

Internship Mini-Posters

UNIVERSITY OF MARYLAND 18 56

DEPARTMENT OF PSYCHOLOGY



American Psychological Association

Presented by Dilan Ashar
University of Maryland, Psychology, B.S.

DEPARTMENT OF PSYCHOLOGY

Spring 2026

American Psychological Association
(APA) – Washington, D.C.
Remote/Asynchronous Internship

Dilan Ashar, Junior, Bachelors of Science in Psychology

This opportunity was brought to my attention by Steve Young, UMD Psychology department advisor, who connected me with the APA Psychology Team based on my academic background and interests in psychology.

The APA promotes the advancement and application of psychological science to benefit society, supporting educators, researchers, and practitioners at every level.

AMERICAN

Current state credentialing status

Across the nation, three tiers of state credentialing for high school psychology currently exist (note that the District of Columbia is treated like a state). Tier 1 consists of states that do not offer a psychology credential. Tier 2 consists of states that offer a psychology credential but do not require it to teach the course. Tier 3 consists of states that have a psychology teaching credential and require it to teach the course.

Examples of Projects & Tasks

- Compiled psychology teacher certification requirements across all 50 states
- Developed resources for psychology educators at K-12, community college, and university levels
- Authored award announcements for the APA TOPSS Committee
- Drafted articles and content for APA audiences

Learning Development Plan

Knowledge: Gained understanding of APA's structure and contributions to psychology
Professional: Contributed meaningfully to a large organization through consistent, quality work
Personal: Applied feedback from supervisors to improve my approach to tasks

Applied psychological knowledge through science communication, education advocacy, and research into professional credentialing standards

Knowledge, Skills & Abilities

- Professional writing and science communication
- Research and attention to detail
- Understanding of APA's structure and mission

Impact on Next Steps

I gained firsthand insight into how psychology operates at a national level, broadening my understanding of career paths in science advocacy, education policy, and organizational psychology

AMERICAN PSYCHOLOGICAL ASSOCIATION
TOPSS



Behavioral Analytics Lab

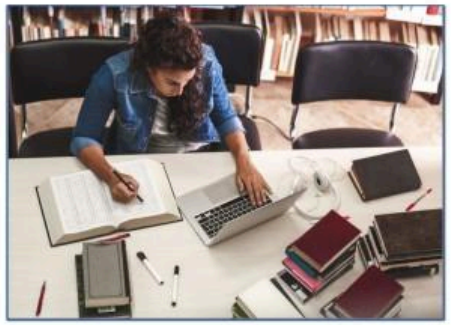
Presented by Prem Doshi
University of Maryland, B.S. In Psychology and Information Systems

DEPARTMENT OF PSYCHOLOGY

Semester 6, Class of 2027

I found this internship through a graduate student that supervised an I/O Psychology Lab Course that I took. He contacted me when he thought I'd be a good fit for the position.

The mission of my lab is to further the body of literature and knowledge surrounding generative AI and language models in behavioral contexts.





I completed many literature reviews of various topics such as moral foundations theory, emotional intelligence, and attachment theory. I had weekly 1:1 and team meetings, and contributed greatly to discussions and brainstorming sessions.

This incrementally helped me make substantial progress on my internship

Psychology was the focus of this internship as much of the literature was related to intersections between agentic and behavioral research.

I developed more knowledge of generative AI, gained literature synthesis and research experience as skills, and feel more able and comfortable with sharing my ideas with others.



This experience helped me gain an understanding of a sector/branch of I/O



Thaddeus Resource Center

Danielle Duffy
University of Maryland, Bachelor of Arts in Psychology

DEPARTMENT OF PSYCHOLOGY

Spring 2026

I am a senior Psychology major pursuing a Bachelors of Arts in Psychology. My internship role as a Care Coordinator is through Thaddeus Resource Center located in San Dimas, California. I applied for my role thorough Handshake during my junior year.





Thaddeus's mission is to help young girls and women at risk of domestic violence, homelessness and mental health crisis. As a Care Coordinator, I track each of our clients progress, aid in finding affordable housing, legal help, financial resources, food banks, and clothing donations. I am also on the Housing team, I manage our 'Restoration

I have gained significant confidence in client communication and working alongside interdisciplinary teams. My role in the Housing Team improved my caseload management and public speaking skills I practiced psychology by maintaining a sensitive, non-judgmental environment, drawing from my academic background in family dynamics and traumatic environments to support these women effectively.

THADDEUS RESOURCE CENTER est. 1975

This internship provided me with experience in clinical documentation and mental health crisis, preparing me for



National Asian American Pacific Islander Mental Health Association (Remote)

Presented by Avipsa Hamal
University of Maryland, B.S. in Psychology

DEPARTMENT OF PSYCHOLOGY

Spring 2026

I found this internship through a coffee chat set up by one of my student club faculty advisors. I was able to have a meeting with Krystle, the current Interim Executive Director of NAAPIMHA. From this meeting, she proposed to internship opportunity to learn more about the nonprofit advocacy and policy work that this organization does!



The mission of NAAPIMHA is to to promote and redefine the mental health and well-being of Asian American, Native Hawaiian, and

Some projects I was involved in:

- Developing a workforce inventory for Asian Americans interested in pursuing a career in mental health
- Attending workshops and meetings focused on current policy initiatives
- Providing advice for students participating in the high school ambassador program
- Developing a personal social media project focused on highlighting mental health journeys of Asian American college athletes.



- Through this internship, I have become more organized and disciplined, achieve my attitude goal. I have built connections with members of the organization and gained knowledge about mental health issues affecting the Asian American community. I hope to complete one of their upcoming trainings still.
- Psychology was practiced through in this internship through mental health first aid trainings and achieving whole health trainings provided.

Mental Health FIRST AID from NATIONAL COUNCIL FOR

This internship has shown me the important



Steps Behavioral Health
Columbia, MD

Presented by Jenna Handler
University of Maryland, B.A. Psychology + Criminology & Criminal Justice

DEPARTMENT OF PSYCHOLOGY

Spring 2026

- I located my internship position using the job site Indeed.
- I developed skills in collecting behavioral data, implementing individualized behavior intervention plans, and adapting techniques based on client progress. I also built skills in patience, consistency, and emotional regulation, which are essential when working with children who may become dysregulated.

STEPS Behavioral Health is committed to helping families and individuals with Autism and Developmental Disabilities achieve their goals. They specialize in using Applied Behavior Analysis (ABA) to guide learning and behavioral interventions.



As an RBT, I…

- Provide one-on-one Applied Behavior Analysis therapy
- Implement individualized treatment plans developed by Board Certified Behavior Analysts (BCBA)
- Collect and record data to monitor client progress and treatment effectiveness
- Conduct session while being supervised by my BCBA and ask questions and for feedback

- ABA and psychology principles closely align, such as positive reinforcement, observational learning, and repetition. In my role as an RBT, I applied positive reinforcement by rewarding desired behaviors to increase their frequency, used modeling to encourage observational learning, and incorporated repetition to help my clients build and maintain new skills, such as learning numbers and letters.





- I fulfilled my professional development goal of learning how to use discretion to balance helping my client learn new skills while also ensuring their independence and

- Through this internship, I have learned that I enjoy hands-on clinical experience. This has affirmed my desire to pursue a career in clinical psychology.



The Volvo Group

Presented by Lindsey Layton
University of Maryland, Bachelor of Arts in Psychology

DEPARTMENT OF PSYCHOLOGY

2026 Spring Semester

Introduction

My Internship was at the Volvo Group located in Hagerstown, Maryland. I was on-site 4 days a week. I found this internship through LinkedIn. My position title is a Human Resources (HR) Intern.

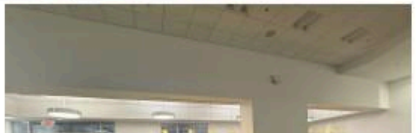


The Volvo Group- Background

At this Volvo Site, it is a 1.5 million square feet facility that produces engines, transmissions, axles, and Modular Power Boxes for

Projects and Tasks

- Created SharePoint sites for Interns and hiring managers so that resources and tools are at their fingertips in one location.
- Led a hi-vis distribution event for employees to promote safety.
- Created power automation flows for a smoother onboarding experience to reduce the amount of work for the HR Business Partners (HRBP)
- Transcribed meetings in investigations so the HRBP can focus on asking questions.
- Created Excel and Power BI for absenteeism to easily showcase the gaps in call-offs.
- Created videos for the training center to highlight how the training center can help production.
- Created a new overtime procedure for Team Leads to make it easier for employees to show when they can work overtime.



Psychology in Practice

I applied my knowledge of psychology to navigate difficult conversations with employees and how to professionally interact with my coworkers. My psychology courses taught me how to follow and apply procedures that correlate to following HR procedures for workplace situations.

Skill Development

I have learned so much at this internship because it has been such a hands-on experience. I have strengthened my critical thinking and decision-making skills. I have also learned how to manage multiple projects and prioritize them. I have also learned how to stay calm in high-pressure situations.



Future Plans



S.A.F.E. Counseling Services

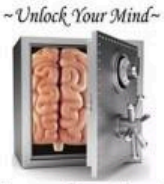
Berwyn Heights, Maryland

Presented by Haleigh Little
University of Maryland, Psychology B.S.

DEPARTMENT OF PSYCHOLOGY

Spring 2026

My name is Haleigh Little, and I am a senior psychology major seeking a Bachelor of Science degree. For the spring 2026 semester, I interned at S.A.F.E. Counseling Services in Berwyn Heights, Maryland.



S.A.F.E. Counseling Services, LLC
Self Authentically Forever Evolving

The mission of S.A.F.E. is to provide client-centered treatment and support services to ensure the availability and highest quality of authentic, compassionate, and professional mental health and substance

Through this internship, I have built and strengthened my clinical and observational skills, familiarized myself with theory-based counseling practices, and incorporated feedback from my supervisor. My counseling skills and multicultural knowledge have improved significantly through my work at S.A.F.E., as I learn not only from my supervisor but also from her clients.



I found this internship through UMD PSYC Advising. My main responsibilities included attending shadowing sessions, practicing attentive listening skills, taking notes, and discussing my thoughts and insights with my supervisor, Dr. Sheila Osbourne-Grant.



The most valuable thing I have learned during this internship is how to develop a personal counseling style. Through the shadowing sessions and subsequent supervision sessions, I gained an understanding of what methods I see myself using and which I do not. It has been very valuable for me to learn that I do think I will be a good fit for this profession. I have built a



Integrated Pharma Services

4 Research Court, Suite 100, Rockville, MD

Presented by Allen Liu
University of Maryland, BS in Psychology

DEPARTMENT OF PSYCHOLOGY

Spring 2026

About IPS: We are a biotechnology and research organization in Rockville, MD. Our scientists have over 100 years of experience in preclinical and clinical research including antimicrobial efficacy evaluation of candidate therapeutics and devices. Our fully equipped laboratories with an elaborate biorepository of viral, bacterial, and fungal agents including antibiotic-resistant clinical isolates provide the perfect setup for experiments with live microorganisms. IPS clients range from small to multi-billion-dollar companies.

How I found the internship: At a meeting, I spoke with the IPS supervisor and recommended myself.

Impact of My Next Stage: This internship significantly impacted my academic and professional growth by providing insight into real-world research dynamics. As I

Project I complete: This is the first Professional Development Task I completed during my internship, which was researching oral bacteriophage delivery for pharmaceutical use. Specifically, I investigated what happens when medication is orally ingested, how bacteriophages differ from synthetic chemical medications, and how phages can be stabilized when used as an oral therapeutic.

Effect of Simulated Gastric Fluid Exposure on Bacteriophage Viability

Research Question: Can bacteriophages remain viable after exposure to simulated gastric fluid (SGF)?

Objective: To determine whether exposure to simulated gastric fluid reduces bacteriophage viability, using the top agar overlay plaque assay to quantify surviving phage plaques after treatment.

Hypothesis: If bacteriophages are sensitive to acidic gastric-like conditions, then phage samples exposed to simulated gastric fluid will produce fewer plaques than untreated control samples.

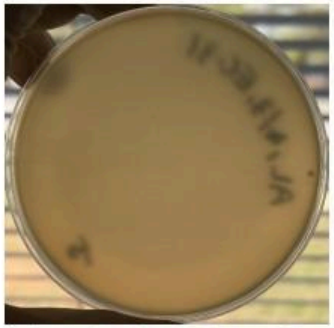
Biological Principle: A viable bacteriophage infects a susceptible host bacterium and produces a plaque in a bacterial lawn. Therefore, plaque number is a direct readout of viable phage particles. By comparing plaque counts before and after SGF exposure, we can estimate the amount of phage infectivity remaining.

Independent Variable
Exposure condition of the phage sample.
- No Simulated GI Fluid (SGF) exposure
- SGF exposure

Dependent Variable
Phage viability, measured as:
- plaque count on countable plates
- calculated titer (PFU/mL)

Progress fulfilling Internship Learning Development Plan: I made significant progress in my Internship Learning Development Plan by enhancing both my technical laboratory skills and understanding of professional

How Psychology Was Practiced: This internship focused on laboratory research but highlighted psychology in key ways. Ethical responsibility, careful observation, and evidence-based thinking were emphasized, as scientific research relies on human behavior, attention to detail, and adherence to procedures. Confidentiality, risk assessment, and compliance were also important for reliable outcomes. Additionally, teamwork and professional communication were essential in the research environment, demonstrating that psychology extends beyond therapy to include understanding behavior and decision-making in scientific work.



Skills I Developed: During this internship, I gained valuable knowledge and skills in technical and professional areas. I also learned about bacteriophage processes like isolation, titer determination, production, and storage. My technical



National Alliance on Mental Illness (NAMI)

Presented by Samuel Agus
University of Maryland, Bachelor of Arts in Psychology

DEPARTMENT OF PSYCHOLOGY

Fall 2025

My Internship was with the NAMI HelpLine and I performed my duties online. I found this internship from the PSYC E-Newsletter, and after reaching out to them and some onboarding, I got the position as a NAMI HelpLine Specialist.



The NAMI HelpLine's mission is to

Throughout my time with the NAMI HelpLine, I responded to help seekers, which consisted of me being on call for 4 hours, providing them with emotional support (crisis and non-crisis), along with providing proper resources like helping someone find a doctor or therapist.

NAMI
National Alliance on Mental Illness

Throughout my internship, I've completed many of my goals within my learning development plan. I've learned skills related to being a mental health counselor, I discovered my strengths and areas I need to improve in the support role, and I learned about different mental health disorders and therapeutic methods. I've practice

Along with using my past psychology knowledge, I've developed knew knowledge through my experiences with the internship. I learned about many different mental health disorders, the correct way to treat them, and different therapeutic methods. I've also gained the skills of how to correctly help people in mental health crises, and the ability to stay calm in stressful situations like a suicide call.



Lastly, this internship has helped me progress on my path toward my Masters



International Rescue Committee

Presented by Yasmin Aouchria
University of Maryland, Bachelors of Science in Psychology, minor in Human Development

DEPARTMENT OF PSYCHOLOGY

Fall 2025

How I Found the Internship:
Advisor sent an email about this internship in the Baltimore location last year. I followed the organization on linkedin and found a location in Silver Spring. I looked for internship opportunities and applied during the summer for the Fall 2025 position.

Organization's Mission:
The IRC supports refugees and humanitarian immigrants by providing resources and programs that empower clients to rebuild their lives and access opportunities for growth and self sufficiency.

Projects and Tasks Performed:
- **Mentorship Program Support:** Facilitated Zoom sessions for youth aged 15–24, including assisting mentors, guiding students in breakout rooms, and supporting their academic and personal development.
- **Student Attendance and Safety:** Monitored attendance and ensured safe transportation for students during field trips, taking responsibility for coordinating bus pickups and making sure each student felt supported and included.
- **Outreach and Program Promotion:** Designed and created **outreach flyers for the entire Youth Program**, helping recruit new students and communicate program offerings to the community. This task strengthened my skills in visual communication and understanding program priorities.
- **Lesson Planning and Instruction:** Developed and led **my own lesson on scholarships**, presenting it to the class and guiding students through exercises and discussions. This experience enhanced my public speaking, teaching strategies, and confidence in leading youth activities.
- **Event Coordination:** Organized a **field trip to a local bowling alley**, managing logistics, student safety, and engagement during the activity. This helped me practice planning, problem-solving, and direct interaction with clients in a real-world setting.
- **Administrative and Case Support:** Assisted with case management tasks, including organizing client files, preparing lesson materials, tracking student progress, and ensuring documentation accuracy.
- **Cross-Departmental Learning:** Shadowed other IRC departments to gain a broader understanding of how support and social services are coordinated across different teams.

Progress Toward Internship Learning Goals: I met with my supervisor to discuss obtaining a letter of

Psychology in Practice:
- Trauma-Informed Care
- Utilized active listening, empathy, and culturally sensitive communication to build trust with students.
- Observed and reflected on how social systems and environmental factors impact refugee youth development and mental health.

Knowledge, Skills, and Abilities Developed:
- **Interpersonal skills**: Effectively connected with youth and colleagues across diverse cultural backgrounds.
- **Professional skills:** Enhanced teamwork, initiative, reliability, flexibility, and cross-cultural communication.
- **Leadership:** Designed and led mentorship lesson, facilitated student engagement, and problem-solved during field trips.
- **Self-awareness**: Applied feedback from supervisors, reflected on personal growth, and maintained professional boundaries.
- **Project Management:** Coordinated events, created recruitment materials, and contributed to program planning and logistics.

Impact on Future Goals:
- Confirmed a passion for social work and youth-focused interventions.
- Strengthened commitment to pursuing graduate school (MSW) to become a Licensed Clinical Social Worker.
- Inspired long-term goal of opening a culturally responsive private practice serving underserved youth and families.

Outreach flyer I made for Youth Program:



Bowling Field Trip I coordinated:



My lesson about scholarships that I presented:





Federation of Associations in Behavioral and Brain Sciences

Holden Axel
University of Maryland, Psychology B.A.

DEPARTMENT OF PSYCHOLOGY

Fall 2025

FABBS (Federation of Associations in Behavioral and Brain Sciences) is located in Washington, DC. I discovered this internship through Steve Young. I was drawn to FABBS because of its mission to advance behavioral and brain sciences research through policy advocacy and science communication.

FABBS advances behavioral and brain sciences research by advocating for science funding,

- Participated in Capitol Hill science advocacy meetings discussing policy impacting behavioral and brain sciences
- Synthesized researcher interviews and policy updates for the FABBS newsletter
- Drafted policy briefs and professional emails communicating science to diverse audiences
- Attended weekly team meetings supporting organizational efforts in behavioral science advocacy and community outreach



Professional Development: Mastered policy brief writing and professional communication in FABBS voice through multiple newsletter drafts and email correspondence.
Knowledge Goal: Deepened understanding of science policy mechanisms, federal research funding, and the legislative process impacting behavioral sciences.
Skills Goal: Developed ability to synthesize complex research for policy briefs and communicate findings to non scientist audiences.
Attitude Goal: Cultivated respectful communication with diverse stakeholders and openness to feedback from experienced advocacy professionals.

Psychology principles directly informed my work. I applied knowledge of science communication and public

KNOWLEDGE, SKILLS, AND ABILITIES YOU DEVELOPED:
Professional Writing: Ability to write clear policy briefs, newsletters, and professional emails for diverse audiences.
Science Communication: Skill in translating complex research into accessible language for policymakers.
Policy Understanding: Knowledge of federal science funding mechanisms and legislative processes.
Research Synthesis: Ability to gather and synthesize information from multiple sources efficiently.
Team Collaboration: Experience working within a nonprofit organization supporting advocacy goals.



HOW THIS INTERNSHIP HAS IMPACTED THE NEXT STAGE(S) OF YOUR LIFE: GRADUATE SCHOOL, CAREER PATH:
This internship has clarified my commitment to bridging psychology and neuroscience research and real world application. I now recognize how behavioral and brain



United States Attorney's Office for the District of Columbia

Presented by Samantha Bogash
University of Maryland, Bachelor of Science in Psychology

DEPARTMENT OF PSYCHOLOGY

Fall, 2025

I found my internship using USAJobs. I was very interested in working in the D.C. area because we are so close to the city. As someone from another state, I wanted to try and take advantage of D.C. and everything it has to offer.

The U.S. Attorney's Office - D.C.'s mission is to improve the D.C. area for its residents and for the country, as a whole. D.C. is our nation's capital and it is important to keep it safe and up to date with appropriate laws and

Some tasks that I performed in my time at the office include analyzing cell phone dumps of defendants and witnesses, listen and analyze jail calls of defendants, and help attorneys prep for trials by watching body worn camera footage.



Some ways that I was able to fulfill my professional development tasks include talking with an attorney about my future career options. I was able to have a conversation about my two professional career tracks - human resources or counseling. On that note, I discussed graduate school options for both and

Psychology was practiced at this internship through analyses of people. Whether it be digging deeper to find motive for a defendant or determining how stable a witness is in each interview, psychological practices were seen in almost every stage of trial prep. Some knowledge, skills, and abilities I developed through the internship include wiring email in a more professional way, mastering Microsoft suite, and being able to reach out to superiors and coworkers about work-related questions.

This internship has impacted the next stage of my life in terms of graduate school because it solidified my passion for helping people through counseling. I



Torah School of Greater Washington

Presented by Romi Diamond
University of Maryland, BA Psychology

Fall 2025

Through both my course work in addition to the psychological training in various modalities provided by the school, I was able to utilize my passion for psychology for unprecedented growth. I was able to apply all this knowledge in a practical setting on a daily basis. This priceless hands on experience allowed for all the information I learned over my college experience to be cemented in my memory and psychological toolbox which will undoubtedly propel me forward in my professional career.

I came into this internship with a severe issue of indecision regarding which type of graduate schooling program I wanted to attend. Through the guidance of my supervisor in addition to the clarity which came from real experience, I now have a clear decision regarding the professional direction I will go in. In addition to the skills and experience which directly applies to my desired profession as a child psychologist, I now have countless resources available in the real world.



My internship was through the Torah School of Greater Washington which is located at 2010 Linden Lane, Silver Spring, MD. My name is Romi Diamond and it is currently the Fall 2025 semester. I am studying a Bachelor of Arts in Psychology and minoring in Human Development. I found this internship through engaging in a learning program which was led by the retired principal of this school. After working with me for a couple months, he suggested applying for this internship position at the Torah School. The school's mission is to foster a love for Judaism and learning in general for K-6th grade students. I managed cases, acted as a resource for teachers, worked one on one with

Through this internship as a school based guidance counselor, I was able to achieve all of my learning goals. This includes learning child-centered, developmentally appropriate counseling techniques, gaining a clearer understanding of the way in which guidance work functions in daily practice, and expanding my knowledge on neurodiverse student populations. Throughout this semester, I was able to strengthen my ability to view each student holistically while integrating family dynamics, cultural context, and community factors into my understanding of their challenges. Lastly, I was able to develop stronger communication skills with both parents and students. All of this was accomplished through internalizing the value of approaching each child with patience, curiosity, and a broadened counseling lens.





The Playtime Project

Presented by Jessica Epstein
Junior Undergrad at University of Maryland, Bachelor of Arts in Psychology

DEPARTMENT OF PSYCHOLOGY

Fall 2025

Tasks/Responsibilities:

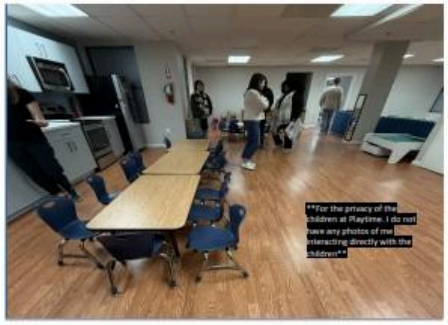
- **Program Support & Engagement with Children:** I assisted in planning and facilitating play & activities for children experiencing housing insecurity. Helped to create a safe, and developmentally appropriate play space that encouraged emotional regulation, social skills, and resilience in shelters & transitional housing settings.
- **Orientation & Training Deliverables:** I participated in internship orientation materials and Zoom sessions. Reviewed and learned about training documents related to trauma-informed practices, child development, and engaging with vulnerable populations.
- **Administrative & Organizational Support:** I assisted with more behind-the-scenes work like organizing program resources, tracking my internship requirements.

Playtime Project
https://playtimeproject.org/
Location: 1525 Newton Street NW, Washington, D.C.

I found this internship by looking at the PSYC internship catalog and by speaking with my academic advisor, and him recommending Playtime to me.
https://syoung1787.wixsite.com/internshipdirectory/counseling-clinical-human-services

Knowledge, Skills, and Abilities I have Developed:

- Developed understanding of child development and trauma-informed care, especially how housing insecurity and stress can impact children's emotional and social functioning.
- Strengthened my interpersonal communication, and collaboration skills by working with children, staff, and volunteers.
- Improved my professional and reflective abilities, including adaptability and connecting internship experiences to academic and career goals.





