-tolerance.



The facility Daniel James Heckathorn worked at.

[READ MORE ABOUT DANIEL'S STORY HERE](#)

DARBIE FRANCIS

TELOS U

When I interned at Telos U, I was a residential adviser and I focused a lot on supervision but also on being able to process, forecast, build relationships, help with emotional safety, and advise the students on social appropriateness and on life skills. I learned a lot about holding boundaries but also about how important relationships are when working with people. I often found that the more I engaged with the students in a fun way, the more they listened to me when I had to be the bad cop in situations.

I learned about how implementing new systems in a company is difficult even when those systems are needed. People tend to get very stuck in their ways and what is comfortable, staff and students alike. It was a cool opportunity though, to be able to pick out what needs fixing and work on those things.

I feel like the psychology courses helped me understand terminology in training and why some of the interventions were put in place for certain students. Classes don't prepare you for the real work, but they helped me understand the real world a little better. I learned a lot about giving feedback to staff and working with leadership to further my progression as



Darbie Francis

a person and in the company. I learned that you have to have tough skin because everyone is struggling with something, even the staff. They do a good job of training new staff and being supportive of you don't know what you are doing and it is a fun environment. My supervisor was the one who made it very meaningful and awesome and so a lot of my experience goes to him.

READ MORE ABOUT DARBIE'S STORY HERE

EMILY LAREE GRIMSMAN

CENTER FOR CHANGE

I spent about 16 hours a week working at Center for Change. CFC is a residential hospital for women and teen girls with eating disorders. As a psych technician, I was involved in

direct patient care on the units. I mainly worked on the adolescent unit - which I love! I ate meals with the patients, took them to doctor's appointments, attended school with the teen patients, provided emotional support, enforced rules and CFC programming, and many other various tasks. Sometimes this involved implementing consequences or assignments to help patients reflect on events that lead up to engaging to negative behaviors.



Emily LaRee Grimsman

“Being able to work in a clinical setting among patients with complex and difficult mental health issues gave me understanding and increased my ability to empathize.”

Working part time at CFC during school also helped me to feel responsible and accomplished. During my time there I learned how to find balance between showing compassion to the patients but being hard on the eating disorder. I learned about the medical and mental health

complications that are associated with these disorders. I grew in my confidence and ability to remain empathetic but also calm during emotional or physical crises.

“During my time there I learned how to find balance between showing compassion to the patients but being hard on the eating disorder.”

If given a chance, I would choose to intern/work at CFC again. Overall, my experience at CFC was overwhelming at times but caused me to grow in my ability to understand and deal with mental health in clinical settings. The most important thing that I have learned at CFC relates to the field I would like to go into. I want to be a counselor/therapist

(specifically in marriage and family therapy). Being able to work in a clinical setting among patients with complex and difficult mental health issues gave me understanding and increased my ability to empathize. This has given me confidence and experience as I move forward in pursuing further education and work related to psychology.

The psychology courses I took at BYU increased my knowledge and understanding regarding how the body and brain work together to create our relative experiences. I learned a lot about mental health in my abnormal psychology course which I found especially useful. I developed confidence and gained knowledge regarding clinical mental health settings. I have grown as a person and am able to act quickly during crises. I also take seriously my responsibility to stay updated with patient information and emails.

READ MORE ABOUT EMILY’S STORY HERE

JOSEPH RYAN FITZGERALD

GLOBAL WOMEN'S STUDIES FALL CONFERENCE

I was one of the fall interns for the Global Women's Studies Annual Fall Conference. This year, it was focused on women's suffrage in preparation for the 100th anniversary of the 19th amendment in the US. I was responsible for helping design the publicity flyer, and I also worked closely with the out of state speakers in their travel and lodging plans. Because of my work, publicity for this conference was an all time high, and we were able to get many more people than we usually would to attend the conference. There were no problems with the travel arrangements, and everyone made it where they were supposed to.

"Because of my work, publicity for this conference was an all time high, and we were able to get many more people than we usually would to attend the conference."

