



Internship Assignment Suggestions Psychology & Human Services

Students who major in social services, counseling, and psychology usually undertake their internship in their senior year of study after they have had exposure to core courses (see attached listing of sample courses).

In an internship, it is expected that students will be able to demonstrate an ability to appropriately engage and establish a relationship with a client system (individual or group), formulate and carry out an intervention plan, reflect upon their experiences with their supervisor, and adhere to the Code of Ethics of their professional discipline.

Due to the diversity of students in the program (some have worked in human service organizations and some are completely new to the field), it is expected that students' assignments will be based on the knowledge and skills they bring to the endeavor and the requirements and regulations governing the activities that are performed in the agency. In some settings, it is recognized that students may not be able to independently assume responsibility for a case, but may be able to serve as a co-facilitator in an activity with another staff member.

Suggested assignments (the list is not exhaustive)

- Observing and/or shadowing staff in the provision of client services – intake; home visiting; in-patient team meetings/rounds; case staffings; outreach activities, etc.
- Providing Information and Referral Services – learning about resources in the area and providing information to callers/clients; helping clients navigate systems and get linked to needed services
- Co-facilitating services with a staff member especially in milieu settings – assisting in an adjunctive or recreational activity with clients; participating in a Partial Hospitalization/Day Treatment, In-Patient, Rehabilitation, Residential, Family Day care settings; assisting in a Food Pantry or Soup Kitchen; leading or co-facilitating educational or support groups; general case management
- Participating in Prevention and Education Programs in the community – can include researching a topic, developing a curriculum, and/or making presentations to a group(s)
- Working on a special project that will be of assistance to clients/agency – Toys for Tots at Christmas; Clothing Drive for Emergency Victims; participating in a collaboration with another agency on a project
- Research- collecting/collating data on a client issue/population

Supervision

Providing supervision is a critical component since this is where teaching and learning occurs. Even when a student just observes an activity or intervention, it is helpful to process the experience with the student. This allows the student to make connections between the theory s/he is learning in class and its application in actual practice, i.e. the “whys” and “hows” or context of intervening.

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Supervision also helps the student reflect on the experience relative to the feelings that may get activated in encounters with clients and staff and allows the student to understand how feelings can be understood and disciplined in order to be of service in the helping process.

Length of Internship

Students are usually in their internship for a semester (15 weeks) for an average of 10 hours per week. Many students are able to spend more hours per week in their internship, depending on their class schedule, the semester in which they undertake their internship, and the needs of the organization.

For more information, please contact:

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