How Psychology was Practiced:

Mission: The mission of the Playtime Project is to s to create resilience within children that are experiencing family housing insecurity by providing them a safe play space and giving them

I was able to successfully complete both of my professional development tasks by scheduling a meeting with The Playtime Project supervisor to discuss my overall



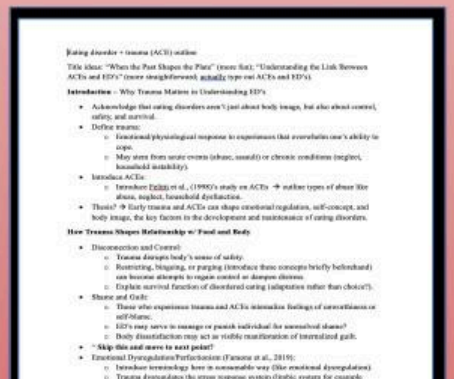
Best Within You Therapy & Wellness

Presented by Judson Gauthier
University of Maryland, Psychology B.A.

DEPARTMENT OF PSYCHOLOGY

Fall 2025

During my time with Best Within you Therapy & Wellness, my supervisor, Dr. Singh, tasked me with creating a blog post on a topic of my choice. The stipulation: it had to relate to the clinic in *some way*. I chose two topic I am unfamiliar with; eating disorders and adverse childhood experiences. I combined the two topics, and the blog is set to be published this month!



Eating disorder + trauma (ACE) outline

Title ideas: "When the Past Shapes the Plate" (more fun); "Understanding the Link Between ACEs and EDs" (more straightforward; actually type out ACEs and ED's).

Introduction – Why Trauma Matters in Understanding ED's

- Acknowledge that eating disorders aren't just about body image, but also about control, safety, and survival.
- Define trauma:
  - Emotional/physiological response to experiences that overwhelm one's ability to cope.
  - May stem from acute events (abuse, assault) or chronic conditions (neglect, household instability).
- Introduce ACEs:
  - Introduce Felitti et al., (1998)'s study on ACEs → outline types of abuse like abuse, neglect, household dysfunction.
- Thesis? → Early trauma and ACEs can shape emotional regulation, self-concept, and body image, the key factors in the development and maintenance of eating disorders.

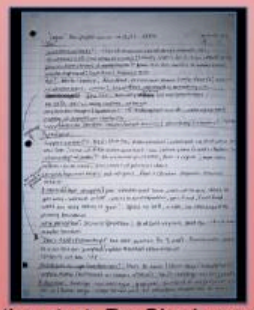
How Trauma Shapes Relationship w/ Food and Body

- Disconnection and Control:
  - Trauma disrupts body's sense of safety.
  - Restricting, bingeing, or purging (introduce these concepts briefly beforehand) can become attempts to regain control or dampen distress.
  - Explain survival function of disordered eating (adaptation rather than choice?).
- Shame and Guilt:
  - Those who experience trauma and ACEs internalize feelings of unworthiness or self-blame.
  - ED's may serve to manage or punish individual for unresolved shame?
  - Body dissatisfaction may act as visible manifestation of internalized guilt.
- **Skip this and move to next point?**
- Emotional Dysregulation/Perfectionism (Faraone et al., 2019):
  - Introduce terminology here in consumable way (like emotional dysregulation)
  - Trauma dysregulates the stress response system (limbic system for example)

My internship is remote; and instead of in person meetings, Dr. Singh and myself meet once a week online to discuss current files.

I found my internship thanks to Mr. Young! I reached out to him during Summer 2025 because I had been down on my luck finding internship openings. Luckily, he had just reached out to the Best Within You

I developed knowledge, skills, and abilities in relation to the organization's mission. The goal of BWY is to provide comforting and warm mental health care. Additionally, the 'niche' of the clinic is focused on eating disorders. So, I learned a lot about diagnosing eating disorders, appling bio-psycho-social to case files, and applying client-centered and CBT theories to files as well.



From the start, Dr. Singh wanted to prepare me for graduate school. Much of the theories and discussions we had



Kennedy Krieger Institute
(Child & Family Therapy Clinic)

Emil Issagholian
University of Maryland, B.A. Psychology

DEPARTMENT OF PSYCHOLOGY

Fall 2025

Finding My Internship: I found my internship opportunity through Handshake and applied because I wanted practical experience in a clinical setting, and it seemed like a rare opportunity (work of this kind is usually reserved for graduate students). The internship is an opportunity to observe therapy sessions, learn about psychological assessments (including scoring), and gain exposure to evidence-based therapeutic practices, all under the supervision of licensed clinicians.



Organization's Mission: The organization's

Tasks and Responsibilities:

- Observing therapy sessions with children, adolescents, and families.
- Assisting clinicians with scoring psychological measures.
- Supporting office and administrative tasks as needed.

Kennedy Krieger

Application of Psychology:

- **Developmental Psychology**: Applying the knowledge of child and adolescent development to understand client behaviors and address therapeutic strategies.
- **Clinical Psychology**: Observing therapy techniques and evidence-based interventions for

Knowledge, Skills, Abilities:

- **Knowledge**: Child and adolescent development, behavioral and emotional disorders, therapeutic models.
- **Skills:** Observation, psychological assessment (e.g., MASC-2), documentation, professionalism in clinical settings.
- **Abilities:** Attention to detail, ethical awareness, adaptability, teamwork, and applying psychological concepts in real-world clinical contexts.



Internship Impact: This internship's impact has strengthened my interest in pursuing graduate programs, specifically PsyD (Clinical Psychology) and a potential career in child and family therapy. The internship



Children's National Hospital

Presented by Atara Kidorf
University of Maryland, Bachelor of Science in Psychology

DEPARTMENT OF PSYCHOLOGY

Fall 2025

How I found my internship

- I found this internship through a connection. A friend who previously worked at Children's National mentioned that her former supervisor was looking for someone interested in research and patient-facing experience. I applied after hearing about the opportunity.

Organization Mission

- Children's National Hospital aims to provide high-quality healthcare to children while advancing pediatric research to improve patient outcomes. The hospital emphasizes compassionate, evidence-based care and seeks to integrate research findings into clinical practice



Projects/Tasks

- Attended weekly lab meetings
- Created flyers for the current research studies
- Shadowed my supervisor in clinic
- Restocked clinic binders and RESTART booklets to ensure resources were available
- Reviewed the recruitment tracker daily to identify eligible patients for studies
- Conducted chart reviews to collect relevant data for ongoing and past research studies
- Data collection (in both outpatient and inpatient)

Children's National

Progress with Internship Goals

- I have learned to organize tasks efficiently, prioritize responsibilities, and manage multiple projects.
- Working with pediatric patients and their families has deepened my understanding of

Application of Psychology

- This internship has helped me apply research methodology and statistics knowledge from PSYC200 and PSYC300 to real studies
- I used my understanding of developmental psychology and human behavior to interact empathetically with patients and families

Knowledge/Skills Developed

- Strong understanding of research methods, study design, and data collection
- Gained experience reading and using patient records
- Improved communication and teamwork skills
- Applied knowledge of child development and psychology in real hospital settings



Impact for the future



Mountain Manor Treatment Center

Presented by Luke Kim
University of Maryland, Psychology

Fall 2025

My name is Luke Kim and I am a sophomore B.S. Psychology major at the University of Maryland (UMD).

During the fall semester of 2025, I continued my internship from the summer as a research assistant at the Mountain Manor Treatment Center in Baltimore- an opportunity I found out about through Psychology Career Exploration Night at UMD.

Mountain Manor Treatment Center is one of many treatment centers in Maryland that seek to offer help and healing to people struggling with addiction. Mountain Manor offers rehabilitation programs, but also conducts their own research to improve their programs.



My main task as a research assistant intern was to abstract and enter data for their Youth Opioid Recovery Support (YORS) intervention, while also compiling and adding research articles to our annotated bibliography.



This was in hopes of beginning preparations for a research poster. Data was abstracted and entered in order to be extracted for data analyses, while further research into the topic helped us narrow down a research question.

Psychology was definitely prominent throughout this internship. After learning so much about addiction treatment in the summer, I was driven to reinforce what I learned and learn more about it in PSYC437, Treating Addictive Behaviors.

Being remote was a unique challenge this semester. I learned how to maintain confidentiality having meetings and doing my work in more public working environments and I honed my communication skills as I gave weekly team updates through Slack and worked closely with an intern who was onsite throughout the data abstraction and entering process.



All in all, my passion for the field of



The House Project

Presented by Sarah Knapp
University of Maryland, Bachelor of Arts in Psychology

DEPARTMENT OF PSYCHOLOGY

Semester: Fall 2025

Projects/Tasks Performed

- Supported ABA sessions through data collection and behavior tracking
- Assisted with implementing interventions, prompting, and reinforcement
- Prepared session materials and participated in team meetings

ABA therapy

14900 Sweitzer Lane, Laurel MD, 20707

THE HOUSE PROJECT
APPLIED BEHAVIOR ANALYSIS

Internship found through Handshake

Mission: Provide compassionate, personalized support to each individual and family, honoring the uniqueness of their journey.

Progress Toward Learning Plan

- Improved accuracy in data collection and session documentation
- Increased confidence using ABA strategies during sessions
- Grew more independent in supporting behavior plans



How Psychology Was Practiced

- Applied behavioral principles (reinforcement,

Impact on Future Path

- Confirmed interest in behavior analysis and therapeutic work

Knowledge, Skills & Abilities Gained

- Stronger skills in behavior observation and functional



Maryland Wellness

Presented by Deanna Lagos
University of Maryland, Degree Name

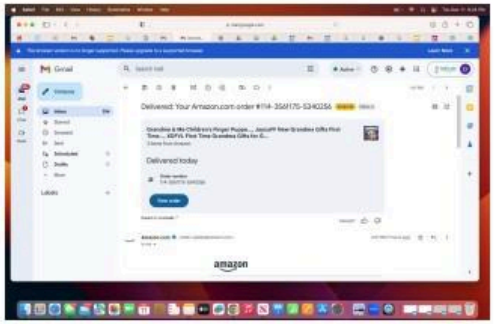
DEPARTMENT OF PSYCHOLOGY

Fall 2025

Human Resource Intern
Maryland Wellness
4128 Hayward Ave, Baltimore, MD 21215
Fall 2025
Bachelor of Science Psychology
and Criminology
the internship was found on handshake

Mission of the organization is to support the less fortunate community by allowing access to more affordable therapy
Making bags for future employees, interviewing future employees, background checks, sending out birthday emails, sending holiday emails, sending gifts to employees, making ID badges for employees, making certificates from employees, planning lunches, and collecting donations.

I was able to learn a lot from this internship. I would say the internship learning development plan was followed. Psychology was practiced in my internship through the more personal tasks such as, sending a gift. when picking the gifts i would have to figure out if this was the right time for that gift, how would the person feel receiving the gift etc. I think a lot of psychology also went into the hiring process, i had to be able to ask people stimulating questions and then from their judge their actions, see if they would be a good hire.





Some knowledge i developed was becoming more tech savvy i am now able to do almost more on google suites. i also developed knowledge on interview and what goes into them from a recruiters perspective
this internship has impacted the next stage





Thaddeus Resource Center

Presented by Rob Lehrfeld
University of Maryland, BA of Psychology



Fall 2025

Thaddeus Resource Center

Location: San Dimas, CA

Role: Lead Care Coordinator

Duration: One-year internship

THADDEUS
RESOURCE CENTER
est. 1975

How I Found the Internship

Discovered through Handshake

Thaddeus' Mission

- Empower clients through advocacy,

Key Responsibilities

- Monthly client check-ins (30–45 mins)
- Registering clients & answering program calls
- Needs assessment & service review
- Coordinating with Case Managers, Life Coaches, Therapists
- Documenting calls (ID#, ratings, follow-ups)
- Workshop development project

Learning Development Plan Progress

- **Professional:** Growing independence with client intake and service navigation; improved confidence and positive client feedback.
- **Personal:** Deepened empathy by listening to clients, peers, and mentors; stronger emotional connection to client progress.
- **Knowledge:** Gained clearer understanding of therapeutic work through observing Thaddeus therapists.
- **Skills:** Increased composure in difficult situations;

Psychology in Practice

- Active listening & rapport building
- Motivational interviewing principles
- Crisis awareness

Skills Gained

- Communication & interpersonal skills
- Needs assessment & case coordination
  Time management & organization
- Resource navigation & referral planning
- Workshop creation and program design

Impact on Future Path

- Clearer direction toward becoming a



Mountain Manor Treatment Center

Presented by Sophia Leibtag
University of Maryland, Bachelor of Science in Psychology

DEPARTMENT OF PSYCHOLOGY

Fall 2025

I first learned about the Mountain Manor Treatment Center internship at the Spring 2024 Psychology Career & Internship Fair at UMD. After speaking with representatives and learning about their work in addiction treatment and research, I knew it aligned well with my interests. I later completed the internship during Summer 2025, gaining firsthand experience in a clinical research setting focused on substance use recovery.



Mountain Manor Treatment Center is a comprehensive treatment facility in Maryland dedicated to supporting individuals

During my internship, I supported Mountain Manor's research and clinical programs through data abstraction, data entry, and basic data analysis for treatment outcome measures. I also shadowed group therapy sessions and observed psychiatric sessions, which gave me insight into therapeutic approaches, diagnosis, and medication management. These experiences helped me better understand the intersection of clinical practice and research in addiction treatment.

Throughout the summer, I successfully fulfilled all objectives outlined in my Internship Learning Development Plan. I

Psychology was present in nearly every aspect of my experience—from observing therapy to adhering to standardized research protocols. Watching clinicians build rapport, respond to patient needs, and apply treatment frameworks helped me see the real-world practice of psychological science. This internship strengthened my attention to detail, time management, teamwork, communication, and overall professionalism in clinical settings, while also deepening my knowledge of addiction science, treatment planning, and recovery processes.



This internship solidified my desire to pursue a Ph.D. in addiction science. I discovered how much I value the



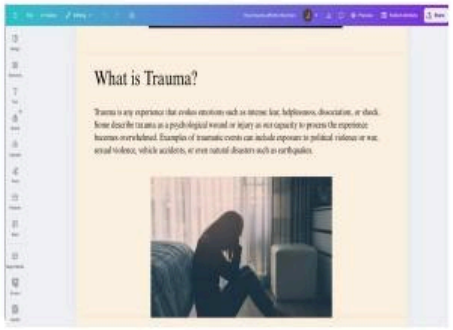
Golden Hour Counseling

Jenna Merish
University of Maryland, Psychology

DEPARTMENT OF PSYCHOLOGY

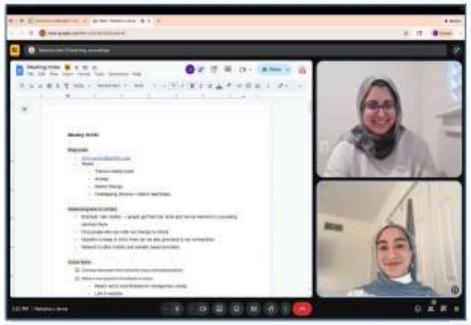
Fall 2025

I gained so much knowledge from this internship as I learned things such as how to optimize your search engine and why that's important for your business. I also learned the work that goes into running a private practice and the benefits of doing so rather than working for a company. I also learned how to approach different client cases and how to write interesting blog posts!



Additionally, some skills I gained from

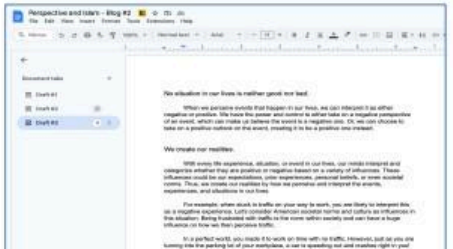
This internship helped me narrow down my future career goals and interests as it inspired me to want to start my own private practice one day!



Golden Hour Counseling | Online
Jenna Merish | Fall 2025 | Junior
Bachelor of Sciences in Psychology

- I was referred to this internship by a network who told me about it!
- This private practice's mission is to offer care to adult children of immigrants and integrating their cultural values into treatment

In regards to the learning development plan, I accomplished writing blog posts about psychological concepts such as perception and trauma. I also learned the business side of a private practice through professional discussions like my supervisor explaining their journey from undergraduate school to graduate school, and then starting their private practice. Finally, I learned different theoretical orientations through case conceptualizations, which was one way Psychology was practiced in this internship.





Walt Disney World Cast Member - Main Street Operations

Presented by Sienna Ni
University of Maryland, Psychology BS

DEPARTMENT OF PSYCHOLOGY

Fall 2025

- Walt Disney World Cast Member, Main Street Operations
- Sienna Ni, Fall 2025, Sophomore, Psychology BS
- I found my internship by talking to and establishing connections with other cast members and family members who went through the program



- Our mission is to entertain, inform and inspire people by storytelling, good guest service, and innovation. In



- Ex. Setting up the parade route for *Starlight* and participating in guest flow for *Happily Ever After*
- Ex. Assisting guests in disability sections and giving directions to guests that may have language barriers
- Ex. Escorting the parade and checking in with partners across the street after each float
- Providing excellent guest service while keeping good show and staying within Disney guidelines
- I developed more time management skills such as clocking in and out on

- My goal was to learn how to think on my feet and remain courteous to guests. I have been able to achieve this goal by thinking quickly when it came to lost children or health emergencies with guests
- Psychology was practiced in this internship because some guests had mental disorders such as autism, ADHD, anxiety, etc and I would use my knowledge to help them navigate and experience the Magic Kingdom to the best of my ability
- This internship with Disney will be on my resume forever and open new doors for my future. I have made connections within the company that will help me with my major. Many leaders and coordinators are also in the psychological field and are willing to help me with my journey.





Infant Mind and Cognition Lab, Yale University

Presented by Grace Pavalko
University of Maryland, B.S. Psychology

DEPARTMENT OF PSYCHOLOGY

Summer & Fall 2025

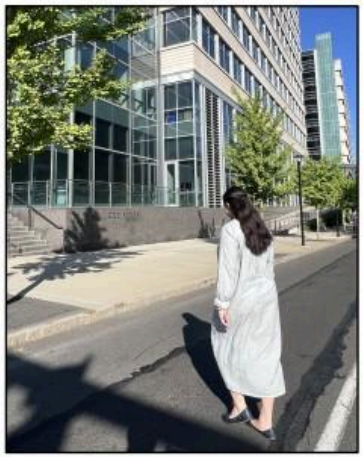
Some Tasks I Completed

- Ran live Zoom research sessions with children ages 36 to 42 months
- Communicated with families and explained study procedures
- Coded behavioral and verbal responses using Datavyu
- Assisted with data organization and reliability checks
- Built an R script to identify disagreements between coders across trials

Knowledge, Skills, and Abilities Developed

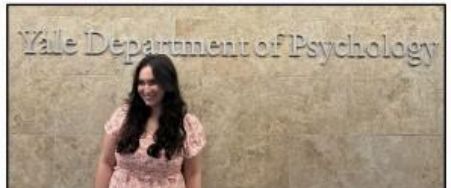
- Knowledge of developmental research design
- Skills in Datavyu coding and R programming
- Ability to communicate clearly with children and families
- Attention to detail in behavioral coding and reliability
- Professional collaboration with graduate students and mentors





My name is Grace Pavalko and I am a Senior majoring in psychology. I interned at the Infant Mind and Cognition Lab at Yale University. I found this internship through academic networking and outreach to research labs that aligned with my interests in developmental psychology and infant cognition. The Infant Mind and Cognition Lab studies

I strengthened my research skills, improved my technical abilities, and gained hands on experience with real data collection and analysis. I met my goals related to professional communication, data coding, and learning new research tools. Psychology was practiced through direct interaction with children, careful observation of behavior, and systematic data analysis. The internship applied developmental theory, research ethics, and evidence based methods to understand how children reason and communicate. This internship confirmed my interest in developmental psychology and research focused graduate study. It strengthened my preparation for graduate school and clarified my long term career path in psychology and research.





The Playtime Project

Presented by Ross Sawilowsky
University of Maryland, Bachelor of Arts in Psychology
Senior, Class of 2025

DEPARTMENT OF PSYCHOLOGY

Fall 2025

Internship

I interned at The Playtime Project which has sites across Washington, D.C. and P.G. County.
I found this organization through a flyer posted on Baltimore Avenue. Years later, I took the initiative to chat with Playtime at the Psychology Career & Internship Fair, and then I applied to intern!

Playtime's mission is to empower youth and families (who live in DV and/or homeless shelters and subsidized housing complexes) through the play activities centered around Playtime's core domains of healing and learning. These domains are:

- Social-Emotional Learning
- Problem-Solving
- Optimism and Hope for the Future



As an Intern, I:

- Planned for and led curriculum-based youth activities and discussions in D.C. and P.G.C.

Internship Learning Development Plan Tasks Completed:

- ❑ Communicated needs and set boundaries with supervisor, staff, and children
- ❑ Planned and implemented program activity (similar to obstacle course with a meaningful discussion about how people get "unstuck" from challenging situations
- ❑ Participated in Virtual Stewards of Children® Child Sexual Abuse Prevention Training
- ❑ Completed Quorum modules such as Understanding Child Abuse and Prevention, Challenging Behavior: Reveal the Meaning, Autism 101
- ❑ Familiarized myself with twinkl.com and brought twinkl resources to program
- ❑ Advocated for return of sensory-friendly Calming Corner at a DC site, took inventory of items
- ❑ Co-facilitated holiday programming



Psychology In the Internship

Youth received positive reinforcement and emotional and cognitive developmental opportunities through trauma-informed play. Often, low-income families can't afford these programs. Bringing the program to families at no cost increased the accessibility of play opportunities for youth who are otherwise navigating times of uncertainty and stress due to housing insecurity. Playtime's consistent play opportunities boost the resilience of many youth, especially those who live in shelters and aren't given the same opportunities to play with other children and toys.



Knowledge, Skills, and Abilities

- Playtime helped me learn more about background conversations and trainings, theoretical foundations, and curriculum requirements that keep childcare programs safe, structured, and goal-oriented
- I gained experience facilitating play activities and guiding volunteers



St. Jerome's Counseling Program

Presented by Jackson Trent
University of Maryland, Bachelor of Arts in Psychology

DEPARTMENT OF PSYCHOLOGY

Fall 2025

- I discovered this internship through an email regarding Fall psychology internship opportunities from Steve Young. I emailed the Clinical Director, Rebecca Lee, and began the interviewing process from there.

- The mission of St. Jerome's Counseling Program is to assist individuals, couples, families, and children with an array of needs and concerns.



- I engaged in psychology in my

- During the semester, I completed a newly added task of administering intake over the phone with clients. For example, I managed the program's Google Phone account, where I would respond to client voicemail's over the phone, or responded with a follow up text message. Moreover, I used an online program called Theranest to keep track of active and inactive clients, as well as making sure clients had fully paid their invoices for sessions.



- The progression I made fulfilled my Internship Learning Development Plan. I successfully improved on my empathetic listening with clients. Also, I

- I learned how a clinical practice operates from an internal perspective. I further developed my skills in active listening and professional communication. I garnered the capacity to manage communication lines between clients, therapists, and program officials.



- Being an intern for the St. Jerome's Counseling Program has solidified my interest in wanting to become a licensed therapist. Regarding graduate school, I have gained specific advice into which



Proud Moments ABA

Presented by Cassidy Weeks
University of Maryland, Bachelor of Arts in Psychology

DEPARTMENT OF PSYCHOLOGY

Fall 2025

Finding my Internship:
This summer, it was important for me to find clinical experience for grad school applications. I asked a friend who is in the program I am applying to be in next year. She told me that being an RBT is a position that offers hands-on experience and is extremely rewarding. I went on LinkedIn and searched for RBT positions that offer training and found Proud Moments ABA. They got back to me quickly and I scheduled an interview.

Skills Developed:
- Understanding of Applied Behavioral Analysis and how to use them in practice
- Teamwork with coworkers and supervisors
- Effective communication with parents
- Implementing intervention plans and collecting behavioral data



Proud Moments ABA, Glen Burnie Location
Cassidy Weeks, Fall 2025
Bachelor of Arts in Psychology
Registered Behavior Technician



Psychology is practiced in my internship because I got to work directly with a client to help them learn new skills and manage challenging behaviors. I collected data and followed intervention plans designed by my supervisor (BCBA). It gave me an opportunity to work with neurodivergent children, which is important in psychology.

Future Impacts of my Internship
I believe this experience has been vital in my journey to graduate school for clinical psychology because I

Professional Development Plan
This internship has given me opportunities for professional development through my new experience on Linkedin and my resume. Additionally, I have had many valuable conversations with coworkers about grad school and psychology that have helped shape my mindset going forward.

One example of a task I performed was communicating a new harmful behavior to my BCBA the moment it occurred, so that he could provide me with instruction immediately. This is essential to the child's treatment because my initial response to the behavior can influence its future prevalence and function.

Mission:
Proud Moments ABA has a mission of providing individualized care to support children's social skills, communication, and quality of life. Through behavioral



Within Me Therapy

Presented by Sydney Dabbah
University of Maryland, Bachelor of Science in Psychology

Second Semester 2025

How I found this internship

I found this internship on Indeed by submitting my resume and cover letter through the platform.

Organizations Mission

Within Me Therapy provides individualized, in-home ABA therapy to help early learners diagnosed with autism reach their full potential. The mission focuses on building communication, social, and adaptive skills while reducing maladaptive behaviors through evidence-based practices.