I am very grateful for this opportunity. I learned how much behind the scenes planning there is to an event and just



Conference organizers at the end of the successful conference (Sam Johnston, Jessica Hansen, Connie Lamb, Joseph Fitzgerald, and Valerie Hegstrom).

how much value can be gained from conferences. They are very important for raising awareness and involvement. I know a lot about women's studies, and I was able to apply that in helping prepare this conference. My background knowledge in women's suffrage helped me create publicity flyers that connected well with suffrage and made the conference a unified theme.

READ MORE ABOUT JOSEPH'S STORY HERE

PAULA DUDLEY

DEVELOPMENT COUNSELING SERVICES

I participated as a counselor who connected individuals to resources, such as housing, food, education, and job opportunities. I assisted individuals learn how to appropriately express their anxiety, depression, or other mental health challenges at work in a professional way. I advocated for individuals in staff meetings, reached out to mentors and priesthood leaders for support, and challenged individuals to change.

I used active listening skills to build rapport, stay engaged, and become effective in the helping process for individuals. I sought out barriers to future employment or educational opportunities for my clients, and together, we worked on development plans for them to successfully overcome those barriers. I kept up with detailed case notes and needed documents for the agency. I


“Because the nature of my future career demands experience and exposure to situations... I held fast to the idea that what I am doing is experience which will bring the blessing of wisdom.”



Paula Dudley

provided educational, career, and work assessments for individuals.

What resulted from these tasks was a more confident individual who now understands what will be required of me in the future. I am able to put aside my own needs and become the professional I always wanted to be. What came from the patterns of listening was a person who could assess better and ask the right questions. What came from finding and



giving others resources was hope that there are others out there who can and will help others. What came from writing extensive case notes, was the ability to write professionally and accurately. What came of me was a more humble servant of the Lord who better understands the scripture in 1 Nephi chapter 11 that says, “I know that [God] loveth his children; nevertheless, I do not know the meaning of all things.”

The most useful thing that I learned from my internship was the ability to ask questions. I asked my clients better questions to assess their needs. I learned how to better ask my supervisors for help and for feedback. I became more comfortable asking questions than in any other setting in my past. Good communication skills lead me to succeed more than I thought that I would.

One principle that I learned through my classes is that “The experience is the blessing.” Because the nature of my future career demands experience and exposure to situations to become more competent, I held fast to the idea that what I am doing is experience which will bring the blessing of wisdom-if done right. Experience is the best teacher and because that principle was learned

through a previous course at BYU, I was able to stay calm and understand that it is okay to not know everything at this stage in my development.

“What resulted from these tasks was a more confident individual who now understands what will be required of me in the future.”

I developed skills of listening, asking questions, admitting my faults, and asking for feedback throughout my internship. I enhanced skills of learning and connecting others to resources. I developed a writing style that is clear and precise that answers the questions or prompts given.

I would recommend this internships to other students. I am a natural introvert and this internship pushed me into circumstances that were challenging for that particular personality. I am glad that I learned these skills early in my career in a professional way so I can continue to understand my role better.

