Provide an overview of the organization/research project and a summary of your responsibilities, tasks, and/or projects.

This summer I worked on a wide range of tasks. I gathered and analyzed data for my supervisors through surveys and phone calls. I attended multiple meetings for the Mental Health Outreach for Mothers program (MOMS). I attended lectures, journal discussions, and meetings to learn more about my peers’ work. My final project was creating and presenting a poster of my research on mothers with children with neurodevelopmental disorders such as Autistic Spectrum Disorder and ADHD. I also watched my colleagues recruit for our study as well.

During your internship, what did you accomplish or how did you make a difference? In what ways did you grow in your professional and technical skills?

I successfully created my first poster and presented, met some great people, and assisted some fathers in finding some programs that could benefit them when it comes to parenting and with financial
resources. I learned how to conduct research better and present information in meetings more efficiently. I became more open to feedback and strived to learn as much as I could through meeting with my supervisors.

Describe a problem that you helped to solve at your internship. What skills or knowledge from your education at Sewanee helped you address the problem?
I was able to help some fathers from another initiative for parents get resources from other programs. I was able to research and call in to ask questions. From that point forward, I compiled a document full of the programs in the New Haven area and provided it to fathers and mothers to raise awareness about the resources that could potentially help them.

In what way were your teamwork skills strengthened?
My teamwork skills have been strengthened through working with my team to introduce our speaker for the week and leading discussion with my group. I also worked actively with my co-intern and supervisors to plan and organize a focus group for the mothers who participate in the Momba Live Long program to get feedback from them. The Momba Live Long program is an effort to help mothers who are pregnant to stop smoking and to work on their own health as well as their child’s.

How did your internship affect your career plans?
It has helped me realize I don't like research as much, but I'm interested in doing grad school for counseling in the future.

In what ways did your internship cause you to encounter people of different backgrounds from your own? What steps did you take to communicate effectively with such persons? What did you learn from such persons’ perspectives?
I had to sublet a house with three people from Sewanee I had seen around campus but never talked to. They came from different social classes from me, ethnicities, religious affiliation, political affiliation, and sexuality. It was interesting to see how they think and what their truths are in this life that we live. Although I wasn’t friends with them before I came to New Haven, I continued to extend the hand of friendship and they did so as well. On the weekends we would hang out with other interns for social events in New Haven and talk about our lives and Sewanee as well. I learned that if you spend time with someone long enough you can potentially develop a relationship with them despite having different lifestyles and views.

Words of advice for future interns (housing, transportation, etc.)?
Organize and plan early so you don't spend too much and can live in an ideal location.

Words of thanks to your internship funding donors:
Thank you so much for blessing me with this opportunity. It was tough sometimes being at the internship for me personally because sometimes I didn't believe in myself. I am truly grateful for the support, and I look forward to giving back and funding endeavors of those that come behind when I get the chance!