Internship Learning Development Progress

How Psychology Was Practiced

Applied psychological theories through Applied Behavior Analysis (ABA), reinforcement, and structured interventions. Prioritized behavior observation, ethical practice, and data-informed decision-making.

Within Me Therapy
A PEDIATRIC BEHAVIORAL PRACTICE

Examples of Projects/Tasks

- Collected behavioral data and created progress graphs.
- Implemented ABA strategies to promote

Knowledge, Skills, and Abilities Developed

- Applied Behavior Analysis (ABA) techniques.
- Data collection and interpretation.
- Emotional resilience and patience.
- Professional communication and teamwork.
- Ethical practice with children and families.



Impact on Future Plans

This internship confirmed my interest in counseling psychology and



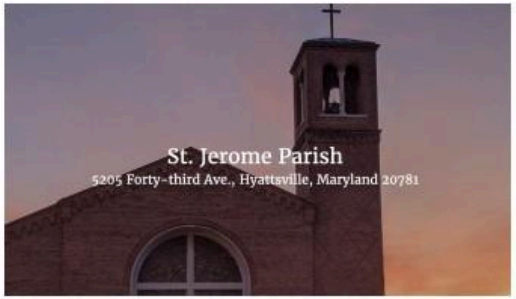
St. Jerome Counseling Program

Presented by Julia J. Cho
University of Maryland, Bachelor of Science in Psychology

Spring 2025

- I discovered my internship through a personal connection. I was referred to LCPC Rebecca Lee and introduced to her counseling program at St. Jerome Parish.

- The St. Jerome Counseling Program's mission is to assist individuals, couples, families, and children with a wide range of needs and concerns.



- Psychology was practiced in my internship by allowing me to gain clinical

- Over the semester, I worked on projects helping develop the program and improving client services. For example, I created a working directory referring client to other Catholic counselors and programs in the DMV area. Additionally, I came up with 7 differing safety contracts, mentioning notable differences and key components, contributing to designing a template for St. Jerome's safety contract.



Directory of Counseling Services and Therapists

Montgomery County, Maryland

1. **Alpha Omega Clinic - Bethesda Location**

Location: 7807 Bradley Boulevard, Bethesda, MD 20817

Contact:

- Phone: (301) 767-1735
- Website: https://aoclinic.org/clinician-bethesda/

Services: Psychotherapy, Candidate Assessment, Group Therapy, and Public Programs to promote mental health with the fullness of the Catholic faith.

Insurance Accepted: N/A

2. **Illumino Counseling, LLC**

Location: Silver Spring, MD (Offers telehealth service too)

Contact:

- Phone: 240-555-1408
- Email: Through the website
- Website: https://illuminocounseling.org/client-portal

Services: Individual counseling, faith-based counseling, and tele-health counseling to provide a space where Catholic and Christian values are incorporated into mental health treatment.

Insurance Accepted: N/A

- My progress fulfilled my Internship

- I developed skills in research and professional communication. Learned about mental health referral systems. Gained ability to manage independent projects.



- Being an intern for LCPC Rebecca Lee has brought numerous opportunities for my future. I secured a Research Assistant position, a Behavior Technician position, and



NeuroSpring

Presented by Ramya Shankar
University of Maryland, Psychology, B.S

Spring 2025

How I Found the Internship

I secured my internship at NeuroSpring through professional connections on LinkedIn. The organization's innovative work in neuroscience and AI aligned well with both my academic background and future career interests.

Mission of NeuroSpring

NeuroSpring is a 501(c)(3) nonprofit organization dedicated to advancing neuroscientific research and training that drives improved healthcare for underserved populations. The organization develops medical technologies for diagnosing and treating major neurological conditions and offers training opportunities to foster the next generation of scientists and engineers.

Skills and Abilities Gained

- Technical writing and logical structuring of synonym networks. Advanced research analysis related to AI and healthcare.
- Cross-functional communication within a science-focused team.
- Emotional intelligence through self-reflection and feedback integration.



Psychology in Practice

Psychology was applied throughout this internship in several ways:

- Human-centered AI Design: My work helped ensure the Virtual Neurologist could interpret natural human language, aligning with psychological principles of perception and cognition.
- Behavioral Analysis: I learned how people describe neurological symptoms, gaining insight into health behavior, communication barriers, and cognitive bias in self-reporting.
- Mental Models: Understanding how patients conceptualize their symptoms allowed me to assist in bridging gaps between human expression and AI interpretation.

TeleSpring
Catalyst for Neurology Healthcare

Progress Toward Internship Learning Development Plan

- **Professional Development:** I gained firsthand experience in applying machine learning principles (MLPs) to healthcare diagnostics, a vital skill for future roles in health psychology or tech-integrated healthcare.
- **Personal Development:** I learned to navigate a highly technical environment outside my comfort zone, identifying both strengths and areas of growth in unfamiliar territory.

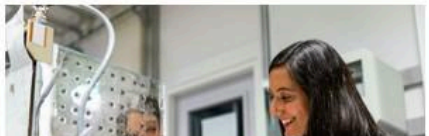
Projects and Tasks Performed

During my internship, I contributed primarily to the **Artificial Intelligence Diagnostic Project**, specifically focusing on improving the **Virtual Neurologist** system. Key tasks included:

- Creating synonym exceptions to help AI interpret patient-described symptoms more accurately. Analyzing transcript data to optimize symptom recognition and diagnostic accuracy.
- Participating in weekly team meetings to present progress and receive feedback.
- Conducting independent research to improve AI-human interaction design in medical contexts.

Impact on My Future Path

This internship solidified my interest in the intersection of psychology, healthcare, and technology. It has shaped my graduate school focus toward health psychology and cognitive science, while also sparking interest in the ethical development of medical AI. Professionally, I now envision a career where I can contribute to human-centered tech innovation in mental or neurological health.



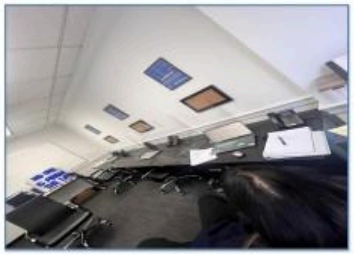


Asian Pacific American Legal Resource Center

Presented by Kayla Song
University of Maryland, Bachelor of Arts in Psychology

Spring 2025

My internship was found through a google search of organizations in the area serving the Asian American community. The APALRC's mission aligned with mine which was to be able to provide culturally and linguistically appropriate affordable legal services to the low-income Asian American community.



Tasks and Projects Completed:

1. Client Intakes Over the Phone
2. Client Intake Interviews in Person
3. Korean Translations for Attorney

In terms of the Internship Learning Development Plan, I've significantly improved in all of my professional, personal, knowledge, skills, and attitude/value goals.



Though I did learn much more about

Psychology was practiced throughout the internship through the ways I applied what I've learned to how I regarded my clients when they were going through a difficult time.



This internship has impacted the next stage of my life, which is my gap years before law school. I've planned on being employed, and this internship has pointed me to more public interest work,



American Psychological Association

Presented by Lincoln Polan
University of Maryland, B.S Psychology

Spring 2025

I have spent this semester working with APA's department of undergraduate and pre-college education. This role was remote for approximately 10 hours per week. Our department's mission is to improve policy and teaching resources for psychology educators. I found this internship with the help of my academic advisor, Steve Young. I completed tasks like writing articles, creating spreadsheets, and conducting research that fulfilled APA's needs. I even had the privilege of some of my articles being published on the APA website. My favorite assignment was writing the announcements for the winners of the 2025 APA TOPSS Charles T. Blair-Broeker Excellence in Teaching Awards. Having the privilege to speak with such amazing teachers was a fascinating and fulfilling experience.


AMERICAN PSYCHOLOGICAL ASSOCIATION

Why psychology teachers should attend a regional psychology conference in 2025

Regional psychology conferences provide teachers with resources and connections that can enhance their knowledge and professional development, offering access to new research and ideas

Given that APA is one of the leading organizations in psychological science, many aspects of my internship experience were rooted in psychology. Primarily, I was focused on researching ways to improve the teaching of psychology. My main goal in my learning development plan was to understand how I can use psychology to influence institutional policy. In my time at APA, I gained insight on the

In this role, I developed my skills in writing and research. Although I would consider these my greatest strengths as a psychologist, my time at APA has allowed me to explore new types of content that I hadn't explored before. I also learned a lot about professionalism, and how to carry myself in an organization like APA. Given APA's influence and reputation within the field of psychology, I believe that adding this internship to my resume will be very beneficial. As I prepare to graduate and join the workforce, this internship will allow me to be more competitive for job opportunities. It will also be helpful when I plan to enter graduate school next year. Additionally, my publications with APA grant me credibility in the field. I am so grateful for my supervisors and Mr. Young for granting me this opportunity.





Georgetown Psychology

Presented by Bella Emanuele
University of Maryland, B.A. in Psychology

Spring 2025

I found my internship through the UMD's Psychology Blog Site. My organization's mission is to make accessing high-quality mental health care as seamless as possible, offering everything from comprehensive testing to personalized therapy in one place. In my internship I assisted a clinician with tasks related to navigating and interacting within the workplace environment, gaining exposure to the daily operations of a mental health practice. I also publicized blog posts on a range of mental health topics for the Georgetown Psychology website. Additionally, I deepened my understanding of psychotherapy and therapeutic methodologies through targeted video training.



Building Resilience for Rejection: "How to Handle Noes and Setbacks in

Georgetown Psychology

During my internship at Georgetown Psychology, I made meaningful progress toward fulfilling my Learning Development Plan by gaining practical experience in a professional mental health setting. I enhanced my understanding of therapeutic practices through video training, exposure to clinical discussions, and hands-on administrative support. I also improved my written communication skills by publicizing blog posts on mental health topics for a general

My internship at Georgetown Psychology confirmed my passion for mental health and strengthened my commitment to pursuing graduate study in clinical psychology at William and Mary University. Gaining hands-on experience in a professional setting helped clarify my career goals and gave me confidence moving forward. Psychology was applied through evidence-based, client-centered care and community education. I saw how therapeutic methods, ethical standards, and psychological research were used to support clients and inform outreach efforts.



Hack Your Brain for Better Learning: Techniques For College Students



The Chesapeake Center for ADHD, Learning, and Behavioral Health

Presented by Ariella Ball
University of Maryland, Bachelors of Science in Psychology

FALL 2024

Mission of the Chesapeake Center:

The Chesapeake Center is a multidisciplinary practice that aims to provide treatment and support for children, adolescents, and adults with ADHD and related conditions. The Chesapeake Center helps people with "attention, learning and behavioral challenges to lead successful, satisfying lives."

I discovered the Chesapeake Center during a search on Linkedin and Google for psychology practices in the area because I was passionate about having an internship in the Fall. I saw that they had an internship

Projects and Tasks Performed

- Attend clinical case conferences every other week
- Update the WISER 2024-2025 directory by compiling an email and contact list of over 6,000 school counselors, psychologists, and therapists in the DMV area
- Organize neuropsychology files by providing an expiration date on each file
- Design the bulletin boards in the children's and adult waiting room
- Work with an executive functioning coach to run a Women's ADHD Coaching Group for women 50+
  - Track attendance
  - Send out email reminders
  - Write a summary note after each session



Knowledge and Skills

- Gained skills in flexibility, patience, and professionalism
- Abided by HIPAA policies; gained access to all client charts at the center
- Learned behind the scenes of how a psychology practice operates and functions on a weekly basis
- I have made progress in my Internship Learning Development Plan as I now understand how to use Dr. Chrono and my attitude around psychotherapy has changed

How Psychology was Practiced

I worked directly with clients struggling with mental health issues, behavioral challenges, and ADHD. Every clinician at the center uses different behavioral management strategies with clients which was extremely fascinating and confirmed for me how wide of a field psychology is.

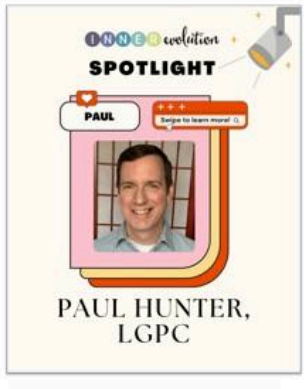


Inner-Evolution Counseling, Coaching, and Yoga LLC

Presented by Maria Kolias
University of Maryland, Bachelor of Arts in Psychology

Spring 2025

To find this internship, I proactively contacted several private therapy practices in my area that aligned with my interests in sex and couples therapy. Julie Hanson, my supervisor, responded to my email, and after a thoughtful interview process, I was offered the internship position.



Inner-Evolution is dedicated to providing

Throughout this internship, I had the opportunity to designed and lead the "Own Your Pleasure" seminar, a virtual educational event for young adults on sex and self-empowerment. Ialso created clinician spotlight features for the organization's social media to increase community engagement. I developed a presentation on understanding insurance for new and potential clients, which ended up teaching me, as well. As well, I participated in organizing workshops and assisted with various administrative and content creation tasks.



I met all of my internship goals, particularly in

Psychology was practiced through a trauma-informed, integrative lens that incorporated therapeutic modalities tailored to clients' unique needs. I observed how clinicians used psychological theories in real-time to guide interventions, build rapport, and promote client empowerment.

From this internship, I gained practical insight into the delivery of psychotherapy in a private practice setting, and strengthened my communication, organization, and professional presentation skills. I was, also, able to increase my own awareness of ethical practices and cultural sensitivity in therapeutic settings.

INNER evolution

This internship solidified my passion for therapy and helped prepare me for the next step in my



Best Within Therapy and Wellness

Presented by Cullen Boyle
University of Maryland, B.A. Psychology

Fall 2024

I found My internship at Best Within You on the UMD's Psych E-Blog. When I came across the opportunity, I did some research to see if this position would be a good fit for me and it's safe to say I felt right at home. Their concentration on top-tier psychological help while also focusing on being in their word "cutting edge" by implementing a focus on general wellness as well.

I was lucky enough to be involved in such impactful projects this past semester. At the beginning of the year, I was a

Though I was not able to gain much experience in how Bet Within You practices, I took away lots of valuable information. On the front my skill development, having Mari's eyes on my writing as it was created formed my style to become more scholarly applicable. On the front of social outreach, I was able to develop effective strategies for engaging clients, and through such, realize the need for therapeutic help,



At Best Within You Therapy and Wellness, psychology is practiced through evidence-based therapies, a holistic wellness approach, and a focus on individualized care. The team integrates Cognitive Behavioral Therapy (CBT), mindfulness,

There were three main points of personal development over this past semester. The first is the capacity for communication. Having scheduled meetings has helped me be more professional in my time frame and execution. The second is scholarly writing. I have developed a fantastic understanding of writing in the scholarly space that will help me for years to come. The last is how to gather clients. The exploration of social media platforms has allowed me to see what methods are most and least effective.



Having the opportunity to peer into a private practice has cleared up my



ABA Solutions LLC, Silver Spring, MD

Presented by Georgia Briggs
University of Maryland, Psychology B.A.

Semester

Background

I found this internship when searching for Registered Behavior Technician jobs on Indeed. I was working at the time with another ABA company and decided to find something more local to College Park so I could continue the job throughout the semester. ABA Solutions' mission is to "provide excellent person-centered services that are evidence-based and rooted in the technologies of Applied Behavior Analysis" (ABA Solutions LLC).

Tasks Performed + Psychology Application

Being trained as a Registered Behavior Technician, my job entails carrying out techniques used in Applied Behavior Analysis. These techniques include but are not limited to discrete trial training, forward and backward prompting, naturalistic teaching, and manding for verbage. Typically, children with autism are nonverbal to some extent, so I work on helping them gradually build their speaking skills so they can thrive in social situations. In this internship, I primarily applied content from my Developmental Psychology courses that I have taken. In this class we discussed the importance of environment in a child's upbringing. I made sure to create a safe learning environment for

ABA Solutions, LLC

Learning Development Plan Progress

A knowledge goal that I had in the beginning of the semester was to "learn more about autism spectrum disorder and how it truly affectes the child academically and socially". I spent a lot of time this semester having conversations with my supervisor and the parents of my client to get a bigger picture of the child's life. I learned about her struggles in school and things I could do to support her growth in that context. A professional development goal I had was to learn the ins and outs of ABA therapy. After my mid semester evaluation, my supervisor said I could improve with seeking clinical guidance more. After that, when I was unclear about something or could just use more support in general I would ask her when she supervised. For example, I was

Skills Learned and Moving Forward

The biggest skill I learned with this internship is the power of mindset. The mindset you go into a session with truly affects the way you interact with your client, your motivation to complete all the tasks, the irritation you will have during behavioral struggles, and the overall experience of the day. Not everyday I have to walk in super bubbly, but I at least need to demonstrate confidence and put my best foot forward. At the end of the day, this is entirely for the client and her progress should be taken very seriously. I will be continuing to work with this client after I graduate in December and resume to everyday hours. I also have contacted ABA Solutions to see if I could add another client. For now, I would like to focus on being an RBT and take in as much as possible. My long term goal is to be a School Psychologist, and I have met with multiple SP"s who have told me that my current job is great experience. I want to continue acquiring clinical hours and



Amigo Care ABA

Presented by Richard Saavedra
University of Maryland, B.S. Psychology

Spring 2025

I discovered Amigo Care by chance during a Psychology exploration night. While applying to two different institutions, both recommended that I reach out to Amigo Care. Upon contacting the company, I promptly received an email inviting me to have a conversation. During my discussion with Alex, we established a strong connection, and he offered me an internship on the spot.

Amigo Care — ABA THERAPY —

Amigo Care provides in-home ABA services for children with ASD , focusing on Latino communities. Founded to deliver high-quality services and comprehensive staff training, their goal is to enhance accessibility for underserved

Association for Behavior Analysis International Conference(ABAI)

Roles/Tasks

-Culturally Responsive Lead Registered Behavior Technician (RBT)
-Parent Training
-ABAI Presenter Conference
-ABA research

Key Progress Points in Development Plan

-Preparing for ABAI conference
–Learned how to effectively communicate with parents/ caregivers and teach how to redirect/ apply interventions.
–Learned how to use probing skills effectively for assessing new material/ knowledge.

Connection to Psychology

-Applied Behavior Analysis (ABA) is a growing field within psychology. It involves key concepts such as reinforcement and punishment, which are fundamental to

Knowledge, Skills, and Abilities

-Literate in Behavior plans
-Introduction to VB-MAPP (Intake assessment)
-Probing skills
-Team working skills
-Creating Behavior Target w/ collaboration of BCBA

Ball State University

-My time at Amigo Care (AC) has been truly amazing and has strengthened my commitment to Applied Behavior Analysis (ABA). The community at AC has encouraged me to connect with other aspiring BCBAs, which has opened doors and created valuable connections that support my journey in ABA. This experience has provided me with both knowledge and genuine support, helping me as I apply to Ball State University for their ABA Master's program with an emphasis on Autism.

BALL STATE UNIVERSITY



Teach For America

Ignite Fellowship (Remote)

Presented by Prem Doshi
University of Maryland, Bachelor of Science in Psychology and Finance

Sophomore; Semester 3

Teach For America, founded in 1989, aims to combat educational inequity by revolutionizing teaching. The program provides low-income and disadvantaged students a quality and interdisciplinary education by partnering with schools through teachers and tutors. Through Handshake, I applied to this internship with supplemental essays and a video response.



Ignite Tutors are consistently shown to positively impact student test scores!



Tasks performed include tutoring, checking for and fostering understanding, tailoring lesson plans to student needs, building trust with students, and creating activities to maintain engagement. Components of Psychology were utilized in creating

This internship enabled me to make great strides in my attitude, skills, and professional development—it helped me to broaden my perspective, maintain organization in my work, and keep students engaged and learning. These all helped me to progress significantly in my Internship Learning Development Plan.



With regards to my Internship Learning Development Plan, this experience has



Arc of PG County

Presented by Marissa Edelman
University of Maryland, Bachelor of Arts Psychology

Fall, 2024

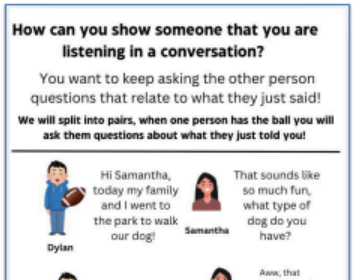
How I Found my Internship
I found my internship at the University of Maryland Psychology career fair. After the fair, I was reached out to and I had a phone interview where I learned about the ARC of PG County, and specifically the career readiness program, Ready@21.

The Arc
Prince George's County
A Caring Community

Arc of PG County Mission
The ARC is a organization with the goal of facilitating funded resources for families and individuals in the PG county community with disabilities. The goal of the organization is to anticipate ways to provide these services to individuals.

Psychology was Practiced
I learned about the important role courses like this can have on young adults and how career readiness courses have the potential to be an impactful intervention. The ARC provides

Projects/Tasks
I was tasked with adding videos/pictures to slideshows for the Ready@21 meetings. I also planned an activity for the ready for advocacy meeting, which is a program designed to encourage self advocacy in the workplace for transitioning youth. I created a worksheet called, "conversation ping pong," which practiced a productive conversational method. In the meetings for Ready@21, I was assigned students to observe and I would write reports for the DOR (Division of Rehabilitation), as this is important for the programs funding.



Progress with fulfilling Learning Development Plan

Internship Goal	Professional Development Goal	Personal Development Goal	Knowledge Goal	Skills Goal	Attitude/Value Goal
What do you plan to learn? (i.e. specifically define the goal)	I would like to learn how to administer mental health first aid, specifically how to administer help to someone who is considering harming themself. I feel this will be helpful, in my future career as I would like to be a clinical psychologist. I feel that this will be an important skill that will be of evidence that I am prepared to enter graduate school, to be an effective psychologist.	I would like to increase my time management. Between my internship, the lab I am working in, applying to graduate school, a leadership position, school work I am very busy. I hope to learn to be effective at time management, so I can put my all into everything I am doing.	I would like to learn more about the curriculum behind creating an effective job coaching program for children and young adults. I want to know more about the research that goes into creating an impactful curriculum.	Learn how to fill out reports for the Division of Rehabilitation, after the meeting of the 21 and ready program.	I hope to continue to grow upon my compassion. In working with individuals with intellectual disabilities I hope to be both accommodatin g and compassionate
Progress with regard to fulfilling Internship Learning Development Plan	I was able to take a workshop on how to identify when someone is having suicidal thoughts, and how to support that individual. However, mental health first aid is still a goal of mine, even though I was not able to receive this training through the ARC.	I had a very busy schedule, working in a lab, holding a leadership position, applying to graduate and taking part in this internship. While, it did hold it's challenges I was successfully able to manage my time and accomplish all my goals for the semester.	I was able to add videos/pictures to slides for the ready@21 program. In having this opportunity, I was able to learn more about the curriculum that was being provided and the specific skills taught.	I was able to learn to complete forms describing how students were doing in the ready @21 program.	I was able to get to know some of the students and learn more about their individual circumstances, allowing me to become more understanding and compassionate.

KSAOs
Knowledge learned about how career readiness programs function, curriculum, and how to create tailored intervention in a classroom setting. Skills, I learned how to write reports for the DOR and providing insightful feedback to supervisors on observations I made during weekly sessions. Abilities, I continued to further develop empathy as I learned more about how care can be tailored to an individuals needs. Others, I attended informational sessions, learning about the services offered for individuals with disabilities and their caregivers.



UMD Olympic Sports Nutrition

Location: Gosset Fieldhouse and Xfinity Center
Presented by Sora Frand
University of Maryland, B.S. Psychology

Fall 2024

How I found the internship:

- Instagram Post

Organization Mission

- To provide evidence-based nutrition education, counseling, and healthy food and hydration for student athletes to maximize performance and overall health, helping athletes maintain a balanced lifestyle both physical and mental health.

Progress with Internship Goals

Projects/Tasks

- Assisted student athletes at the GOS and XFC Fuel Stations
- Stocked shelves with healthy food and hydration options for athletes
- Provided basic education to athletes on pre-and-post workout fuel options
- Created a nutrition email on supplements and immunity, and 3 social media posts throughout the semester
- Tuesday – New Food Demo's



Knowledge/Skills Developed

- Communication

Application of Psychology

- This internship provided me the opportunity to apply cultural competency and maintain respectful communication in serving diverse populations within the student athlete arena.
- I used principles of health and health education psychology throughout my communication as well.



Impact for the Future

- This internship showed me more of the provider-patient relationship, nutritionist-athlete dynamic. I am



Playtime Project

Presented by Lindsey Harmon
University of Maryland, Bachelor of Arts in Psychology and Criminology & Criminal Justice

Fall 2024

BACKGROUND

My internship is located at LaSalle-Backus Elementary School in Washington, D.C. I found this opportunity through Steve Young, an advisor in the Department of Psychology.

MISSION

"Cultivate resilience in children experiencing family housing insecurity by providing and expanding access to transformative play experiences."
We create opportunities for healthy development, advocate for reducing homelessness, and connect families with critical support and resources.

PURPOSE

We provide a safe and nurturing environment for enriching play and developing their educational, emotional, and social skills apart from traditional class instruction.
I facilitated set-up, leading activities, clean-up, and collaborated with leaders in the LaSalle community.