READ MORE ABOUT PAULA'S STORY HERE

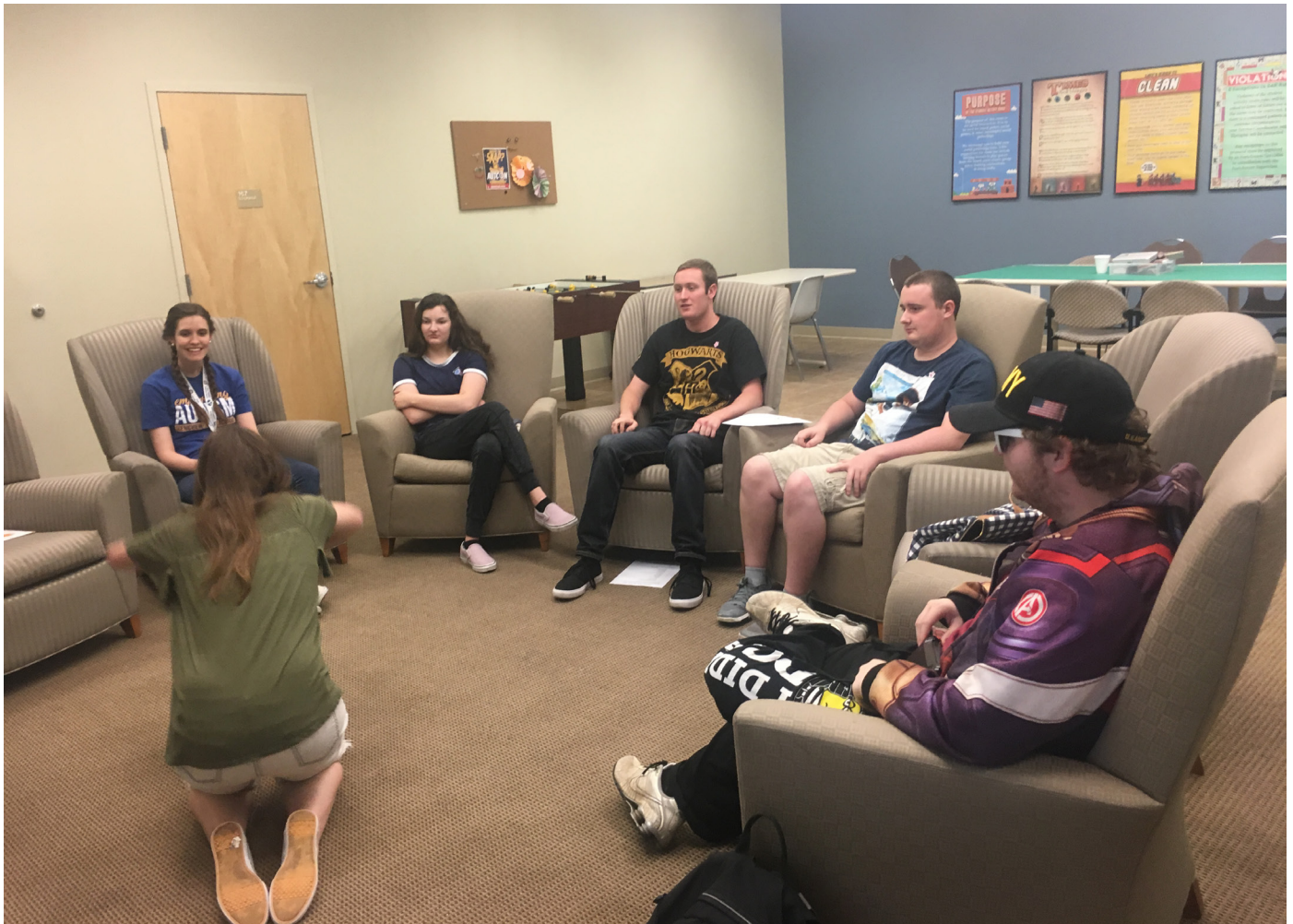
REBECCA CARLSON

SCENICVIEW ACADEMY

MSW interns at ScenicView Academy provide individual therapy to clients, dealing with a variety of issues pertaining to learning disabilities and mental health. Interns are also involved in group therapy, and conduct psycho educational classes on a variety of topics. Interns work very closely with the full-time therapists and staff from other disciplines through

clinical staffings and collaborations. There are opportunities to participate on committees, in recreation therapy activities, be involved with students' families, and community outreach.

The executive director at ScenicView encourages all staff (and interns) to be themselves, to be creative, and allow



Rebecca Carlson (on floor) on site of her internship.

oneself to think outside the box when problem solving and working with students. Their motto is “is it efficient? Is it effective? Does it empower?” I had a lot of foundational knowledge and skills and I really appreciated the freedom and trust ScenicView gave us to explore how to gain wisdom and experience through application.

A few skills that I learned area motivational interviewing; a knowledge of various modalities; an overview of

“I really appreciated the freedom and trust ScenicView gave us to explore how to gain wisdom and experience through application.”

assessment, evaluation, and the DSM; the ability to demonstrate empathy through reflection and active listening and many other clinical therapy skills. They gave me the knowledge and clinical skills necessary to provide therapeutic counseling services. ScenicView encourages a great deal of intern autonomy. Their intention



Rebecca Carlson (middle)

is to prepare us to work and act as independent clinicians. We are given a caseload so we can practice and integrate what we’ve learned. We are also provided with supervision in order to further reflect and continue to set intentions about how to further gain and integrate practice knowledge into our work.