USING SKILLS & PSYCHOLOGY

I strengthened my leadership and communication skills, embraced new perspectives, and learned effective ways for engaging with a group of diverse students.

Psychology was used in my internship for increasing my understanding of child development and providing support for students to effectively manage their emotions and behavior.





LEARNING DEVELOPMENT PLAN

CAREER IMPACTS



Atlas Restaurant Group, Baltimore MD

Presented by: Dylan Kamenetz
University of Maryland, B.A in Psychology

Fall 2024, Junior Year

Projects / Tasks Performed

- Designed and implemented a marketing campaign offering "Buy One Get One Free" pizzas at two locations.
- Created **"Refer a Friend"** where each time you refer someone, and they visit, you earn $5.
- Crafted targeted promotional campaigns and improved **client retention.**
- Organized and tracked loyalty points and monthly spending for **26 restaurants**
- Optimized and designed weekly email campaigns sent to over **20,000 customers**

ATLAS RESTAURANT GROUP

Atlas Restaurant Group's mission is to provide exceptional dining experiences through innovative hospitality and culinary excellence across its 53 locations in five states.

I found this internship by reaching out to the CEO via LinkedIn. After networking and building rapport, eventually I asked for an internship with the marketing team

Psychology in Business

- **Consumer Psychology** in Marketing Campaigns
- Applied Principles of **Scarcity** and **Urgency**
- Observed CEO's / CMO's **Motivational**

Skill Develment

- **Paytronix:** Customer engagement platform
- **Analytical Skills:** Interpret sales data and consumer trends
- **Copywriting:** Email wording, mobile notifications, and subject lines
- **Industry Insight:** Hospitality management and the factors contributing to revenue growth
- **Time Efficiency:** Working remote, communicating via email, completing tasks offline



Future Plans



JLG Manufacturing

Human Resources Intern - Remote Work

Presented by Sarah Koffman
University of Maryland, B.A. Psychology

Fall Semester, 2024

Why JLG?

I found a JLG HR intern job posting for the summer of 2024 and applied for it during fall of 2023. After receiving it, I worked in-person full-time as an intern over the summer and they offered part-time remote work during the school year.
JLG is a construction equipment manufacturing company



Connections to Psychology

- Industrial/Organizational Psychological application
- Employee relations – conflict

JLG Mission Statement

"Through leadership, teamwork and dedication, we provide world-class excellence in quality, service and delivery to our distributors and customers, while delivering opportunities and enrichment for our employees and superior performance for our shareholders."

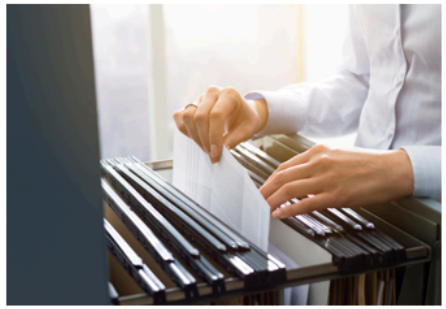


Tasks & Projects

- Updating job descriptions across departments
- Training HR team members on a new timekeeping system

Obtained Knowledge & Skills

- Job analysis process
- Timekeeping and employee leave policies
- Training planning
- Project Management
- Running reports & analyzing data
- I-9 Verification and submission process



What's Next?

This position helped me to better understand my desire to enter into a career in HR and how I hope to be able to help people in the workforce through



American Psychological Association

Presented by Celia Lippert
University of Maryland, Bachelor of Science in Psychology

Fall 2024

The APA is an organization that I have always dreamed of working with. The summer before my fall semester, I searched online to see if the APA had any internships available. From there, I found the APA internship portal and submitted an application for one of the openings. I had two interviews before getting my position.

Model Act for Licensure and Registration of Psychologists

ASPPB
Association of State and Provincial Psychology Boards

APA's mission is to advance the field of psychology to make it accessible to the public and improve lives. They do this by promoting evidence-based scientific knowledge, applying psychology principles to societal issues, increasing public understanding of psychology, and being advocates for the field.

My supervisor was working mainly in the areas of stress and licensure this semester, and many of my projects focused on these topics. My first project was to research parental stress in the U.S. and draft speaking notes for an episode of *The Public Health Review* podcast that my supervisor was being interviewed for. One of my last projects was to read, sort, and summarize the public comments being received for the APA's newest proposal on title and scope of practice for Master's level health services providers.

I've achieved a lot of my learning development goals through this internship. I've had informational interviews/meetings with some of my supervisor's colleagues in the APA, allowing me to build my professional network and learn more about careers in psych. I've learned about topics from licensure to chronic pain

Psychology was practiced heavily in my internship, as the APA's mission involves advancing the field of psychology. I worked on projects that set guidelines for practicing clinicians and informed the public of psychological techniques during times of stress.

I have learned so much about the issues and changes impacting the field of psychology today. My communication skills have improved significantly, as have my research and organizational skills. I have



This internship has impacted my career path in many ways. To start with, I've learned firsthand about many of the issues the field of psychology is currently facing. With the help of my supervisor, I've been able to set up informational



The Together Program

Presented by Andrea Mendoza
University of Maryland, Bachelor of Science in Psychology

Fall 2024

I found this internship on the PSYC Blog which was emailed to me by my advisor. The mission of this organization was to provide free relationship and financial education for low income families. This specifically caught my attention because it promoted healthy family relationships, stability and improved well being.



In this internship, I was entrusted to contact potential clients and get them to join our workshops. I would also contact other

I did follow my learning development plan. I slowly added more responsibilities to my weekly schedule including data management, and more enrollments. I also worked in diverse communities which allowed me to gain new perspectives which allowed me to develop personally and professionally. I did succeed in progressing with my learning plan.



In this internship, I was able to observe case management work which is closely linked to psychology. I was also able to observe workshops where couples would discuss and

This internship allowed me to develop several lifelong skills. Most importantly, I was able to expand upon my communication skills as I spoke to people constantly. I was also able to improve on data analysis skills which is very beneficial. Lastly, I was able to practice my spanish more which is extremely important for my future career.



This internship has given me many skills that will help me in my future career path. This program has also helped me better



Metropolitan Behavioral Health Services

Presented by Teddy Morrow
University of Maryland, Bachelor of Arts in Psychology

1401 Mercantile Ln
Largo, MD 20774

Fall 2024 (Senior)

How I found Metropolitan

I found Metropolitan through the Feller Center internship database. I was looking for a summer internship and reached out to their human resources office by sending them an email. A few months later, I was interviewed and accepted a position.

Mission

At Metropolitan, our mission has been to provide compassionate behavioral health care through a person-centered, family-engaged, and community-focused approach by displaying excellence, respect, integrity, etc.

MBHS
METROPOLITAN BEHAVIORAL HEALTH SERVICES

Projects/Tasks

- Completed PRP (Psychiatric Rehabilitation Program) Progress Reports for Patients
- Organized Medical Records
- Help Patients Schedule Appointments
- Performed Patient Intake



How is Psychology Practiced

Working at a mental health clinic has allowed me to gain experience of what it is like to be involved in clinical and counseling psychology. We use our skills of psychology at Metropolitan to help diagnose and treat patient's suffering from issues surrounding mental health

KSAO's, I developed

- Problem Solving
- Active Listening and Communication
- Organization Skills
- Knowledge Surrounding Mental Health Disorders

Progress on Development Plan

I feel like I have made some substantial progress regarding my goals set for my development. The first noticeable goal that I achieved was developing a more confident laid-back approach. Beforehand, I believed I was in a rush a lot of times to get work done and as a result I missed some of the finer details sometimes. Now that I am further into my internship, I feel like I have developed that confident approach to my work now, which I believe was a result of me gaining experience. Secondly, a goal I believe to have achieved was a personal development goal. After interacting with so many patients over time I was able to develop skills that helped me be more personable with patients. Now that I am further into my internship, interacting with patients has become much easier and natural.



Next Stage

Currently I am applying to graduate schools, and I plan on applying my experience and knowledge that I have gained from my internship towards obtaining my master's degree.



Best Within You Therapy & Wellness

Presented by Jamie Rubin
University of Maryland, Psychology B.A.

Department of Psychology
BE UNDERSTOOD

Fall 2024

Using the resources that the University of Maryland Psychology Department provides, I was able to find my internship. I looked at the different internships that students have worked for and then with the help of Dr. Young, reached out to Best Within You Therapy & Wellness asking if they needed an Intern.

Best Within You Therapy & Wellness' mission is to provide individualized therapy to help patients reach their goals. They use

During this internship I worked on Facebook to promote the person I intern for and recommend him to different patients in need. Furthermore, I wrote different blog posts and worked with the owner on different Instagram posts. One blog post I wrote was about Self-Esteem and Dating Apps.



With the help of Dr. Vincent Fitch, I was able to fulfill my learning goals by learning more about the Psychology field. He

During my time at Best Within You, I have developed and strengthened my organizational skills, writing skills, professional ability, and time management skills. The position helped me understand what working in the Psychology field would be like and how I would need to use these skills to succeed.



Using my conversations with Dr. Fitch, I



Amigo Care ABA

Presented by Richard Saavedra
University of Maryland, B.S. Psychology

Fall 2024

I discovered Amigo Care by chance during a Psychology exploration night. While applying to two different institutions, both recommended that I contact Amigo Care. Upon contacting the company, I promptly received an email inviting me to have a conversation. During my discussion with Alex, we established a strong connection, and he offered me an internship on the spot.

Amigo Care
— ABA THERAPY —

Amigo Care provides in-home ABA services for children with ASD, focusing on Latino communities. Founded to deliver high-quality services and comprehensive staff training, their goal is to enhance accessibility for underserved

Central Reach (CR) is data collection software that helps us collect data during sessions to track progress.

CentralReach

-Registered Behavior Technician (RBT)
-Data Collection
-RBT trainer
-MABA Presenter Conference
-ABA research

Key Progress Points in the Development Plan

-Presented at MABA conference*
-Learned how to effectively and confidently work with my clients, mainly when problem behavior occurs.
-Learned how to collect data effectively in a session and create transparent and objective session notes that accurately reflect the data and the day's events.

Connection to Psychology

-ABA is a branch of psychology that is currently growing and is very important. This field actively connects to some

Knowledge, Skills, and Abilities

-ABA Knowledge (RBT level)
-Data collection skills (via CR)
-Public Speaking skills
-Team working skills

ABA Master Programs

-At Amigo Care, I discovered a community that encourages academic growth. The support and motivation I have experienced here are unparalleled, providing me with the necessary impetus to pursue graduate school. I have indeed developed a passion for Applied Behavior Analysis (ABA) and am excited to continue my education on the path to becoming a Board Certified Behavior Analyst (BCBA).





1Cadamy

Presented by Helen Yin
University of Maryland, Bachelor of Science in Psychology

Fall 2024

I found this internship through Indeed, a job finder website and applied online through their application portal. My organization's mission is to provide an innovative learning approach to various topics; I focused on clinical psychology topics. The model is based upon breaking down complex information into micro content within a knowledge graph, with pieces of information linked to each other. Once one topic is mastered, users can continue on to the next topics



1Cademy

Throughout this internship, I conducted clinical psychology literature review to summarize literature findings, theories, and methodologies to contribute to the knowledge graph. I presenting my contributions in weekly meetings, while also discussing other interns' weekly projects. In regards to my learning plan, I've accomplished my knowledge and skills goal, as I've reviewed many journal articles and wrote up micro content to share the findings. I've gained greater knowledge in psychological theory

I hope to continue in this path of psychological research and perhaps even conduct my own research in the future. I am sure that the knowledge of psychological theories and methodologies will help me in this next step. In addition, the writing and research skills I have gained should help me not only review past research, but write up new research as well. This internship has prepared me for future opportunities in the field of psychological research, which I am eager to pursue.





S.A.F.E. Counseling Services

6201 Greenbelt Road, Berwyn Heights, Maryland 20740

Presented by Abby Simmons
University of Maryland, Bachelor of Arts Psychology

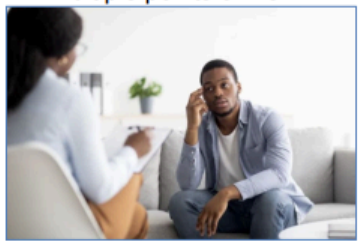
Fall 2024

Over the course of the fall semester, I interned at S.A.F.E. Counseling Services. I found this internship through the University of Maryland's Psychology undergraduate internship sites directory. S.A.F.E. stands for self authentically forever evolving. This organization's mission is to provide substance use disorder counseling as well as mental health counseling for adults, adolescents, and children.



My responsibilities while interning included shadowing clients. I shadowed a myriad of clients and observed how various mental health issues show up in the lives of clients. I watched how a

I learned various therapeutic helping skills and learned how to apply them properly on a client-to-client basis. I was able to discover my personal strengths and areas for improvement. Through shadowing multiple clients, I was able to learn how to properly navigate conversations with clients. It was also through this that I was exposed to multiple different cultures and beliefs allowing me to become more open to multiple points of view.



Psychology was practiced in this internship through the application of various therapeutic applications. Several were used in sessions with clients, which allowed me to observe

Over the course of my internship I gained knowledge and developed skills and abilities. I learned about different psychological theories that I had not heard about before. One of these is the birth order theory, which suggests that the order in which a child is born affects their personality and life outcomes. One skill that I developed is how to professionally communicate with my site supervisor as well as fellow interns. Additionally, I developed the ability to speak to potential clients. I also had the opportunity to experience community outreach, which allowed me to develop my ability to teach people about the importance of mental health and gain new prospective clients for the organization.



This internship provided me with the clarity that



Montgomery County Family Justice Center

Presented by Rina Aschemann
University of Maryland, Psychology B.S., Nonprofit Leadership Minor

Fall 2024

Finding the FJC

I was able to find my internship with the Family Justice Center in Montgomery County through the UMD Psychology Blog postings. During the winter break of my first year, I saw the opportunity posted and applied online. After a written application and interview, I got the job!



Mission Statement

The FJC works with victims of domestic violence in Montgomery County to help them better their lives. Their mission statement is to promote safety,

Tasks and Projects

While interning at the FJC, my primary task was to work at the intake desk. In this role, I conducted conflict checks for new clients and managed a list of appointments taking place in the office. I was also in charge of answering the phone and connecting clients with client assistants. Additionally, I was tasked with several organizational projects sorting donations we received. I also had the opportunity to create social media posts for October, Domestic Violence Awareness Month; update the organization's resource directory; and coordinate poster drop-offs with local businesses.



Knowledge, Skills, Abilities Developed

During my internship, I learned a variety of skills, from

Psychology Application and Learning Development Plan

The client assistants used psychological practices such as active listening, empathy, and partnerships with free therapy services. I was able to accomplish several of my goals this semester. I learned how client assistants engage with clients in an empathetic, effective way. Additionally, I researched community organizations to learn about many ways local governments can help people in situations such as domestic violence. Through it all, I increased my self-confidence in a professional setting.

MONTGOMERY COUNTY • MARYLAND
FAMILY JUSTICE CENTER

Future Steps

After this internship, I am more sure than



Maryland Psychiatric Research Center
Catonsville, MD

Presented by Natalia Rincon
University of Maryland, Bachelor of Science (B.S.) in Psychology

UNIVERSITY of MARYLAND SCHOOL OF MEDICINE
MARYLAND PSYCHIATRIC RESEARCH CENTER

Fall 2023

Finding the Maryland Psychiatric Research Center

Last semester, I was doing pre-clinical addiction research on rodents. I was looking to switch to a human addiction research and found the Maryland Psychiatric Research Center (MPRC) in Catonsville, MD. I found their Treatment Research Program to be of particular interest, specifically the Baltimore Addiction Research Lab, as it is a perfect intersection of psychology, neuroscience, addiction, and pharmacology. I reached out to the Principal Investigator, Dr. Daniel Roche, and secured a spot working in the lab as an undergraduate research assistant.

Treatment Research Program Logo



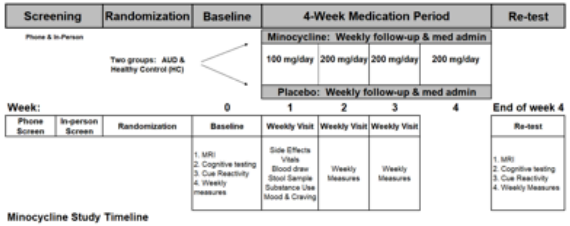
Maryland Psychiatric Research Center

Maryland Psychiatric Research Center's Mission

My internship site aims to provide treatment to patients with substance use disorders, educating professionals and consumers about the disorders, and conducting basic and translational research into the

Projects and Tasks

My central task as a research assistant was to help the lab's primary and ongoing clinical drug trial. The study investigates the effects of the antibiotic, minocycline, on neuroinflammation and the gut microbiome in individuals with alcohol use disorder and healthy controls. As a research assistant, I helped conduct weekly visits with participants and collected a variety of samples from them. I assisted the primary research assistants and graduate student with conducting phone screens for eligibility, organizing samples, and inputting data into an online database called REDCap. These projects and tasks have contributed to me meeting my professional and personal development goals as well as my knowledge, skills, and attitude/value goals.



Minocycline Study Timeline

Application to Psychology

Through this internship, I have been able to apply a lot of knowledge I have learned through my major to the tasks I performed. I learned about the psychology behind the assessments and treatments of addiction and addictive

Knowledge, Skills, and Abilities

Some skills and abilities I have developed during my internship include participant recruitment and screening, processing, organizing, and storing blood samples for trial, administering questionnaires and measurements for participant weekly visits during trial, collecting participant vitals, and participating in journal club presentations. I have learned time-management, how to appropriately interact with study participants in person and on the phone, self-motivation, and collaboration. I have gained more knowledge on the complexities and difficulties behind running a study, the assessments, measures, and samples that will be used for data analyses, and their significance to the overall study.



Baltimore Addiction Research Lab

Impact of My Internship at MPRC

This internship experience has been extremely valuable for me as it pertains to my future interests in grad school and future career path. I intend to pursue a PhD in neuroscience in the future and this internship has



St. Jerome's Counseling Program

Hyattsville, Maryland

Presented by Maria Ramos
University of Maryland, B.S. in Psychology, Minor in General Business and Neuroscience

Fall 2023

Finding St. Jerome's Counseling Program (SJCP)

I learned about this opportunity by conducting an informational interview. A priest told me about this program, and after reading about the program, I decided to reach out and speak with the Clinical Director about her experience and career path. I inquired about internship opportunities, and to my surprise, there was an opening.



SJCP Mission

The goal of this program is to assist individuals, couples, families, and children by offering affordable counseling services.

Projects & Tasks

The central tasks I completed were administrative-related. I used a software called Theranest to add clients to the system and collect necessary paperwork. I emailed and called clients informing them about our services and payment process. I also designed flyers for SJCP webinar series.



Application of Psychology

While working with clients, I applied skills that many of my classes have stressed the importance of for entering helping professions. For example, I expressed empathy and non-judgment when speaking with clients. I also grew in my understanding of the importance of being culturally sensitive. Many different people seek therapy, and I found that remaining

Knowledge, Skills, Abilities

I was able to develop many skills during my internship at SJCP. By working remotely, I developed my time management and task prioritization skills. I learned to work efficiently while putting my best work forward and problem-solve when unique issues arose. I also learned how to use a management software I was unfamiliar with. Finally, I learned to conduct myself professionally and engage collaboratively to complete tasks involving multiple people.



Internship Impact

This internship has impacted my future career goals. Before finding this internship, I did not know about faith-based



Maryland Psychiatric Research Center

Presented by Gabrielle Pakravan
University of Maryland, Psychology B.S.

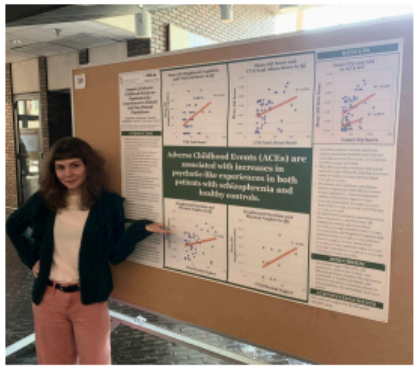
Fall 2023

During my search for internships, I spoke to a friend who had worked at the MPRC for many years and highly suggested that I apply. I did just that and eventually secured my current position as undergraduate clinical research assistant under Dr. James Waltz's in his neuropsychiatric lab.
The MPRC is dedicated to providing psychiatric care, treatment, and research of the highest quality. The goal of my study titled REWARD6 is to be able to characterize specific impairments in different aspects of reinforcement processing, and their relationships to the psychopathology of schizophrenia.



Throughout this experience, I have been held responsible for consenting and screening study participants, collecting and analyzing biological

In terms of my learning development plan, I have either reached or made significant progress in reaching every single goal I listed. I am in the process of co-authoring a paper, I have become adept at answering phone calls, I have learned a lot about the process of MRI imaging from our resident MRI tech, I have shadowed and practiced numerous clinical interviews, and I have developed fantastic relationships with my coworkers and boss Dr. Waltz.



I have also developed skills during my time at the MPRC which I did not anticipate and yet are

I have gained a ton of valuable experience and developed essential skills at the MPRC which I will definitely be utilizing for the rest of my career journey going forward. The wide range of tasks I have been given from writing papers, giving scientific presentations, learning RStudio, interacting with patients with schizophrenia, and just generally learning the intricate workings of a psychology lab are experiences that I will carry with me forever. I am endlessly grateful to my coworkers and mentors who have offered me such an incredible opportunity and guided me the whole way through.



As I finish out my last year of study at UMD, I am now looking towards the future and my prospects



Playtime Project

1525 Newton St NW, Washington, DC 20010

Presented by Anna Mullen
University of Maryland, Bachelor of Science in Psychology

Fall 2023

I found my internship with Playtime Project through a friend who was taking a Human Development course and received an email sent to all students in the course alerting them to the opportunity.



Playtime Project's mission is to foster resilience and social

At my internship, I attend programming twice a week at two of the organization's partnering sites, engaging in play activities with children and assisting in facilitating communication with parents and the planning of events. Outside of program, I assist in the creation of 'Success Plans' to address the needs of children in need of additional emotional or behavioral support and attend staff meetings to discuss their progress and next steps to take.

Playtime Project

I made progress towards all five of the goals outlined in my Learning Goal Development Plan:

1. Learn how social workers can support families experiencing homelessness
   a. In addition to playing with children during Playtime, social workers in the organization collaborated with families to provide resources like clothing, diapers, and wheelchairs, in addition to referral to services such as substance abuse treatment for parents. I learned that social workers can best serve families by providing holistic support and addressing multiple dimensions of needs.
2. Become more attuned to and engaged with my neighbors/people in my community; earn the trust of families at my internship sites
   a. I gained a more intimate understanding of the experiences of people in my community who are housing-insecure and how their experiences differ from my own despite living in the same area; my privilege affords me a more positive experience of College Park than some of the families attending Playtime.
   b. Since starting, parents have become increasingly comfortable leaving their children with us and becoming less hypervigilant about watching over their children during program.
3. Understand the mechanisms of how informal play can promote resilience
   a. Informal play fosters imagination and gives children an opportunity to play out interpersonal

Psychology was practiced in my internship through the creation of Success Plans and SEL curriculum, which aimed to improve psychological outcomes for the children both short and long term.

Through my internship, I developed an understanding of the specific needs of children/families experiencing housing insecurity and how they differ from the needs of families who are not housing insecure. I became better at engaging meaningfully with children, mediating conflicts, and communicating with parents.



My internship helped me realize that I



Ivymount School

Rockville, MD

Presented by Maddie Mihavetz
University of Maryland, Bachelor of Arts in Psychology

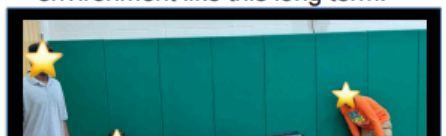
Fall 2023

I found this internship through other UMD psychology students mini-posters from previous years with the help of my advisor. Ivymount's mission prioritizes compassion and science-based support to assist in the autonomy and success of the students. During my time at my internship, I participated in various staff trainings, taught and led lessons for students, ran and monitored behavioral scales, provided support for head teachers, and offered students assistance and redirections while promoting positive behaviors.



My time at my internship has helped me greatly improve my presentation and public speaking skills while also learning how to conduct myself in a more professional manner which were all goals on my Learning Development Plan. Psychology was practiced in this internship by using properties of ABA therapy and implementing skills to help students with emotion regulation and positive behaviors. We used behavior skills and point systems to track student

Throughout my internship, I have greatly improved my professional communication skills as well as my punctuality and eagerness to perform a new task. I learned the value of patience and flexibility and have become more comfortable adapting to new tasks thrown my way. I have grown more confident over the past months at Ivymount and continue to improve upon my ability and willingness to ask for help or clarification. This internship has been very impactful as I plan to continue it for the remainder of the academic year. It has given me quality experiential learning that I can take with me if I go to Graduate school or in my future jobs. I could certainly see myself working in an environment like this long term.





American Psychological Association Office of Precollege and Undergraduate Education

Presented by Alice English
University of Maryland, Bachelor of Arts in Psychology

Fall 2023

Finding APA

I found this position through APA by conducting extensive online research. I interviewed for an internship back in May of 2023 after discovering APA's internship site directory. Their directory lists the many offices at APA that are actively seeking interns. After reviewing every offices' mission statement and application materials, I was afforded the opportunity to work alongside APA's Precollege and Undergraduate Education (PCUE) staff.

PCUE's Mission

PCUE works to advance the teaching and learning of psychology in secondary schools, community colleges and undergraduate programs by providing resources and professional development opportunities to teachers, faculty members, and students.



Projects & Application of Psychology

Around the start of my internship, I was given a regional associations task. My job was to research APA's seven regional psychological associations and their conference plans for 2024. Thereafter, I was tasked with writing articles for the Psychology Teacher/Student Network to inform readers of the details for each regional conference.



The work for this project, among many others, relates to the dissemination and expansion of psychological research. I was able to harness my professional writing skills and cater my writing to a vast array of audiences. In doing so, I got to expand

Skills Developed

- Professional communication
- Scholarly writing
- Psychological research
- Workforce collaboration skills
- Project management skills
- Microsoft Suite (Word, Outlook, Excel and PowerPoint)



Future Directions

Upon securing this internship position, I have solidified my interest in psychological research. My senior office director, Sue



Latin American Montessori Bilingual Public Charter School of DC

Presented by Albert Dimont
University of Maryland, BA in English and Psychology

Fall 2023

Finding My Internship: As I usually do, this past summer I waited until the last minute to find a job or internship. In June, I got an email from the English Undergraduate Dept. with a job advertisement for the Latin American Montessori Bilingual Public Charter School. I replied and quickly set up an interview. My boss, the interviewer, was kind and offered me a job. However, it was for the fall, not summer. Still, I took it and was able to get credit as well.

LAMB PCS's Mission: LAMB PCS's aim is to create a learning space tailored for students with a Latin background. However, LAMB PCS caters to all students in the area, providing them with a Montessori-style education with an emphasis on exploration and individual discovery.

Job Description: Generally, I was an assistant to after-care teachers. My job was to help teachers



Learning-Development Plan Progress: I had five goals for this semester: I wanted to learn to (1) interact with children, (2) assert myself, (3) gain attention from others, (4) learn my worth (not be taken advantage by others), and (5) work well in a group. I did a good job learning to interact with children. I learned that you just have to ask them questions and they'll respond. I did okay asserting myself. I learned that you do not always have to be the "nice" guy, but, still, it is hard for me to not always strive to make everyone happy. I still have a lot of work to do to get people's attention. I don't have a particularly loud voice and to get everyone on task requires a level of engagement that I need to practice. I'm definitely finding my own self-worth. I have learned not to let people walk all over me, for example, saying "no" when children ask permission for something they shouldn't be doing. Still, it is hard for a people-pleaser like me to say "no." Finally, I was successful in group work. Maybe too successful, as my people-pleasing attitude made it easy to work well with others.

Practice of Psychology: Psychology includes anything related to the inner-workings of the brain all the way to the way in which we interact with others. LAMB PCS included all

Knowledge, Skills, and Abilities: I gained knowledge and several skills and abilities from my internship. For one, I now know the intricate organization required to run a classroom. Everything from the placement of the desk to pick-up at the end of the day must be worked out prior. Activities must be planned months in advance for them to happen and, in case of cancellations, back-up ones must be planned too. Further, I gained several skills and abilities as well. I can better direct a classroom on my own. Although I am not perfect, I can also get students' attention, explain an activity, and help them if they have questions. Also, my organizational abilities improved as I was required to collect students from several classroom and bring them to different places, all at once. At first, it was a mess. I brought students to the wrong places at the wrong times. Soon, though, I was able to figure out what worked for me and came up with a system that got everyone where they needed to go.



Impact On My Future: I now know that teaching is a profession that I am good at. However, I don't know if I



Child and Family Therapy Clinic
Kennedy Krieger Institute Columbia, MD

Presented by Hannah Braimoh
University of Maryland, Psychology B.S.

Fall 2023

How did I find the Child and Family Therapy Clinic?

I was curious about opportunities that I can participate in as an undergraduate student that would allow me to translate my theoretical knowledge from Social Psychology into practice. I contacted Steve Young by e-mail and met with him to discuss PSYC389 and internship opportunities. He introduced me to the Child and Family Therapy Clinic.



Mission: "To **transform the lives** of children, youth and adults with, and those at risk for

Tasks and Responsibilities

- Scored behavioral assessments for anxiety, depression, and ADHD.
- Completed paperwork (scanning, copying, entering T-scores into documents, etc.).
- Observed postdoctoral therapy sessions.
- Observed supervisions between the postdoctoral psychologists and supervisors.
- Completed a special project involving creating practice assessments for future interns.



Progress with Learning Development Plan

Psychology Topics Involved in Internship

Feelings and Emotion
Behavioral Assessment and Modification
Group and Team Dynamics
Organizational Behavior and Leadership

Impact on Career Path

- Hands-on experience in psychology field
- Comparable to graduate school work
- Confirmed interest in therapy



Knowledge and Skills Developed

- Assessment scoring



Perinatal Associates of the Mid-Atlantic, Rockville MD

Presented by Sydney Arlen
University of Maryland, Psychology B.S

Fall 2023

I found the internship at Perinatal Associates of the Mid-Atlantic in Rockville, MD by reaching out to genetic counselors on the NSGC website. This proactive networking approach led to direct connections, discussions about potential opportunities, and eventually securing the internship. Perinatal Associates of the Mid-Atlantic specializes in high-risk pregnancies, addressing conditions like diabetes, hypertension, and genetic concerns.



As an intern at Perinatal Associates of the Mid-Atlantic, my primary focus was on projects related to Advanced Maternal Age

Psychology was applied in the internship to support the emotional needs of expectant mothers with high-risk pregnancies, integrating mental health considerations into the comprehensive care provided.



I successfully connected with genetic counselors, gaining valuable insights for professional development. Leveraging this internship, I navigated the grad school application process, feeling confident in my approach. Through patient shadowing, I now understand complex genetic diseases, and I've developed counseling skills

Through the internship, I developed a comprehensive understanding of complex genetic diseases associated with pregnancy, enhancing my knowledge in the field. Additionally, I honed my counseling skills, gaining the ability to engage in effective, supportive conversations with expectant mothers. The experience also allowed me to further refine my abilities in data analysis, contributing to a more holistic approach to patient care.



This internship has significantly influenced my trajectory, providing



Best Within You Therapy & Wellness

Presented by Jacqueline Zimmerman
University of Maryland, Psychology

Fall, 2022

How I found it:
I found this virtual internship through the Undergraduate Internship Sites Directory and email listserv. After reading about the internship posting in an email, I immediately applied.

What is it?
Best Within You Therapy & Wellness is a private group therapy practice located in Atlanta, Georgia. The group practice uses Psycpact to serve clients in 30 states across the United States.

What I did:
My tasks included writing research based blog posts, managing therapy

Psychology at The Site:
I utilized my education in psychology to integrate psychological research for each blog post that I wrote. Further, I recognized that every psychologist in this group practice utilizes evidence-based approaches to treat each client in a personalized way. Many of the psychologists at this practice specialize in eating disorders, trauma, depression and anxiety, sports psychology, and couples and family counseling.

Knowledge, Skills, and Abilities Developed:
I was able to learn the importance of matching a client with a psychologist

How it Has Impacted Me:
This internship really provided me with insight on the business end of how a private practice functions. I was also able to gain knowledge on the importance of the therapeutic-relationship between a psychologist and the client. Overall, this opportunity really enhanced my professional abilities and my personal confidence.



Next Steps:
I will take the professional and educational skills that I learned with me as I pursue licensure in graduate school.



Well-Being & Psychological Services

Presented by Silvia Serrano
University of Maryland, B.A. Psychology

Fall 2022

Internship

I found my internship back in February when my Psychology Research Empowerment Program (PREP) professor, Dr. Naz sent me an email looking for undergraduate interns for the private practice I am currently working for (Well-Being & Psychological Services).

Mission

My organization's mission is to provide effective, compassionate, and comprehensive therapeutic interventions to support individuals and their families. In association with the private practice, my supervisor oversees a social-emotional learning (SEL) program whose mission is to cultivate compassionate and aware minds in students, schools, families, and communities.



Practice

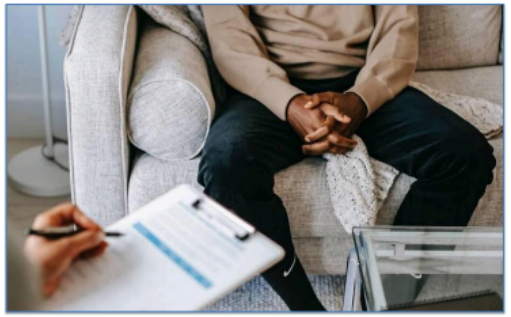
Task

My tasks require me to attend live therapy sessions via zoom and code using the Clinical Directed Interaction (CDI) coding sheet during family therapy. For the SEL program, I am the social media manager. This title requires me to review the SEL curriculums, condense each lesson into a post, and post it on Instagram. I make all posts in English and Spanish which total over six posts per week. Additionally, I attended a weekly Caregiver Lunch and Learns and taught caregivers about the safety modes on social media platforms.

Well-Being & Psychological Services
Child, Adolescent, Adult and Family

Knowledge, Skills, and Abilities

As I reflect on my experiences in this internship, I have learned what it takes to run a private practice and an SEL program for bilingual children living in poverty. These experiences together have given me the opportunity to learn more about myself and the career moves I want to make. As for the skills I have gained



Internship Learning Development Plan

I am proud to say I have reached my goals. I was able to understand how finances work when owning a private practice (goal 1). I have come to understand that I am dependable and determined (strengths), but I still have to continue working on my time management (weakness) (goal 2). Additionally, I gathered information to gain more followers and we did (goals 3 and 4)! Lastly, I have been challenged to become receptive to feedback, which I no longer have an issue with receiving feedback (goal 5).

Next Stages

This internship has impacted the following stages of my life as it has reassured my desire to become a



Washington English Center

Washington, D.C. / Virtual

Presented by Artashes Sahakyan
University of Maryland, B.A. in Psychology, Minor in LGBT Studies

Fall 2022

How I found WEC

I found my internship on the *Volunteer Match* website. I filled out the internship application, and WEC contacted me. I made an interview appointment with my supervisor and received the opportunity.



The Mission of WEC

To provide affordable English-language instruction and workforce programs to adult immigrants using volunteers.

Tasks Performed

- Attended scheduled events and mandatory trainings

Progress and Development Plan

As stated in my Internship Development Plan, I gained self-reliance, self-confidence in the ESL teaching field, and a better understanding of multicultural perspectives. I achieved 85% of my learning Development Plan, and since I still have more to accomplish with WEC, I will continue my internship for another semester.

Washington English Center

Psychology and my Internship

- Human learning and Cognition
- Educational Psychology
- Instructional System Development
- Multicultural Psychology

Knowledge, Skills, and Abilities

- Gained knowledge on how to work effectively within multicultural environments
- Improved oral and written communication skills
- Gained a positive attitude toward people in need of help
- Improved adaptability



Next Steps

The internship with WEC allowed me to meet with like-minded people, learn from them and develop contacts in the field. Today I am more confident working with



Maryland Coalition of Families

Presented by Nathaniel Alton
University of Maryland, Psychology

Fall 2022

My Role:

At MCF my position is the Youth Engagement Specialist. I have a variety of different jobs but my main ones are: organizing and planning events, collaborating with other organizations, tabling at events at different universities, facilitating support groups, assisting with outreach efforts, and serving on various governmental committees.

MCF Mission:

"Using our personal experience caring for loved ones with behavioral health needs, we connect, support and empower Maryland's families and advocate to improve systems that impact individuals with behavioral health challenges."



MCF is a nonprofit organization

Applications of Psychology:

One of the unique things about working at MCF is that since they are a peer support organization and not clinical, I was able to facilitate the support groups myself. I got first-hand practice of being a therapist. I was able to apply many of the different skills and techniques I learned through Counseling Psychology and other Psychology courses.





Elite Performance Psychology

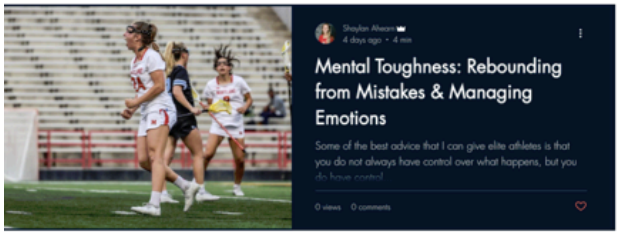
Mission: The mission of EPP is to work with athlete's to achieve elite performance on and off the field. They are passionate about working with a diverse group of athlete's to address all types of mental health needs and barriers, helping athlete's become aware, resilient, and adaptive.

Presented by Shaylan Ahearn
University of Maryland, Bachelor of Arts in Psychology

Spring 2023

Opportunity:

I found this internship opportunity through a family friend that got in contact with my mom. I was doing a workshop with a group of young lacrosse girls and was introduced to Elite performance Psychology afterwards. When I reached out they were excited to have a young athlete on board and created an internship opportunity for me.



Knowledge and skills learned:

I have acquired so much knowledge and aa handful of new skills through this internship experience. First, the ability to assess an issue that an athlete may be having and consider the multiple factors that could be leading to a negative feeling or thought process. I have also learned how to approach clinical and therapy situations from a ethical and liability perspective as well. This

Next Steps:

This internship has shown me that I do want to take the next step in pursuing my graduate degree in clinical psychology. I want to also get my CMPC so I am more qualified to work with athletes specifically in the realm of performance enhancement and mental skills. This internship made me consider other options like getting a masters and licensure or going into social work, but after talking to all my supervisors and telling them my goals and interests within the field I have decided I want to get my PsyD in clinical psychology and then have my hours be focused in the athletic department of the school I attend.



My Role:

- Writing blog posts
- Writing blog posts abstracts

Implementation of Development Plan:

I was successful at reaching my developmental plan goals I had written at the beginning of this semester! I learned how to best reach athletes and what mental skills are beneficial depending on the type of person and type of stress or barrier they are experiencing. As for my personal goal of becoming more self-aware, this internship helped me realize that I want to focus my work with younger elite athletes. I felt most comfortable and natural with those clients. I absolutely developed the skill goal of developing better social media skills as I can know use canva to create Instagram posts, flyers, etc. Lastly, I was able to receive constructive criticism on all of my blogs, vlogs, and content creations and I was able to digest the criticism and make changes to better my work and learn from professionals.

ELITE PERFORMANCE PSYCHOLOGY

How Psychology was present?

Psychology was practiced through my entire internship since I was interning for a mental performance private practice. I was able to research mental skills and the way athletes think an feel



Cornerstone Montgomery

Paint Branch Cluster

Presented by Madalyn Dancer, Class of 2023
University of Maryland, Bachelor of Arts in Psychology

Spring Semester 2023

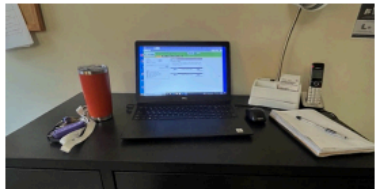
I found Cornerstone Montgomery by researching on the psychology department resources page on past internships that psych students had participated in. I was fascinated with the organization's mission which included being bearers of HOPE to clients., empowering people living with mental health and co-occurring substance use disorders to work towards their treatment, education, community collaboration, and advocacy. I was able to incorporate and experience majority of content I have learned throughout my classes in psychology. Especially including adult psychopathology, multicultural psychology, addictive behaviors, clinical judgement, as well as getting real practice of counseling theories (specifically the humanistic approach to counseling).





Throughout the hours I worked, I developed my own caseload of 6 clients who I created treatment plans with, communicated with their providers, assisted in managing appointments, medication monitoring, counseling in daily life skills, and building rapport with my clients. I attended staff meetings to collaborate with staff members on next steps for clients and to discuss how we can better provide support. I have grown in all my learning development goals. I have completed legal/financial documents with clients, I have

I have developed skills throughout the semester in clinical judgement, counseling, activities of daily living, understanding work boundaries, documentation quality, when to ask for help, building rapport, professionalism, building confidence, and overall empathy. I got to develop skills from trainings in the stages of change, CPR, crisis intervention and de-escalation, entitlements, psychopathology, and many more. This job has helped shaped what I want to do in my future career including wanting to now work with adults and adolescence, it has also made me realize things I I want or don't want to focus on in my career – for example, the job helped shape my pursuit of my grad program as I will be getting my masters in mental health counseling versus social work as counseling skills was what I was most passionate about at work.





AACI Student Connect– Remote

Presented by Tamar Fineberg
University of Maryland, Bachelor of Arts in Psychology

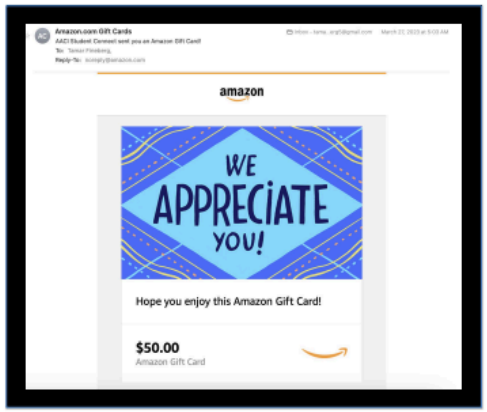
Sophomore, Spring 2023

*LDP = Progress with regard to fulfilling Internship Learning Development Plan

I found this internship, as a Recruiter for AACI Student Connect, through a friend of mine who works there. We both attended a program this past summer and she forwarded this opportunity to the programs group chat. I jumped at the opportunity, and have been working with AACI Student Connect to complete their mission of connecting Jews in Israel with others from around the world ever since. The hope is that each participant comes out of their cohort having explored their Jewish identity, connected with Israel, as well as making a personal and professional connection with their partner.

AACI Student Connect in partnership with JAFI pairs Jewish university students from Israel and the diaspora to bridge the large disconnect. The program allows participants to explore their Jewish identity, creates real human connections between Jews in Israel and in the Diaspora and provides the resources for the participants to continue their Jewish journey.

This program connects students from Israel and around the world, for 1:1 online conversations. Dialogue prompts facilitate the discussion, as



The projects that my coworkers and I perform include posting on the companies social media, discussing new ways to market the program, and recruiting participants. Psychology can be applied in this role because it is always a question of what will draw another human being towards us, especially when discussing the most effective way to advertise the program. We research different kinds of media that generally entice people to join clubs or groups; the main tactic we discovered was to include a prize

Throughout this internship, I have gained more knowledge, developed more skills, and discovered new abilities. My knowledge about the different kinds of Jews there are around the globe expanded immensely over the past few months; I learned specific details about others lives, which I was able to reference during our closing session and felt I'd grown because of the inspiring words/actions of others (*LDP). My language skills have grown throughout the many conversations this program has forced me to have; I feel better equipped to speak in Hebrew and have actually spent the last few calls with my partner strictly communicating in Hebrew (*LDP). My ability to engage with and communicate properly with others who work with me as well as those who participated in the program expanded for the better (*LDP). I will definitely be taking the skills, abilities, and knowledge that I have gained this semester into the next stages of my life. Being able to connect with others, speak different languages, have general people skills, and communicate properly are all applicable, no matter the field of work.



Kennedy Krieger Child and Family Therapy Clinic

Presented by Jordan Freeman
University of Maryland, Bachelor of Arts in Psychology

Spring 2023

A Look into My Internship Experience

I secured the internship through my academic advisor's recommendation, who spoke highly of Kennedy Krieger Institute's prestigious reputation and expertise in my area of interest. The organization's mission is to provide high-quality, evidence-based treatment to children and families with a wide range of behavioral and emotional issues. During my time there, I had the opportunity to observe live therapy sessions through one-way mirrors and participate in supervision meetings with postdoctorates and licensed psychologists, where I asked questions and provided input. I was also responsible for scoring various psychological measures such as MASC2 and CDI2 to aid in treatment planning. Overall, the experience provided me with valuable exposure to clinical practice in a reputable institution.



Psychology in Action: Developing Knowledge, Skills, and Abilities in my Experience

I was able to use the knowledge and skills I have gained in my psychology studies to real-world situations during my experience, which has been both fascinating and difficult. It was particularly intriguing to see how diverse problems were treated using various therapeutic techniques, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and psychodynamic approaches. During treatment sessions, I had the privilege of watching these methods in action, and I was able to talk about my observations and ask questions during collaboration meetings. Additionally, I gained useful expertise in scoring

Learning Development Plan

During my internship, I diligently reviewed my Learning Development Plan on a weekly basis and worked hard to achieve my goals. I am pleased to say that I successfully fulfilled all objectives, including professional and personal development, knowledge, skills, and attitudes/values goals. In particular, I am proud of achieving my personal development goal, which involved building relationships with coworkers to expand my network and learn from them. As an introvert, this was a challenging task, but I ultimately made valuable connections and friendships by the end of my internship. Overall, I consider my Learning Development Plan a success and feel that I have made significant progress towards my professional growth.



Next Stages: Graduate School

I have gotten the opportunity to interact with post-doctorates, whom



Your Career Kickstart

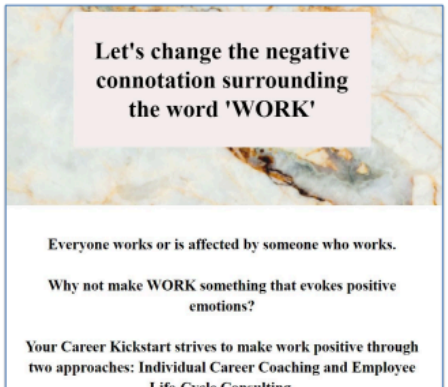
Columbia, MD

Presented by Hannah Swank
University of Maryland, Bachelor of Arts in Psychology

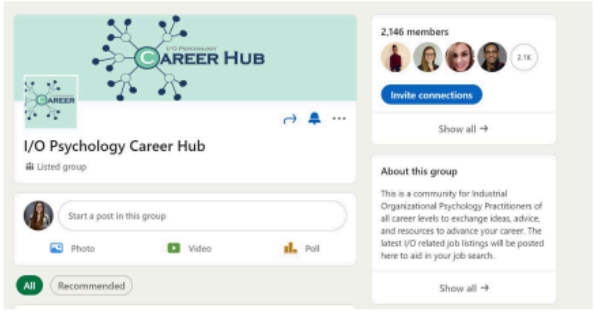
Spring 2023

I found my internship after attending the Everything I/O Psychology Networking Event on Wednesday, October 19, 2022.

The creator and CEO of the organization Jasmine Kelly and I really hit it off at the event. After following up with her via email, she offered me a position that I have been active in since.



Some projects I have worked on include merging two masterclasses, as I developed multiple presentations that will be offered in courses available for purchase on the organization's website.



I also worked on a lot of market research for the organization and have been collecting data on our organization's I/O Psychology audience on LinkedIn.

I believe that I have made sufficient

At Your Career Kickstart, we use psychological theories and practices to help facilitate the job search process within the courses I worked on that we offer to up and coming professionals in the field of I/O.



I have gained new **knowledge** of what it means to be an I/O practitioner and the difficulties involved in breaking into such a new field. I have refined my computer software proficiency **skills** by learning how to use Canva. I have also gained new **abilities** when it comes to organizing and planning work, as I am now able to accomplish much more than I was before the internship.

This internship has impacted the next



ARK Counseling & Wellness Center

Presented by Everett Houser
University of Maryland, Bachelor's of Science in Psychology

Spring 2023

I found the Ark Counseling and Wellness Center internship from the University of Maryland's 'Career4Terps' website. I found the internship posting and decided to complete a cold email to their organization. I emailed the CEO my resume and a cover letter detailing my interest to join their team. ARK Counselings' mission is to be an outreach for people of all ages who are in need. They provide a variety of services directed to improving the quality of life for their clients.



proposal, I studied DBT training, and even was given the opportunity to type of an actual grant proposal to be submitted. In relation to fulfilling my Internship Learning Development Plan,



I believe that I have completed my goals. I was able to create my own grant proposal to be submitted. I also was able to learn about dialect behavioral therapy. Psychology was practiced in this internship by focusing on community based initiatives. Many

pleasure of gaining numerous knowledge, skills, and abilities. These include learning about non-profit organizations and the effort it takes to start up one and to gain funds. I also completed DBT training. This allows me to capitalize on future interventions that I am apart of with clients so I can conduct more effective talk therapy sessions. This internship impacted how I view



nonprofit organizations. I have tremendous respect for those who work



Aha! Wellness Center

Presented by Sarah Epstein
University of Maryland, BA Psychology

Fall 2022

How I found the internship

I originally found this internship through my mother who had several colleagues needing an intern for their practices. I researched Aha! Wellness Center and realized that it was the perfect fit as I was looking for holistic wellness centers that incorporated several departments for potential clients. I connected with my supervisor and we immediately connected.