Overall there was fantastic supervision and it was a wonderfully positive and uplifting atmosphere.

READ MORE ABOUT REBECCA’S STORY HERE

SAVANNAH ANDERSON

OXBOW ACADEMY


This month I performed individual sessions with and without another therapist present. I worked with boys on exploring further concerns that are not always able to be addressed during the first phase of treatment. I have been leading a DBT group and co-facilitating

process group. I have seen a lot of progress in the boys' ability to keep attention and to internalize what I've been teaching.

Additionally, I have, myself, become more creative in facilitating a group with adolescents, as I can only imagine how different this is than doing so with



Savannah Anderson (left) destressing.



adults. I have been actively involved in activities outside of the therapy room including athletics, card games, music interventions, and a few other activities. I have seen a lot of success and a lot of trial and error. I was able to participate in a recreational therapy excursion and I saw two boys who were plummeting to Oxbow exile pull their stuff together and make great progress, developing insight and building positive relationships with peers. Unfortunately, those two boys have bounced right back in to old habits and we (the team and I) are trying to determine another approach that will reach them on a similar level.


One thing that I've learned is extremely beneficial in my rapport with these adolescent boys, and surely with other populations, is the importance of mutually agreed-on desired outcomes. In the sessions I have come in guns a blazing, ready to work on the "next step" in the process and paid little attention to where the boy is at, less positive outcomes occur. On the flip side, the sessions where I come in with less plans, more open, are the sessions that really seem to help the boys take flight. One common occurrence in those "take flight" sessions is the involvement the boys have in

their treatment. When they are granted options of what they can do, they become their own boss. They hold themselves accountable, rather than me having to do it all the time. In times where it's needed, I also can step in to aid in refocusing on the ultimate goal (to graduate the

"I have become more creative in facilitating a group with adolescents...I have been actively involved in activities outside of the therapy room including athletics, card games, music interventions, and a few other activities."

program), but it goes so much better when their desired outcomes come from within, rather than from me. I cannot do the work for the boys, they have to do it for themselves. And the best way to do this, so it seems, is to provide a menu of options and find common ground with their goals and the goals of treatment.

I've experienced a few challenges in my internship. For one, I have been



finding it extremely difficult to not take work home. If my work day is stressful due to one of the boys not getting to where they need to be in therapy, or acting out on the residential level, I tend to take longer than the hour long car ride back home to process the events and move on. I recognize these are not my issues and I need to separate, but it's becoming more and more difficult as this job wears on me. I think what is occurring is a natural part of the social work field, however, I know it's not healthy for me to mull over work in my evenings with friends and family. One step that I've taken to resolve this concern and rejuvenate myself is listening to church music and uplifting, spiritual songs on my drives, as well as playing it when I get home if needed. I also have tried to plug in a nice 30 minute nap on the days I just need to detach from my thoughts and start fresh.

Another challenge I've experienced is some drama between coworkers. It's not my drama and I make it a point to leave the situation, but one therapist in particular pushes a lot of buttons in the workplace and it's her way or the highway. This causes additional stress as the clashing of opinions is very evident and hostility is displayed full force. Prior to

this week, I just let these incidences slide and thought, "Maybe this is a normal thing for this work environment," which was making me less eager to be here. However, something that has helped this past week has been realizing it's a one person kind of a thing rather than a whole company sort of thing. I have 2 attributed incidents to this one therapist and haven't internalized it and connected my discomfort to the company in its entirety.

Working with the adolescent population, you are in constant motivational interviewing mode. My understanding of this modality helped me vastly when working in my internship. I also believe that the rigor of the program helped prepare me for the rigor in my internship. Things aren't always clearly laid out for you and you have to be a problem solver. YES, I definitely recommend this internship! This has been an exceptional internship, because I have double the supervision as most internships and I am looked at as another therapist and a vital member of the team. They have full trust in me and I am not babied. What you get out of this internship is what you put in to it because you have essentially unlimited resources at your fingertips.

READ MORE ABOUT SAVANNAH'S STORY HERE