Project/ Tasks

Projects/ tasks that I was able to do included revamping the social media accounts, meeting with each therapist and

Mission

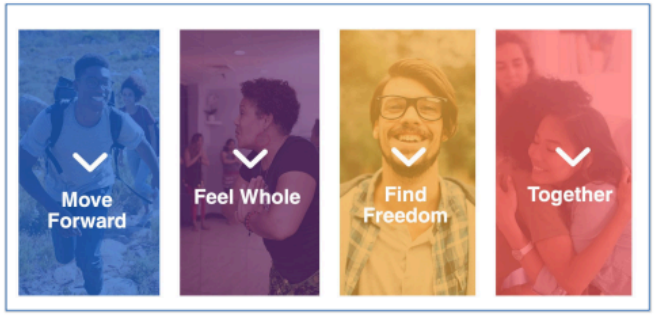
The mission for AWC includes providing a safe space to start feeling whole. The support network values and honors the identity, life experiences, uniqueness, background, and ability of every client. Through this, the center can move forward in a streamlined, accessible, creative, and inclusive way.

Fulfilling Intern Development Program

My professional and skills goals were

How Psychology was incoporated

Psychology was practiced throughout the entire internship as it was a wellness center using several types of therapeutic techniques such as trauma work, CBT, psychodynamic, and mindfulness approaches. Some skills that I developed through the internship included my ability to chat with potential clients and make them feel safe and supported when setting them up in the portal, how to bill and use CareFirst with insurance, and enhancing my marketing skills.



Moving Forward

Moving forward, I will take with me all of the advice and skills I received from the different therapist. As I attend graduate school I will be able to take on the several



XCLSV Media

Presented by Shiv Agarwal
University of Maryland, BA Psychology

Spring, 2022

I landed this internship through a friend of mine who had worked with XCLSV Media. He introduced me to the founder and I began working for him.

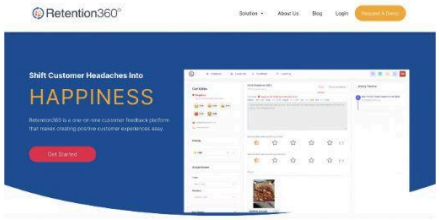
XCLSV

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XCLSV Media's mission is to help their client define their brand and then amplify that brand through digital marketing efforts.

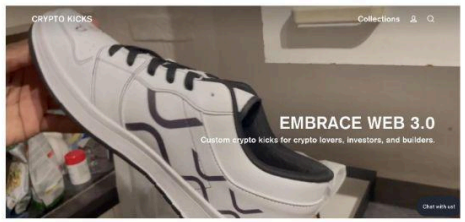
During the internship, I managed some of XCLSV's accounts. This means that I

I feel like I have made significant progress regarding my Internship Learning Development Plan. One of my primary goals was to improve my leadership abilities which I feel I have accomplished. After this internship, I feel more confident leading a group of people and inspiring/motivating others.



Psychology was integral in my internship as I was working with marketing strategies. I believe marketing is rooted in psychology. You

I learned so much during this internship. I developed skills like marketing and project management. I learned so much about working at a startup and and real world work. I would say the most important thing I learned is what kind of work I do and don't like. I learned about myself and what I want to do.



This internship has helped me realize that I want to be an entrepreneur. And that I absolutely can be an entrepreneur.



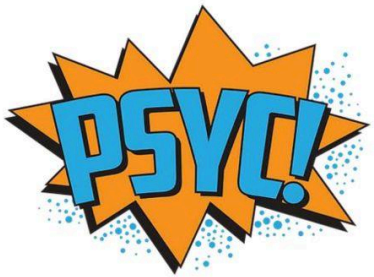
PsycYourMind

Presented by Artista Baker
University of Maryland, Bachelor of Arts in Psychology

2022

How I found PsycYourMind: I wanted to find an internship that was tailored to my wants. My wants in an internship included working with the Black community. While I was talking to Dr. Young, he recommended PsycYourMind to me and I fell in love with the internship site immediately.

What is PsycYourMind: PsycYourMind is committed to the clinical and experiential training of up-and-coming therapists. It is also an educational agent.



How psychology was practiced: Because the internship I chose was a counseling center, psychology is practiced all of the time at PsycYourMind. Therapists there use psychology to understand their clients on a more personal level. Knowledge of basic psychology is often utilized in order to find appropriate ways to communicate with potential and existing clients.



Progress with fulfilling internship learning development plan: Some of my goals were to get over my social anxiety, be an effective note taker, and understand ways on becoming an effective counselor

Knowledge, Skills and Abilities Developed: While at PsycYourMind, I was able to become more comfortable in communication. I also learned the process of therapy and the process of pairing clients and therapists together.



The impact the internship has had: I am very happy to be at this internship



Pregnancy Aid Center, Inc.

College Park, MD

Presented by Ariela Bengio

University of Maryland, Bachelor of Science in Psychology

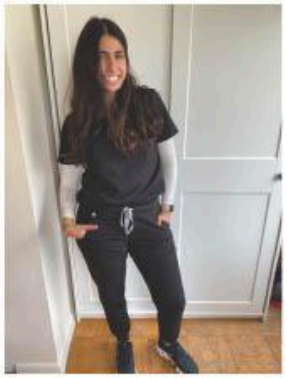
Spring 2022

Finding the Pregnancy Aid Center

I heard of the impactful work done at the Pregnancy Aid Center (PAC) through a dear friend of mine who volunteered there. Each day she would come back from work and share a new meaningful experience she had at the clinic. I was so eager to learn more about this place and hopefully work at PAC as well, so I went ahead and applied for an internship position!

Organization's Mission:

PAC is a non-profit and community-based women's health clinic and social service agency. The mission at PAC is to provide medical care to low-income women with government funded insurance or no insurance at all. PAC fosters a culturally sensitive environment to welcome women from all walks of life.



Tasks Performed:

- Triaging patients
- Preparing exam rooms
- Scribing for healthcare providers
- Scheduling appointments for patients

Knowledge, Skills, and Abilities:

Firstly, I learned a wide array of technical skills that have allowed me to gain a higher level of competency in the clinical setting. The technical skills I gained include the ability to run various laboratory tests on urine samples,

Learning Development Plan:

I demonstrated extremely significant progress in regard to the learning development plan I crafted at the start of this internship. I was ablet to accomplish each goal I set out for myself.

Career Path & Graduate School:

Working at PAC gave me the confidence I needed to commit to the long road of becoming a doctor. I now feel more fit to apply to medical school.

Psychology in Practice:

My background in psychology helped me in ways I could not have imagined during this internship. Being that the clinic sees a diverse group of patients from underprivileged backgrounds, it is important to be sensitive to each patient and understand the hardships each patient deals with regularly. Additionally, when women are going through a traumatic event, it is important to offer mental health resources as well as physical health resources.





Classen-Miller & Associates

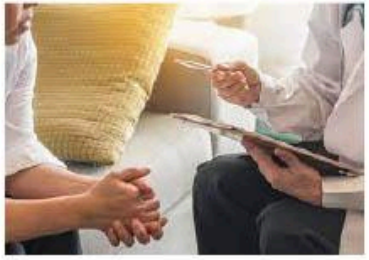
Rockville, MD

Presented by Shani Hofer
University of Maryland, BS in Psychology, Minor in Neuroscience, Pre-Med

Spring 2022

How did I find this Internship?

I found my internship on Indeed. One day after I applied, I had my first interview with the practice administrator which was followed up with another interview with the head of the practice, all within a week of applying. I began as an administrative intern and after 6 months was promoted to behavioral health specialist.



Knowledge, Skills & Abilities Developed

- Active listening

Projects/Responsibilities

- Match new clients with therapists
- Resolve insurance claims issues
- Review and analyze client ledgers



Classen-Miller & Associates Mission

The mission at Classen-Miller & Associates is to offer culturally and ethnically diverse therapy which is collaborative, and solution based.

Psychology practiced

When speaking with prospective clients it was important to understand their presenting issues which required active

Internship Learning Development Plan

I've gained knowledge of the dynamic between insurance companies and mental health providers. I've grown more confident with being assigned multiple responsibilities. I've improved my professional communication skills. I've learned to not take it personally when a client is rude or frustrated.



How this Internship impacted the next stages of my life

My experience has strengthened my interests in a career in clinical psychology. I got to see the impact that



PrimeMeTee.com

Presented by Emily Little
University of Maryland, B.S. in Psychology, B.A. in Criminal Justice

Spring 2022

How I found my internship:

I reached out to a former professor and after meeting with him, he told me he about his startup company and offered me an internship.

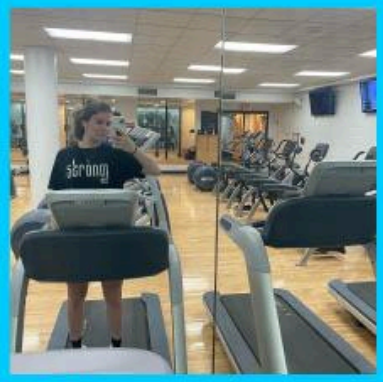


Progress in regards to my Learning Development Plan:

I feel as though I successfully completed all aspects of my plan. Specifically, I definitely improved my time management skills as the

My organization's mission:

To design shirts that can deliver an uplifting message right at the moment people need them the most... when they see their own reflection.



Future Plans:

This internship has provided me with a lot of real-world experience and knowledge about e-commerce– content creation, marketing strategies, running ad campaigns, targeting

Knowledge, skills, and abilities developed:

I gained a lot of knowledge about e-commerce markets and gained skills on platforms such as Shopify, Adobe Photoshop, and Buffer.



Examples of projects/tasks:

- maintaining online storefront
- product/collection creation
- social media content creation, like images shown throughout poster



Cornerstone Montgomery

Presented by Brooke Mayoral
University of Maryland, Bachelor of Arts in Psychology

Spring 2022

Finding Cornerstone Montgomery

I was fortunate to find Cornerstone Montgomery through a hiring event hosted by the University of Maryland Department of Psychology. I had been looking for opportunities to become involved in the field and this was a great informational session and hiring opportunity. I attended the event and at the end the hosts asked us to send a resume if we were interested in working there. I sent my resume and was asked to interview shortly after.

Projects and Tasks

Some projects and tasks I have been involved in while working at Cornerstone Montgomery include: medication monitoring, working closely with clients to progress on client-specific treatment plans, communication with entire treatment team, and documentation. The most relevant task I performed daily was documentation and communication with the treatment team. Keeping notes on each of my assigned client's progress and state of health was helpful for my own organization of the where each client stood, as well as for the clients benefit. By looping in the entire team, the client would be getting support from all angles which makes for a well-rounded treatment approach for the client. In this field, a integrated support team is truly the key to successful treatment.

Knowledge, Skills, and Abilities

Working at Cornerstone Montgomery was my introduction to the field of mental health work. I was able to get a feel for working one on one with individuals who suffer from the many challenges associated with schizophrenia, bipolar disorder, and other disorders. Through my work, I have gained knowledge on specific disorders, associated preventive and risk factors, medication basics, and the basics of state and federal benefits for individuals with serious mental health challenges, among so many other things. Actually, some of the most important things I have learned have been about myself in this field. I have learned to set boundaries, trust my gut, and be patient with my own learning processes. A great supervisor and team has been number one for my stellar experience with Cornerstone Montgomery.



Cornerstone Montgomery's Mission



Application of Psychology

Being a rehabilitation counselor for a psychiatric rehabilitation program gave me plenty of opportunities to apply psychology theories and



Internship Impact

My internship has provided me with so many growth opportunities. As mentioned above, my team, and



The Arc of Prince George's County

Upper Marlboro, MD (Remote)

Presented by Mackenzie McCafferty
University of Maryland, Bachelor of Arts in Psychology

Spring 2022

How did I find this internship?

I found this internship through a posting on **UMD's Psychology Blog** in January. I emailed the person listed on the blog expressing my interest in the internship along with my resume. After this, we set up an interview, and I started my work with The Arc just a couple weeks later.

The Arc's Mission:

The mission of The Arc of Prince George's County is **"to provide support, understanding, and opportunities for persons with intellectual and developmental disabilities and their families."**

Tasks Performed:

- Made resumes for the students in the Ready@21 program and completed administrative tasks for the program
- Answered calls at the Benefits Enrollment Center
- Conducted administrative research, created resource lists, and drafted emails
- Taught at the Ready2Travel classes
- **Created modules for the Ready2BHealthy Program**

Knowledge, Skills, and Abilities I Developed:

- Learned how a non-profit organization runs
- Learned how to create programs tailored to children with developmental and intellectual disabilities
- Trained on completing a Benefits Screening and learned about government benefits for those with disabilities and/or low-income

Psychology Applications:

I used the knowledge I have gained from **PSYC330** and **PSYC353** (Child and Adult Psychopathology) to make sure the modules I was creating were not only applicable but understandable to adults and children with intellectual and developmental disabilities.

Progress Regarding Internship Learning Development Plan:

I have successfully completed my professional development goal (understanding the field of social work), personal developmental goal (becoming better at handling stress when changes occur), knowledge goal (learning about non-profit organizations and intellectual and developmental disabilities), skills goal (developing better communication skills), and attitude/value goal (becoming better at working with others). The Arc gave me the opportunity to develop all of these goals, and it is something I will take with me into the future.

Next Steps:

I really enjoyed my time at the Arc this semester, and I will be continuing





Behavioral Diabetes Research Team at Children's National Hospital

Presented by Maya Rothenberg
University of Maryland, B.S. in Psychology

Spring 2022

I located this internship at Children's National with the help of the Psychology Department at the University of Maryland. I was connected with a former psychology student at UMD who became my supervisor for the position.

The mission of this research is to identify if there is a relationship between positive affect and diabetes management in children with type I diabetes. On the THRIVE team, which I was a part of, it tested to see if regularly sent positive text messages had any positive affect on the well-being and diabetes management of the patient.

REDCap
Research Electronic Data Capture

dexcom CLARITY

Tasks that I performed included doing several readings on type I diabetes specifically in youth. Additionally, several of these readings were focused on the management of diabetes. I completed several trainings that pertained to research practices and the software such as dexcom and redcap that the research team collects data on. Finally, I worked on data validation and reviewing measurements of blood glucose levels to make sure they were listed correctly in the system.

Psychology was practiced in this internship because it was psychological research. It was testing how positive messages impact the behavior of the patient and it is a thorough biopsychosocial hypothesis.

Children's National

I have learned a lot of information from this internship, mainly about type I diabetes and its management. I have also become much more proficient in communication professionally, via both email and zoom.



So Others Might Eat (SOME)

4430 Benning Rd, NE Washington, D.C.

Presented by Kennedy Sarvis
University of Maryland, Bachelor of Arts Psychology and Criminology

Spring 2022

How I Found S.O.M.E.

I found my internship on Indeed when I was looking for HR internships that were available. When I saw that SOME was hiring for one, I was excited because I volunteered with the company in the past and appreciated their mission and how it aligned with my personal values.

SOME
So Others Might Eat

Internship Mission

SOME is committed to tackling poverty and homelessness in the DC area and maintaining dignity by providing basic needs, social services, job training, etc.



Projects and Tasks Completed

My HR internship had a general focus, resulting in me experiencing many different sectors of HR through creating projects such as:

- Employee wellness newsletter (pictured above)

Knowledge/Skills/Abilities Acquired

- **Advancement in Excel from beginner to proficient** (My goal on my Internship Learning Development Plan was to get better at excel, specifically formatting cells)
- **Better Communication** (Emails,issues)
- **HR specific skills** (Employee engagement/wellness,Salary research)
- **Confidence** (Goal on my Internship Learning Development Plan)



Moving Forward


PSYC389
EXPERIENTIAL LEARNING
Heartland
Enriching life.
Mental Health
Patient First
Neighborhood Medical Centers
aps
PSYCHOLOGICAL SCIENCE
Discovery
COMMUNICATIONS
KIDSCO
ATLAS CORPS
MAKE-A-WISH
Martha's Table
Little Leaves
BEHAVIORAL SERVICES
TLC
Community Crisis Services, Inc.
RTC
The Arc
Prince George's County
Sheppard Pratt
Carroll County Public Schools
Aflac
CREATE Arts Center
Spalding
Meals on Wheels
Kennedy Krieger Institute
NAMI
ARUNDEL LODGE, INC.



S.A.F.E. Counseling Services LLC

Presented by Emily Silverman
University of Maryland, Bachelor of Arts in Psychology

Spring 2022

I found this internship from the University of Maryland PSYC E-News Blog for undergraduates majoring in Psychology.

The mission of S.A.F.E. Counseling Services is to provide client-centered treatment and support services to ensure the availability and highest quality of authentic, compassionate, and professional mental health and addictions counseling



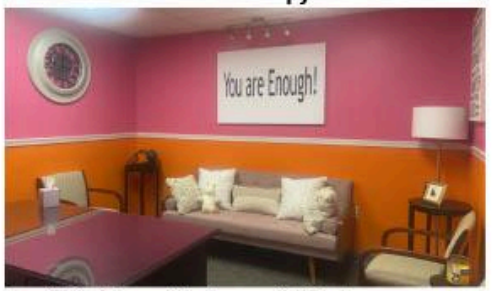
Some projects and tasks I've performed

I have made a lot of progress with regard to fulfilling my Internship Learning Development Plan. Specifically, I became more aware of ethical procedures, DSM-5 principles, Sand Tray Therapy, and learned how to lead both a group and family session. I am still learning how to advocate for myself, especially in terms of saying 'yes' too often. I have also learned a lot about myself from this experience, but everyday I am learning more about myself through self-reflection, so this is something I am still working on. I have learned more about mindfulness techniques like the one pictured below.



All -5 guidelines and as an intern, we have to have our own copy of the DSM-5. Clients are of a wide age-range and the sociocultural identities of clients are very important to us. Ethics are extremely important to S.A.F.E., especially in terms of confidentiality and HIPAA regulations.

From this internship I have learned so much about clinical psychology. Through shadowing Dr. Osbourne and having the opportunity to work directly with clients, I learned more about how to make a diagnosis, how to create effective treatment plans, how to meet clients where they are, and communication strategies in regards to communicating with a superior. I've gained time management skills, especially in regards to creating client progress notes. I was able to channel my creative side during this internship when creating session activities and learned so much about various therapeutic approaches, especially CBT therapy.



This internship has solidified my career



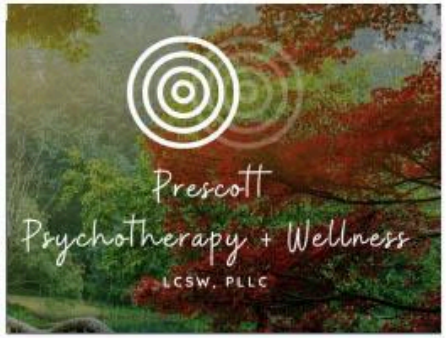
Prescott Psychotherapy and Wellness

New York, New York

Presented by Alyssa Snyder
University of Maryland, Bachelor of Arts in Psychology

Spring 2022

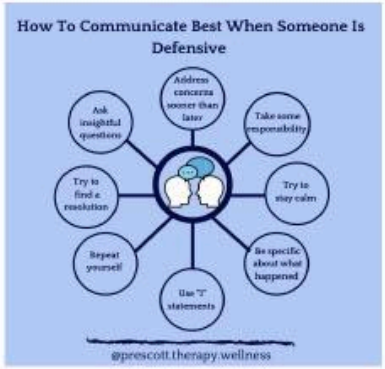
How I found it: I found this internship through the psychology internship guide website. I was able to contact my boss to learn more about this position via email.



Prescott Psychotherapy's Mission: Helping young adults and couples navigate

Projects/Tasks Performed:

- Write blog posts on anxiety and couples therapy
- Create Instagram posts with couples therapy tips
- Create Instagram Reels videos with different solutions for relationship problems



Progress fulfilling Internship Learning Plan: I made a lot of progress with all of my goals in the Internship Learning Plan. I learned more

Connection to Psychology:

- Tips about couples therapy
- How to use CBT
- Learning new solutions to give clients



Knowledge, Skills, and Abilities Developed:

- Writing blogs
- Communicating with people
- Confidence in practicing psychology



Department of Justice

Criminal Division, Human Rights and Special Prosecutions
Washington D.C.

Presented by Ritika Vemulapalli
University of Maryland, B.A in Psychology, Minor in General Business

Spring 2022

I knew I wanted to work for this organization, so I looked on the website and found that each division has links for student opportunities and application information. I ended up getting a position with the Human Rights and Special Prosecutions section of the Criminal Division.

The Department of Justice has five primary missions: (1) To enforce the law and defend the interests of the United States according to the law (2) To ensure public safety against threats foreign and domestic (3) To provide federal leadership in preventing and controlling crime (4) To seek just punishment for those guilty of unlawful behavior (5) To ensure fair and impartial

My main tasks were conducting research, analyzing and organizing materials, and summarizing and cataloguing documents relating to the human rights violations the rest of the team is working on. These tasks helped me fulfill the professional, personal, knowledge, skills, and attitude goals from my learning plan by building on my research skills, teaching me international human rights crimes, and giving me opportunities to connect with colleagues.



Psychology is beneficial to me in every relationship since an understanding of human behavior aids my personal interactions and decision making. My psychology coursework, such as Research Methods in Psychology

Through my internship, I developed the following knowledge, skills, and abilities:

- learned how to research more efficiently
- became more outgoing and comfortable communicating professionally
- learned about human rights cases, current events, and international war crimes
- developed oral presentation skills
- increased productivity



I will be attending law school in the fall, and although I did not work directly with the



University of Maryland Psychology Clinic

BIO-PSYC BLDG Room 2114

Presented by Autumn Welsh
University of Maryland, B.A. Psychology and B.S. Criminology/Criminal Justice

Spring 2022

How I Found This Internship

I found this internship at the PSYC Day Fair in Fall 2021. I introduced myself to Dr. Colleen Byrne and she gave me an application for the internship.

Mission of PSYC Clinic

The University of Maryland Psychology Clinic provides sliding-scale therapy for those in and around the community. It also serves as a training program for doctoral students and allows them to practice therapy skills under supervision. The goal is to provide therapy/assessments to people in the area and make pricing manageable for the clients.



Image from Google

How Psychology was Practiced

The whole mission of the clinic revolves around psychology. I had to learn psych terminology, how to use specific measures, and had to read a lot of articles about types of therapy for specific disorders. By being exposed to all of these different aspects of psychology, I had to apply what I learned in school to this internship which made me appreciative of my schooling.

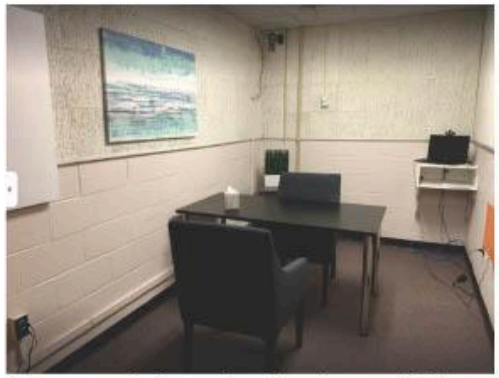


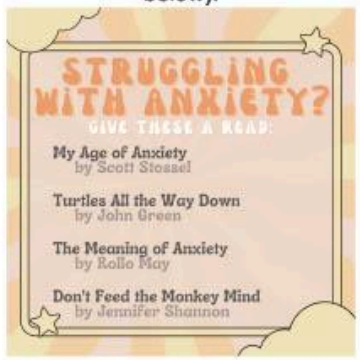
Image from Google

Progress via Learning Development Plan

One of my goals on the LDP was to get a better understanding of what everyone does in the clinic. Since everyone is a training therapist with some supervisors, I got a deeper look into that vocation which was valuable but made me realize I may have

Examples of Projects/Tasks

Some standard tasks that I would do involved emailing updates to the therapists, organizing and digitizing measures through Qualtrics, editing the client database platform, updating referrals, and meeting with my supervisor frequently. I also created content for our three social media accounts (example below).



Impact on Next Stage

From this internship, I learned a lot about clinical psychology. I liked most of it but it made me learn that I need to work in an



Within Me Therapy

Presented by Jasmine Wiliams
University of Maryland, Bachelor of Sciences Psychology

Spring 2022

Examples of Tasks I Completed:

- Scheduling client appointments
- Pariting with client
- Taking data on client's problem behaviors during sessions
- discussing client's programs with BCBA

How Did I Find WMT?

I found Within Me Therapy over Winter break when I was looking for a new RBT position. I had passed my RBT exam in January so I immediately started looking for RBT jobs within the area. Luckily I was able to find Within Me via Indeed, and I interviewed shortly after applying!

Learning Development Plan

- Learned how tp record data on Rethink
- Read articles about ABA Research
- Journaled throughout internship to trac mental health and goal progress
- Increased energy level tduring sessions by drinking coffee before sessions

WMT Mission

WIthin Me's mission is to "help families and individuals discover their full potential within using Applied Behavior Analysis (ABA). They are committed to helping families and children diagnosed with Autism and other developmental disabilities increase their independence, confidence and gain valuable skills they will use to make a difference in the world"

Within Me Therapy
A PEDIATRIC BEHAVIORAL PRACTICE

Internship Impact

Whiile I don't want to pursue a career in ABA, this internship still taught me a lot. I ultimately want to pursue a career in clinical psychology, and I gained a lot of experience as a behavior therapist. I have a much better understanding of the responsibilities of a clinician Theory

How Psychology was Practiced in Internship

- ABA is based on the use of behaviorism to reform children's behavior (using reinforcement/punishment, collecting ABC data, understanding the function of problem behavior
- Fostering client/therapist relationship between me and client

Skills and Knowledge I learned

- How to collect data using Rethink
- How to write sessions notes in Rethink
- How to communicate wth non-verbal child
- proper techniques for handling aggressive behaviors/tantrums



EveryMind.

Rockville, MD
Presented by Lily Shapiro (Junior)
University of Maryland, Bachelor of Arts in Psychology

Spring 2021

Finding EveryMind.

Last fall, I came across an internship opportunity from EveryMind. on the UMD PSYC E-NEWS blog. After reading more about EveryMind's mission, I immediately connected with the organization and decided to apply for my first ever internship! I currently serve as an Intern in the Development and Communications Department.

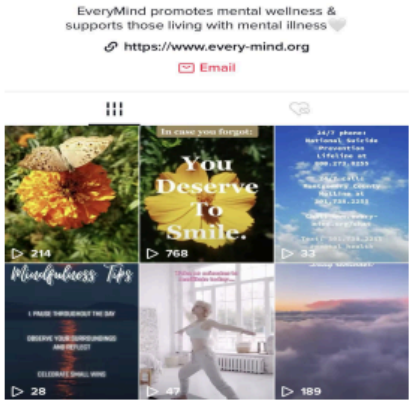
Mission Statement

EveryMind's mission is to strengthen communities and empower individuals to reach optimal mental wellness. EveryMind is a non-profit organization that serves to help those struggling with mental illness. EveryMind works to break down the stigma surrounding mental illnesses. EveryMind is committed to helping everyone recognize that taking care of one's mental wellness is as important and necessary as taking care of one's physical wellness.

EveryMind.
Your mental wellness.
Our mission.

Application of Psychology

Psychology was practiced at EveryMind because their counselors and hotline specialists focus on helping those in need of mental health support. I was able to connect with their employees about mental health and spread awareness of their services using the TikTok platform. I utilized many



Projects and Tasks

My main task was to develop the official business TikTok for EveryMind and help spread awareness of their mission to a younger generation. I researched aesthetically pleasing, videos, images, poems, and inspirational quotes for mindfulness content. The TikTok posts promoted mindfulness, meditation, self-care, and resources to their hotline to increase one's mental wellness and showcase EveryMind's mission of helping those in need of mental health support. I monitored social media engagement, likes, views, daily following rates, advertising, and appearances on the *For You Page* for the TikTok content.

I was also in charge of EveryMind's Spring Appeal Fundraising Campaign and developing my own social media campaign packet. I collected notes, wrote out the core messaging, composed a calendar of events, a banner, and created

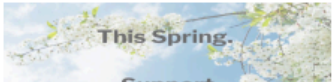
Personal Development

In regard to my learning development plan, I was successful in developing my communication skills and public speaking skills. I gained a strong understanding of marketing techniques and advertising. I learned sufficient social media management strategies and was capable of working as a teammate. I made solid connections with co-workers and carried out tasks in a proficient manner. I gained knowledge about the development of mental illnesses and ways to help those struggling. I learned how to spread awareness for mental illness and the ability to empower the community in support of mental health. I learned how to reduce the stigma around mental illness and advocate for ways to reach mental wellness.

Future Directions

My internship has left me feeling empowered in fostering conversations around mental illness with a younger audience. I will take what I have learned from EveryMind and continue to be an advocate for mental health in my own community. I learned that I can proactively solve problems in a positive way. I will continue on my career path with a passion for helping others. I will never forget the compassion and commitment that nonprofits like EveryMind serve as an essential part in individuals, families, and the communities wellbeing. I will strive to have this same compassion and commitment in my own career.

Sample Spring Appeal Post





Community Services for Autistic Adults and Children in Montgomery Village, MD

Presented by Carly Sinay
University of Maryland, Bachelor of Arts in Psychology

Spring 2021

Finding CSAAC

I found this internship through the UMD psychology internship powerpoint of students' past internship sites. I thought CSAAC seemed like a great company and did some more research on it. I really loved its mission of empowering children and adults with autism, so I reached out to the company and filled out an application to become a behavior technician.

CSAAC's Mission

- To enable individuals with autism to achieve their highest potential and contribute as confident members of their community
- Teach them to be the best they can be by pointing out their strengths
- Teach coping skills for their problem behaviors

Knowledge, Skills, Abilities

ABA therapy knowledge, Behavior Intervention knowledge, Knowledge about Autism Spectrum Disorder, Communication skills, Data taking/collection, Interpersonal skills, Problem-solving, Critical thinking, Ability to think quickly when things go wrong

How Psychology Was Practiced

A huge topic in psychology is operant conditioning. I have learned this in most of my psychology classes since it is so relevant. In psychology, we learn that behavior is predictable. Operant conditioning shows that. Since ABA therapy is based on operant conditioning, this part of psychology was definitely practiced a lot in my internship. In operant conditioning, there is an antecedent (an event that happens before a behavior, which may actually predict a certain behavior), the behavior, and then a consequence. In a sense, all behaviors follow this formula. This can happen naturally in life: for example, if a loud sound goes off (antecedent), a child might cry (behavior), and his mom may comfort him (consequence). In ABA therapy, we teach using this method. The antecedent would be me, the behavior technician, asking an autistic child to complete a task. If the child does the task correctly (behavior), I will reinforce that behavior by giving the child his toy (consequence). This way the child learns to associate wanted behavior with something he enjoys so he can start to do the behavior unprompted. Reinforcement is HUGE in operant conditioning, as well as in ABA therapy.

Progress Toward Goals

I have definitely made a lot of progress toward my Learning Development Plan. In my plan, I stated that a professional development goal of mine was to learn how to utilize ABA therapy correctly. Since this is basically the basis of the job, I have reached this goal. Like my advisors always say, we are constantly learning in this job. We never stop learning. However, I have gotten the basis of ABA therapy down. I said that I would know if I accomplished this goal if I can do ABA therapy without supervision and I have done this. Therefore, I would consider this goal accomplished, yet I still have a lot to learn. My knowledge goal was to learn more about Autism Spectrum Disorder. I believe I have made progress toward this goal since I do know way more about this disorder than before I started.

Projects/ Tasks

- ABA therapy was the main task I performed. This is a very powerful treatment plan based on operant conditioning.
- Data collection/taking each session
- Writing up reports on daily session
- Coming up with individualized reinforcers (most important part of ABA therapy)- etc. games, bubbles
- Building bonds with clients

Internship Impact

I eventually want to go to graduate school and I think this position has helped me develop skills that graduate programs may look for in students. Having this internship under my belt will help me stand out when applying for graduate school. I also have thought that I may want to work with children in my future career and this job has confirmed this for me. I love working with kids and really see this as something in my future career. I can also move up more in CSAAC which will help me develop more skills for my future career. I may even be able to make a career in the company if I decide to stay.





Office of Graduate Diversity and Inclusion (OGDI) at UMD

Presented by Stephanie Treat
University of Maryland, B.A. Psychology & B.M. Music Performance

Spring 2021

How did I find OGDI?

I found the OGDI internship posting through an announcement sent to members of the Office of Multi-ethnic Student Education (OMSE) Academic Excellence Society.

Mission

The mission of the OGDI is to support, recruit, and retain graduate students from underrepresented populations through programs, initiatives, campus resources, and community-building.

What did I do?

I did resource acquisition and outreach to organizations on campus and created

Internship Learning Development Plan

I was able to fulfill several learning goals I had set for myself before starting my internship. I learned more about the role of a diversity officer, gained communication and presentation skills, learned diversity, equity, and inclusion (DEI)-specific terminology, and developed a deeper appreciation for DEI.



Application of Psychology

I explored several themes of cultural

Knowledge, Skills, and Abilities

I was able to improve my understanding of how DEI is implemented within a higher educational institution. I learned how to work on projects independently and as part of a team. I was able practice critical thinking and interactions with diverse and underrepresented populations.



Internship Impact

This internship gives me work experience and is a start towards



Brand Executives

Presented by Jordyn Logiudice
University of Maryland, Bachelor od Arts in Psychology and Criminology & Criminal Justice

Spring 2021

Mission

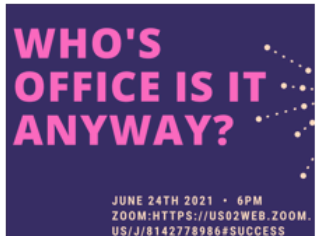
I discovered Brand Executives through Linkedin. I searched for Human Resource internships near the College Park area. The mission of Brand Executives is focusing on the culture of a brand. The company is Digital & Social Media Marketing firm, they strive to focus on conveying information about there client's business without saying a word! They also stive to have high standards for internal operations.

Projects

Throughout my internship, I focused on various projects and tasks. The one thing I did each day was data analysis of each hiring manager for how many people they got hired. I would do this by going through Applicant Stream and inserting the data into Excel and then condensing it. Each week I edited the newsletter and calendar! I also communicated with potential employees of our clients through SMS and email. In addition to the daily work, I also developed a lot of staff Game Nights. I would research fun free games and then develop the Canva flyer for it to post to everyone in the office. For instance, there was a game night called "Who's Office is it Anyway" where

Internship Learning Development & Psychology in Practice

Regarding my Internship Learning Development. This plan I feel as though I have fulfilled! For instance, in the "When will you know that you've learned it" section under Skill Goal I wrote, " I will know I learned how to properly use Applicant Stream when I no longer need to ask for help and book and reschedule candidates with ease". Which I can confidently say I know how to do! There are other goals on the Learning Development Plan that have also been accomplished such as making the connection between psychology and Human Resources. This dives into how psychology was practiced during my internship. For instance, when I would connect with candidates, I can ask them if they are interested in a position in a way that makes them more intrigued, For even understanding the environment of the office to know what games would be interested in.





Skills & Next Steps

The knowledge, skills, and abilities have developed throughout this internship are very valuable. For instance, I have the skills of communicating with candidates, reading resumes, planning events, using Canva, and navigating Applicant Stream. With these skills, I know to effectively communicate with candidates in a helpful way such as booking their next interview. I now have the ability to do these tasks on my own without any assistance. This, as impacted the next stage in my career path because a potential employer, will now know I have these skills and will not have to spend time teaching me. I think that will make me look like a valuable candidate for the position. I also have someone to write me a letter of recommendation for the next path I choose. I have also made connections with the office in terms of networking. Overall, this has been a very valuable and rewarding experience.





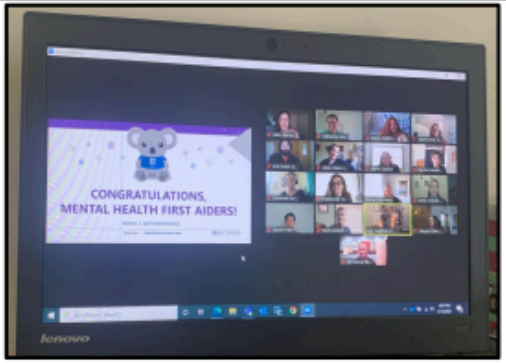
National Council for Behavioral Health

Presented by Katherine Mulvaney
University of Maryland, BA in Psychology

Spring 2021

The National Council

The National Council's mission is to create policies and change for the world of mental and behavioral health. They have reached millions through educational and preventive programs for substance abuse and mental disorders. I found this internship through Indeed.com and could not be more happy that I did.



Impact within Psychology

The key way this internship was connected with Psychology and also impacted my future was through my Mental Health First Aid Training. I went through an 8 hour long training that has now certified me as a Mental Health First aider for the next 3 years. I got to see first hand what the National Council provides and now implement it in

Skills Obtained

Throughout my internship i worked primarily on business operations cleaning up data in error logs. Additionally I met weekly with other interns where we heard from executives throughout the company. Through these opportunities the skills I obtained included:

- Data Analysis/ Interpretation
- Networking & Professional Communication
- Mental Health First Aid

These were all skills I hoped to complete from my Learning Development Plan.

Katherine Mulvaney
Intern, Program Operations
Mental Health First Aid
1400 K Street NW Suite 400, Washington, DC 20005
Email: KatherineM@TheNationalCouncil.org
www.TheNationalCouncil.org



Community Ecology Institute (CEI)

Presented by Veronica Adler
University of Maryland, B.A. in Psychology

Fall 2020

CEI's Mission Statement

The Institute's mission is to cultivate communities where people and nature thrive together through education, hands-on experiences, and community engagement.



Finding CEI

I began my journey with CEI in March of 2019 as a volunteer. I knew I wanted to join the CEI team when I first learned of the plans to create a community center at Freetown Farm (now the current home of CEI) that provided access to healthy food, mental health services, and opportunities for environmental activism. I volunteered at the farm every week until early 2020, when I started my position as an intern coordinating volunteer groups. A few months later in July, I was offered a job as Community Engagement Coordinator and have been one of three staff members since. Our Executive Director, Dr. Chiara D'Amore, has been a mentor

Projects and Tasks

My responsibilities as Community Engagement Coordinator included creating and overseeing an internship program (conducting interviews, selecting candidates, and supervising eleven interns), organizing and coordinating volunteer groups, developing a volunteer management system, leading fundraising initiatives such as silent auctions and merchandise campaigns, grant-writing, and assisting with any projects as needed. I was also tasked with overseeing the research projects of five of our interns in addition to conducting my own, under Dr. D'Amore's supervision.



Application of Psychology

One of my responsibilities was to connect communities of diverse backgrounds to the farm and to each other. I used principles of social psychology to address my biases and stereotypes at all times while working with people from different cultures as well as when conducting interviews.

Knowledge, Skills, and Abilities

During my time with CEI, I have strengthened my leadership, time management, and organizational skills. My role required being able to manage hundreds of team members, volunteers, and partnerships. I learned about the importance of getting as many diverse perspectives as possible in order to make any initiative as successful and robust as possible. I developed interviewing skills which will be an asset going forward in other jobs. I also became more familiarized with non-profit management and how to navigate local government. Fundraising is another skill I now have in my toolbox; I raised over 10k total for CEI in 2020. Lastly, I gained research and grant-writing skills, both of which are valuable and important in the field of psychology.



Internship Impact

This position has provided me with countless opportunities that support my future career goals. Managing and hiring employees, mental health research experience, and working with diverse communities will



The Graduate School

Presented by Caleigh Barber
University of Maryland, B.A. in Psychology

Fall 2020

How did I find this internship?

My internship with the Graduate School started because I was initially offered a position as an AMP in my previous Psyc100 class. While I was unable to be an AMP this semester, the professor of the class worked with me to find another opportunity and this internship arose!



Mission Statement:

"The Graduate School's mission is to advance graduate education and enhance the graduate student

Projects & Tasks:

- Learning the process of Adobe sign and the workflow of a Remote Defense Process
- Creating Google Forms for event registration, evaluation, and nominations
- Taking meeting minutes
- Creating templates
- Program planning
- Co-authoring a Pepsi proposal for funding
- Processing requests for Remote Defense
- Organizing spreadsheets for data collection

THE GRADUATE SCHOOL

Application of Psychology

Although my internship did not entail as much Psychology as I had expected, my internship advisor and I aimed to add in

Knowledge, Skills, and Abilities

This internship has given me greater knowledge on different platforms, including Adobe sign and other Adobe tools, Google Forms, Qualtrics, and Google sheets. I have developed a lot of proficiency with these programs throughout the past few months. I have also developed professional skills since I was an undergraduate working with faculty at the Graduate School. By attending frequent meetings, I was able to learn proper communication and appropriate behavior in a professional setting. On a larger scale, I have developed an understanding for higher education and how the Graduate School supports students through their academic life cycle.

Adobe Sign

Next Steps

Since my internship was with The Graduate School itself, I am definitely more interested in going to Graduate



Serving Together

Presented by Stephanie Choi
University of Maryland, Psychology B.S.

Fall 2020

How I found Serving Together

I was able to find my position as the social media and communications intern at Serving Together through the UMD Psyc-E-news.

Mission Statement

Serving Together focuses on Affiliated with AmericaServes is a coordinated network of public, private and nonprofit organizations serving veterans, service members and their families in the Washington DC area. Serving Together uses technology and its partner network to guide veterans, service members and their families to the most appropriate services and resources available.

ServingTogether. Connecting Veterans. A program of EveryMind. Affiliated with AmericaServes

Projects and Assignments

I worked on a variety of projects through my internship.

- Veterans Day Newsletter
- Unite Us

Application of Psychology

Many instances of hearing different stories could take a mental toll on us as interns, and our supervisors made sure we were in a good state of mind. Moreover, psychology was practiced when I was designated to find events and resources for veterans that would help them improve their mental health.



Personal Development

Through my internship, I was able to become more comfortable with using Microsoft Word and Excel. Moreover, I became more knowledgeable about using different software, such as WordPress and Mail

Learning Development Plan

I was able to achieve the most in…

- Skills goals
- Knowledge goals
- Personal development goals

I still want to achieve more in…

- Attitude and value goals



Future Directions

Through my amazing experience at Serving Together, I was able to become more familiar with the veteran community and some needs that they have. This has positively influenced my future career pathway because as a future physician, I will be able to better communicate



Even Health

Presented by Elizabeth Greisman
University of Maryland, Bachelors of Art in Psychology

Semester: Fall 2020

How did I find Even Health?
I found this internship through my father who just happened to talk to the CEO at a business meeting. He mentioned that he had a daughter whom was a psychology major. I had two meetings with the CEO then they offered me an internship with their company.

Even Health's Mission
Even Health was an organization founded to help individuals find balance during life's emotional transition. They strive to provide a solution that is low in cost but high in access. They are also hopeful that through their product and company

Tasks I performed
As a startup company I fulfilled many roles including:

- Creating social media posts both for Instagram and LinkedIn
- Doing competitor research
- Creating a database of over 300 therapists
- Providing insight on projects and tasks from a college students viewpoint
- Observing multiple business meetings

I made great progress on my Development Plan constantly capitalizing off every opportunity given to me and learning a lot.

Psychology Application
I was able to apply my knowledge when they

Knowledge, Skills, and Abilities
I learned a lot about interacting with professionals in all aspects from following tasks to providing input and collaborating with them, something I was not very familiar with. I learned to use Excel, Salesforce, and Microsoft OneDrive proficiently.



Future Impact
I will continue to do this internship over winter



Evolving Minds

Presented by Victoria Hix
University of Maryland, Bachelor of Arts in Psychology

Fall 2020

Finding Evolving Minds

I discovered this internship through the PSYC E-Blog! It was in a newsletter with an application and statement of their mission, and I knew I wanted to help them end the stigma around mental health.



Skills Obtained

I gained leadership experience, learned how to create infographics and post professional social media content, how to develop a fundraising strategy for a campaign, and how to be mindful in the workplace. I also worked on a team that

Mission Statement

The mission of Evolving Minds is to create community, curate a culture of care, and empower others. We value the importance of a caring community that strengthens others in their mindfulness and resilience skills.

EVOLVING MINDS

Tasks and Relation to Psychology

Some of my duties as an intern were emailing donors or potential donors, leading a cohort of ambassadors, working on creating social media content, and creating and editing blog posts. These tasks relate to psychology because we

Progress with Development Plan

Some of my goals included gaining confidence, learning about mindfulness, and getting experience in other departments. I gained a lot of confidence with this internship by being able to present my ideas. Through a mindful leaders training, I got a mindfulness certificate. I also got to work with the fundraising team so I got some experience in a position I probably wouldn't have explored otherwise.



Future Direction

Although I enjoyed my time at Evolving Minds, I think this experience taught me that nonprofit work is not for me. It can be



National Consortium for the Study of Terrorism and Responses to Terrorism (START)

Presented by Julia Iacoviello
University of Maryland, B.A. in Psychology & Criminology/Criminal Justice

Fall 2020

How I found it: Initially, I heard about START my freshman year through my friend participated in UMD's FIRE Program with START. I then heard about START the second time when I participated in the Global Fellows in Washington, DC program.

What is it? START is a research and education center dedicated to studying the causes and consequences of terrorism in the US and around the world. They use the best available open-source data, and are committed to the dissemination of their research findings

START
NATIONAL CONSORTIUM FOR THE
STUDY OF TERRORISM AND RESPONSES TO TERRORISM

What I did: I collected information through open-source research and coded

Psychology at The Site: START constantly investigates and applies psychological, sociological, and criminological theories to patterns of radicalization. They use these theories to understand how we can better understand terrorist behavior.



Knowledge, Skills, and Abilities Developed: Throughout my time at this internship, I learned the in's and outs of qualitative and quantitative analysis,

Internship Learning Development Plan Progress: I believe I was able to fulfill most of my goals outlined on the Internship Learning Development Plan. One, in particular, was my goal to network and build connections with my supervisors. I planned more one-on-one meetings with them to discuss graduate schools which developed my confidence and led me to reach out to others for advice.



How it Has Impacted Me: This internship has greatly impacted my plans for the future. Firstly, I was offered a paying job



Esurgi, Inc.

Timonium, MD (Remote)

Presented by Yusol Kim
University of Maryland, B.S. in Psychology

Fall 2020

Finding ESURGI

As my interest in I/O psychology grew, I wanted to experience the kind of work that I/O psychologists might be involved in. Then, I decided to apply for internship for the fall semester that relates to I/O psychology and Human Resources. While searching for HR internship opportunities, I was able to find Esurgi on Indeed, one of job posting platforms.

ESURGI's Mission

Esurgi's main mission is to improve lives

Projects and Tasks Performed

During my internship, I had the opportunity to establish a project called bias in hiring. This project was composed of psychological biases that could happen during the hiring process as well as the legislation components related to unequal hiring. This bias project will be utilized for training purposes for future interns. Other than the project, my main tasks were to perform job analysis, screen resumes, and conduct interviews.



Knowledge, Skills, and Abilities

Main knowledge I developed is the step by step procedures that are taken to hire a suitable candidate starting from job analysis to onboarding. A skill I developed is active listening during phone interviews in which I had

Psychology into Practice

I was able to apply what I've learned from my I/O psychology course. First is the job analysis. When conducting the job analysis, I had to formulate the knowledge, skills, and abilities required in order to write out the job descriptions. In addition, social psychology was applied when I created the bias in hiring project as this project contained psychological biases such as the halo effect that could happen during selection.



Impact and Next Stage

By experiencing what it's like to be involved in the full cycle of selection process, I was able to experience first hand what it's like to work in a HR department. In my learning development plan,



McCann Worldgroup

Worked remotely from the NYC office

Presented by Hannah Friedfeld
University of Maryland, B.A. in Psychology, Minor in General Business

Spring 2020

Finding McCann Worldgroup

I was fortunate enough to find out about McCann Worldgroup, and the incredible internship that I participated in, from a friend this past November. Through speaking about our career intentions and goals, she found out that, similar to herself, I was also interested in the Human Resources/Talent Acquisition field of business. Soon enough, she connected me with my soon-to-be supervisor, Kenny Yque. I was able to set up an interview with a few people on the team and then got hired 3 weeks later!



McCann's Mission

As the world's leading advertising agency network,

Projects & Tasks

The central task that I was assigned during my internship was to source and recruit candidates to join various departments within the agency. I was mostly working in LinkedIn Recruiter to get in contact with these people. Some of the departments that I recruited for were in Account Management, Design, and Technology Security. To go along with sourcing candidates, I was responsible for reaching out to them, coordinating interviews for them, and in some cases, conducting the interviews. Other tasks that I was assigned were research projects such as making extensive spreadsheets of McCann's top competitors in Utah. I also completed many reference checks for new hires. Lastly, I was also a part of the internship program planning process (creating new ideas to rejuvenate the program from previous summers).



Application of Psychology

Whilst being a Talent Scout, I definitely utilized social psychology skills. Specifically, being cognizant of my own stereotypes and biases when recruiting candidates was extremely important. I made sure

Knowledge, Skills, Abilities

Throughout my time being the Talent Scout at McCann Worldgroup, I learned a lot. Firstly, I gained all of my knowledge about the Marketing and Advertising industry throughout the semester. I entered the internship with no prior advertising experience. Considering my internship was remote, my communication skills strongly improved while I was constantly communicating with various people via email and via telephone. Some abilities that I have acquired include the ability to source the correct candidates for different jobs, coordinating interviews with multiple different people, and conducting interviews for entry level positions.



Internship Impact

This internship has strongly impacted my future career goals. I plan on being a Human Resource Manager at some point in my career, and talent acquisition is a large sector of Human Resources. Recruiting candidates has helped me learn about the intricacies of different jobs, how to recruit



UMD Office of Community Engagement/AERE

Presented by Liam Smith
University of Maryland, Psychology Major

Spring 2020

For the Spring 2021 semester, I started out as an Assistant Project Coordinator intern with the UMD Office of Community Engagement. My work was focused on three primary areas; supporting the planning efforts of UMDs annual Good Neighbor Day, researching information on community engagement efforts by student orgs and academic departments, and representing the University at various community and student tabling events.



Unfortunately, the event was canceled

My work to support Good Neighbor Day involved administrative and logistical planning in order to develop outreach efforts for volunteers, plan volunteer site logistics, and plan for contingencies. Alongside this project, I collected information on how different student orgs were interreacting with the community at-large, as well as academic department programs. This research was for the annual Campus Connections Publication. I also was a representative of the UMD OCE at various community outreach and student fair events. During these events, I recruited student and community volunteers, got newsletter sign-ups, and promoted the efforts of OCE. My internship was put on pause after Good Neighbor Day was canceled. Fortunately, as my internship with UMD OCE was paused, I was given the opportunity to intern virtually as a Research Associate for AERE (Assessment, Education, and Research Experts).



My internship with AERE is ongoing, but so far I have worked on three primary project. I researched and developed a professional documents on considerations for remote proctoring to support organizations switching to remote assessment in response to the COVID-19 pandemic. I also synthesized academic and professional sources into a literature review to support the development of a competency model for certification. The most recent work I have done for them is reviewing survey response data and marking significance and post hoc analysis for later review.





Kennedy Krieger Institute Child and Family Clinic

Presented by Ashley Schropp
University of Maryland, Psychology

Spring 2020

How I Found It: While looking for a chance to gain experience during my last semester of college, I worked with UMD staff to find the psychology department's Undergraduate Internship Sites Directory.

What Is It? Kennedy Krieger Institute is an institute dedicated to the health of its patients. The Child and Family Clinic provides evidence-based treatments to children and adolescents, with their family, who exhibit a variety of emotional and behavioral problems.

Kennedy Krieger Institute

What I Did: My tasks included observing therapy sessions via remote

Psychology at The Site: The child and family clinic has trained cognitive-behavioral therapists to provide individual and family therapy. The therapists use cognitive-behavioral therapy to teach the clients behaviors that will improve quality of life such as problem-solving, prosocial behaviors, and proper coping skills.



Knowledge, Skills, and Abilities Developed: While completing my tasks, I was able to learn how to evaluate children and adolescent with

How It Has Impacted Me: The internship was a great experience that I had the opportunity to learn from. I have gained enough knowledge of cognitive-behavioral therapy in a real-world clinical setting. I now understand that I would like to continue this type of career path. Watching the therapy sessions was not only enlightening but also interesting and I became invested in the lives of the clients. I know now that I would enjoy working with children in a mental health setting.





DC VA Medical Center

Presented by Anna Newell
University of Maryland, BA in Psychology and BA in Criminology/Criminal Justice

Spring 2020

The Washington DC VA Medical Center provides many different kinds of healthcare to veterans. There are similar hospitals around the country that are run by the Veterans Health Administration (VHA), which is a component of the United States Department of Veterans Affairs.



I wanted to work for this organization because I belive that providing strong

I found out about this internship through a posting on the UMD Psychology blog.



My internship was in mental health services. More specifically, I was a research assistant in a lab conducting research on PTSD treatment. The main goals in this lab were to

1) Examine existing research and summarize this in a literature review.
2) Conduct analyses of the

My work included completing ethics training prior to beginning my role, reading through existing research and summarizing key findings through data extraction, organizing data in Excel, and discussing the efforts of this lab with other members of the lab.



This internship has influenced my career goals by teaching me that research can and should be practiced in many different contexts, and can inform lots of different decisions, including treatment



Kirstin Care

Presented by Alexis King
University of Maryland, Bachelor of Science in Psychology

Spring 2020

How did I find this Internship?

I found this internship opportunity last summer on University of Maryland's Careers4Terps website. I applied through the website, had my interview, and started my role as an Administrative Assistant Intern since Fall 2019. I started to intern there for credit this semester.

Kirstin Care's Mission

The mission at Kirstin Care is "Making Individual Lives Better". We do this be providing CARE to our clients, meaning:

- **Care** for our consumers and ensure that they
- **Achieve** self-sufficiency by providing extraordinary

Tasks & Projects Performed

Since my position at my internship was an Administrative Assistant position, I had typical administrative tasks such as:

- Clerical tasks such as filing, copying, scanning, recordkeeping, and organizing client information
- Scheduling and confirming appointments
- Making calls and taking and leaving messages for supervisors, clients, and other organizations
- Auditing and updating client information
- Making reports, presentations, and spreadsheets from information of client records
- Assisting my supervisors with other tasks
- **Due to COVID-19, most tasks were done remotely**

Applications of Psychology

While I don't directly treat our clients, I do see direct and indirect applications of psychology at my internship, specifically from clinical and counseling psychology. Most of these applications came from my observations and tasks performed.

- Clinical Psychology:

Knowledge, Skills, & Abilities Developed

From my internship, it has given me some insight and knowledge into how an outpatient mental health organization is operated daily from the logistical side. From an administrative standpoint, I have learned how to use an electronic behavioral health record system to perform various tasks. Finally, I have acquired the ability to handle sensitive information and maintain confidentiality of client information, and fine-tuned my administrative skills.



Next Steps

I am taking a gap year to gain more experience in the



Child and Family Therapy Clinic

Kennedy Krieger Institute (Columbia, MD)

Presented by Greg Gaydosh
University of Maryland, B.A. Psychology

Spring Semester 2020

Why Kennedy Krieger?

I discovered the internship on the UMD psychology blog! With my background in working with children for Camp Kesem and my passion for therapy, the Child and Family Therapy Clinic was a perfect fit.

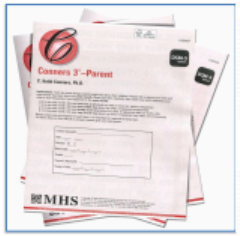
Kennedy Krieger Institute
Research. Treatment. Education.

Connection to psychology:

- Use of evidence based treatments including CBT and DBT.
- Wide range of skills were used in therapy sessions by different therapists with different approaches.
- Psychological measures that directly

Mission Statement:

"To transform the lives of children with disorders of the brain through groundbreaking research, innovative treatments, and life-changing education."





Tasks/Projects:

- Watching live and recorded therapy sessions.
- Sitting on supervisions with post doctoral therapists.
- Scoring psychological measures like the Conners 3, BASC 3, and more.
- Watching APA videos and reading

Skills obtained:

- Proficiency in scoring psychological measures.
- Data entry.
- Active listening.
- Finding work and making the most of time at work.



Impact and Future Career:

From my experience with Kennedy Krieger, although I did not directly interact with clients, I am interested in pursuing child and family therapy as a career path. From viewing many sessions to watching many videos on how to work with children and



TOGETHER Program

Presented by Negeen Fadae
University of Maryland, Bachelor of Arts in Psychology

Spring 2020

The TOGETHER Program is a University of Maryland and Virginia Tech partnership program that is based out of both Universities. The program provides couples in person group workshops (now online via zoom) that teach couples how to strengthen their relationships and families through strengthening communication and financial literacy/knowledge. These workshops take place in multiple locations within the DMV area. Improving the quality of social relationships is a critical aspect of the field of Psychology. I found out about the internship through a friend who was already working for the program, and urged me to apply and interview for an intern position.

TOGETHER Logo

TOGETHER

The information and interactive activities that couples engage in during in the workshops are based on the psychology of relationships and couples. Social psychology principles and activities teach couples how to

The work that I did for this program revolved around marketing and participant recruitment. My main task was recruitment via phone calls and emails to potential participants of the program. This taught me telephone marketing and communication skills that used a high level of professionalism. Secondly, I sometimes did workshop observation which allowed me to learn what a community based intervention looks like and how it operates. I also got to learn how to maintain professionalism with couples who were the program participants. This strengthened my communication skills. I know now from this internship that I would like to continue helping couples. This internship opened my eyes to the Marriage and Family Therapy Masters Program here at UMD because both exist within the same department. This program is my next career goal.

Working with



Maryland Multicultural Youth Center

Presented by Juan Elena Sandoval
University of Maryland, B.S. Psychology

Spring 2020

Getting Connected

I learned of this organization through volunteering and a sibling who previously interned there. I volunteered for their food bank drive and participated in their events such as a career readiness workshop. I have also had assistance from their services in the past to help with paperwork when I obtained my first internship through another department in the organization.



Mission

The mission of Maryland Multicultural Youth

My Position

My position in this organization was to serve as the temporary math tutor for the GED program. In this role I would provide students assistance with their math assignments and complete practice exams individually or in groups. The students would complete online homework to retain the information which I and the instructor would track and record.



Skill Learned

Psychology Application

This internship taught me the value of applying psychological principles in diverse settings. In this case, the principles used were to observe efficiency, hypothesize and test my hypothesis in a work setting. I used principles stemming mainly from I/O Psychology to examine the tasks, performance and student motivation.



Future Direction



CASA

Presented by Angie Mejia
University of Maryland, Bachelors of Art in Psychology

Spring 2020

Mission:

- To create a more just society by building power and improving the quality of life in working-class and immigrant communities
- Help them recognize, develop and use their power to change their lives and their communities.



Finding CASA:

I found this opportunity through Careers4Terps

Knowledge/Skills Developed:

- Professional writing
- Communication
- Development and finance process

Tasks Performed:

- Wrote donor acknowledgment letters, thank-you letters, and newsletters for funders.
- Researched and located reputable articles

Relation to Psychology:

Psychology was practiced through learning the process of grant writing. Also, professional writing is key to psychology, especially in the research areas.

.



Future Directions:

- Working with families and children



Little Leaves Behavioral Services

Presented by Megan McClure
University of Maryland, B.S. Psychology

Spring 2020

Finding Little Leaves

I learned about this behavior company through a former roommate of mine who had worked with them for years. She knew I was interested in working with children, and had positive things to say about her experiences as a Behavior Tech. I started in February of 2019, and since then have worked on five vastly different cases.

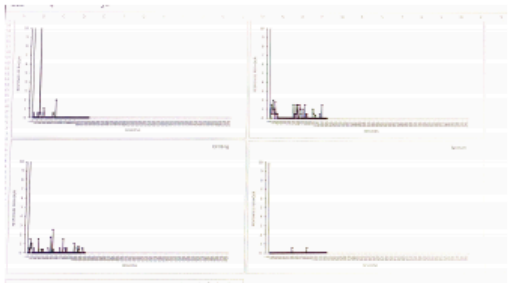
Mission Statement

Little Leaves' mission is to provide high quality ABA services and support to children with Autism Spectrum Disorder and their families. They strive to use evidence-based treatment, provide a helpful and loving community, and help the clients they serve to grow and improve.



Tasks & Application of Psych

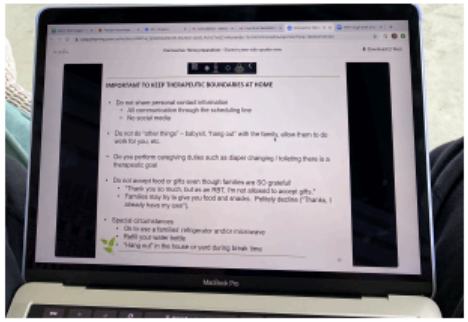
My primary tasks as a Registered Behavior Technician were to work one on one with my clients implementing their specified behavior programs. Part of my job was to enter data taken during the session to assess and track growth. A sample chart is shown below.



This position allowed me to directly apply my knowledge of Autism, a disorder that had piqued my interest in my Biological Basis of Behavior class. The treatments used at Little Leaves are based in ABA, a practice that has been studied for decades and has shown impressive results for children with ASD. Through this position, I

Skills Developed

Through working with Little Leaves, I gained valuable experience and knowledge. I learned the importance of patience in working with my clients, and of communication in working with my supervisor and the families of my clients. These are skills I will be able to apply in almost any future professional setting.



Next Steps

This year, I am applying to medical schools and hope to use my experiences at Little Leaves as a foundation for how to work



National Public Radio (NPR)

Presented by Miles Stroud
University of Maryland, Bachelor of Science (B.S) in Psychology, Minor in Neuroscience

Spring 2020

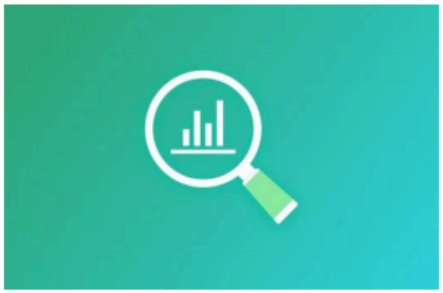
I foudn my way to the audience inishgts and research department at NPR through the University of Maryland's Psi Chi chapter. My current manager reached out with the internship opportunity, which was subsequently emailed to all Psi Chi members!

We are particularly conscious of social psychology, which shapes how we think about the group behavior of our audience.



As an organization, NPR is focused on

Data analysis was a key component of the tasks I carried out at NPR. One such project involved analyzing the performance of the notifications the NPR application sends to inform best practices in terms of time-of-day, verbiage, and even which topics perform better for notifications.



The constant stream of data we receive required me to obtain new skills to keep up. I began employing Search Query Language (SQL) to analyze Google

I also gained the extremely important skill of presenting research! While I had done it before, my internship involved presenting almost weekly towards the end. Presenting information in a concise, clear fashion is invaluable.

However, getting to see Tiny Desk performances such as Harry Styles was my favorite NPR experience by far.



My time at NPR has convinced me that statistics and data analysis will continue



Kennedy Krieger Institute
Columbia, MD

Presented by Julia Starikovsky
University of Maryland, B.A Psychology

Spring 2019

What is the Kennedy Krieger Institute?(KKI)

A world renown institution focusing on improving the quality of life for infants and children with developmental disabilities. KKI is an interdisciplinary center that work with patient care, research, special education, and community initiatives.

Kennedy Krieger Institute
UNLOCKING POTENTIAL

What is the Behavioral Management Clinic? (BMC)

The Behavioral Management Clinic at KKI includes a team of clinicians that help children and their families regulate behavior in children with disruptive behaviors and other co-morbidities. Through the use of Parent-Child Interaction Therapy, Child Direction Interaction, Parent Directed Interaction, psychotherapy, and cognitive behavioral therapy clinicians are able to help correct problematic behaviors.



Pictured: KKI at Columbia, MD

"I feel lucky to have had such an amazing opportunity at KKI that I found through the PSYC E- News Blog. It is not a normal undergraduate internship to have so much clinical work and patient interaction. I am grateful for all of the clinicians I have worked with and have learned from in the last 4 months"

My Role at the Kennedy Krieger Institute:

- Observed sessions in the BMC clinic
- Learned Child-Directed Interaction Therapy and used it in session

Future Direction:

- Research for 1-2 years post-grad
- Apply to clinical psychology graduate school
- Fellowship in neuropsychology or psychotherapy specialty



Psychological Application:

This internship allowed me to delve into the clinical world of child psychology. I thoroughly enjoyed working in this type of environment. I am excited to use the skills in the future when working with patients and understanding what measures can be used to assess the issue at hand. I was able to get a glimpse



The National Center for Missing and Exploited Children

Presented by Casey Allen
University of Maryland, B.A. of Psychology

Spring 2019

What is the mission of NCMEC? How did I find my internship?

The NCMEC mission is to help find missing children, reduce child sexual exploitation, and prevent child victimization. I found my internship through a colleague of my dad's whose wife works for NCMEC.



Who did I work for?

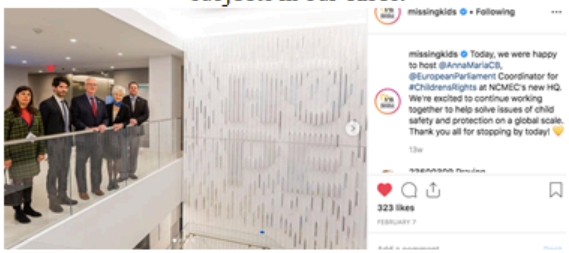
I worked for the **Case Analysis Division** (CAD) which conducts research to create

What did I work on?

I interned at NCMEC over two different semesters (Summer 2018 and Spring 2019) so I had the opportunity to work on a variety of projects. One of the first major projects that I worked on was a study looking at **Non-family Infant Abductions** (NFAs). I assisted in reviewing all relevant cases and coding them for any of the variables that we deemed relevant to the study. I then worked on a project looking at **Boys in Child Sex Trafficking**. Just as with the NFAs, I read case narratives and coded anything that met the qualifications of the variables we were interested in. In another project related to Child Sex Trafficking, I assisted with the coding for a project done for **the Department of**

How was psychology used during my internship?

Throughout my internship I used what I had learned about child and adult psychopathology when reading the case narratives. I also used my knowledge of attachment theory when reading most of the child sex trafficking cases. This intersection became very interesting to me and has prompted me to think more about how attachment interventions could benefit foster children, which were the majority of the subjects in our cases.



How did this internship impact my future?

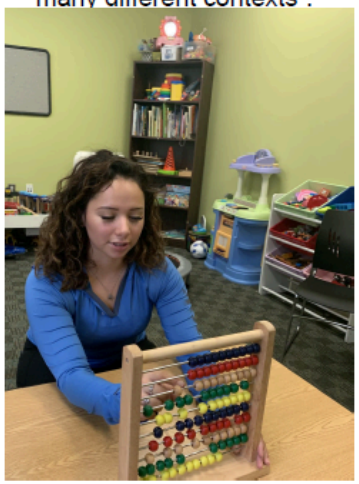


Internship at CSAAC

Karla Montoya
University of Maryland, B.A. in Psychology

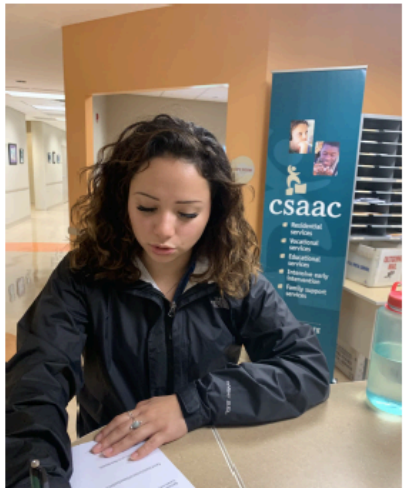
Spring 2019

"This has been one of the most rewarding experiences thus far. I've watched individuals grow and develop skills in which they can use across many different contexts".

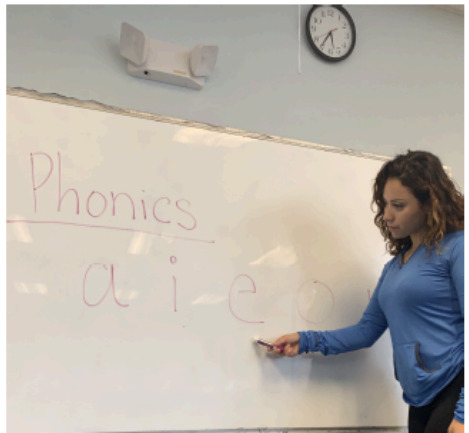


"Clinic is also known as a team meeting. We meet in a group and

"Session notes were written immediately after session and clinic. I learned session notes must be professional and objective. Through this, I am able to apply this style of writing in different areas of my life, including future graduate school".



"Despite teaching the children different material and ensuring they received quality education, I was able to learn as well. The program phonics was definitely a program I had to familiarize myself with. Through working with my supervisor and doing phonics homework, I was able to quickly learn".





Behavioral Management Clinic

Kennedy Krieger Institute (Odenton, MD)

Presented by Umniya Gabbani
University of Maryland, Bachelors of Arts in Psychology

Spring 2019

Application to Psychology

- Evidence based treatments such PCIT.
- Therapy includes rewards & reinforcements
- Psychological assessments that administer psychopathology



Future Directions/Impact

- Graduate school focusing specifically in clinical psychology
- Working in a clinical setting involving children

Why BMC?

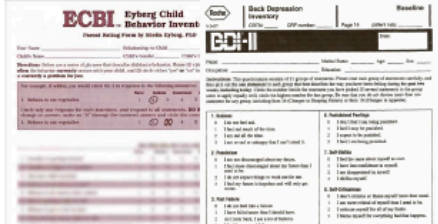
- I was informed about this internship opportunity through my lab manager who was a practicum student last year. Her description of this experience really stood out to me and aligned with my interests of working with kids.



Kennedy Krieger Mission

Typical Tasks/Projects

- Score clinical measures such as ECBI, BASC, PSI-4 & BDI-2. (shown below)
- Entering scores onto database and writing follow up reports
- Weekly supervision
- Creating Intake Evaluation packets for clinicians
- Observed therapy sessions and followed up with clinician afterwards
- Organized and cleaned clinic toys
- Used CDI skills with patients
- Miscellaneous tasks include
  - Creating value cards
  - Creating reward graphs
  - Creating new labels for measures



BASC3

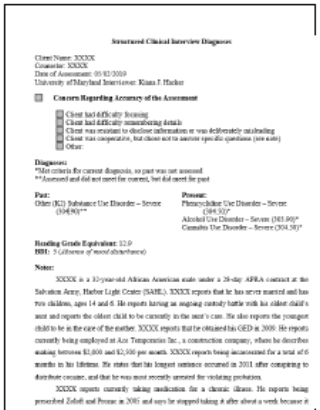


Salvation Army Harbor Light Center

Presented by Kiana J. Hacker
University of Maryland, Bachelor of Science in Psychology & Minor in Neuroscience

Spring 2019

At Harbor Light, individuals can learn to administer Structured Clinical Interviews for the DSM-5, a semi-structured interview guide for making the major DSM-5 diagnoses. Interns discover how psychological theories apply to real-world settings while developing a knowledge base surrounding the symptomology of various disorders as well as useful diagnostic criteria. Interns also strengthen their own clinical interview and professional writing skills in a professional context.



Structured Clinical Interview Diagnosis

Client Name: XXXX
Counselor: XXXX
Date of Assessment: 05/02/2019
University of Maryland Interviewer: Kiana J. Hacker

☐ **Concern Regarding Accuracy of the Assessment**

- ☐ Client had difficulty listening
- ☐ Client had difficulty remembering details
- ☐ Client was resistant to disclose information or was deliberately misleading
- ☐ Client was cooperative, but chose not to answer specific questions (see note)
- ☐ Other:

Diagnoses:
*Met criteria for current diagnosis, so past was not assessed
**Assessed and did not meet for current, but did meet for past

Past:
Other (Kl) Substance Use Disorder – Severe (304.90)**

Present:
Phencyclidine Use Disorder – Severe (304.50)*
Alcohol Use Disorder – Severe (303.90)*
Cannabis Use Disorder – Severe (304.30)*

Reading Grade Equivalent: 12.9
HRI: 3 (*Absence of mood disturbance*)

Note:

XXXX is a 32-year-old African American male under a 28-day AFRA contract at the Salvation Army, Harbor Light Center (SAHL). XXXX reports that he has never married and has two children, ages 14 and 6. He reports having an ongoing custody battle with his oldest child's aunt and reports the oldest child to be currently in the aunt's care. He also reports the youngest child to be in the care of the mother. XXXX reports that he obtained his GED in 2000. He reports currently being employed at Ace Temporaries Inc., a construction company, where he describes making between $1,800 and $2,100 per month. XXXX reports being incarcerated for a total of 6 months in his lifetime. He states that his longest sentence occurred in 2011 after conspiring to distribute cocaine, and that he was most recently arrested for violating probation.

XXXX reports currently taking medication for a chronic illness. He reports being prescribed Zoloft and Prozac in 2001 and says he stopped taking it after about a week because it

Since 1951, the Salvation Army Harbor Light Center has helped individuals battle substance abuse, homelessness, develop skills for managing grief and anger, and has provided an array of mental health services including individual and group therapy to dually-diagnosed populations of the D.C. metropolitan area. Given the Salvation Army's ties with the Evangelical Christian Church, the facility bases many of its morals on biblical teachings. Its mission is to preach the gospel and simultaneously meet human needs without discrimination.



This internship has impacted my academic and professional trajectory by giving me in-field experience with under-represented populations. It

I found this internship opportunity through UMD's Clinical and Cognitive Neuroscience Lab. Our lab collects EEG data at Harbor Light and interprets event related potentials (ERPs) that are typical measures for neuroscientific cognitive research, including theta and delta frequency bands associated with attentional control and task-based processing.





On Our Own of PG County

Presented by Adina Weinreb
University of Maryland, Bachelor of Arts in Psychology

Spring 2019 Semester

On Our Own's Mission

On Our Own of PG County benefits the community by helping those who live with many different challenges--namely mental health and substance use challenges-- in their lives using a peer support model. The center aims to promote self-esteem and self-advocacy for its members.



Finding OOO

I learned about On Our Own when the director, Matt, gave a presentation about

Projects & Tasks Performed:

- Establish rapport and connection with members
- Enhance media presence and outreach
- Help organize and decorate new space for the center
- Assist in planning grand re-opening event
- Create promotional video for center



Knowledge & Skills Developed:

Role of Psychology

Many of the center's members are diagnosed with a mental health disorder, so just interacting with members helps me understand some of the struggles they go through dealing with their mental illnesses. Also, when members discuss hardships and struggles that they experience, I am able to use the active listening skills I learnt in a helping skills class.

OOOPG

Next Steps:

I hope my experience interning at OOO



YMCA Youth & Family Services

RYS/CORE Counseling Branch – Silver Spring, MD

Presented by Ilana (Layna) Fromkin
University of Maryland, B.A. Psychology

Spring 2019

Finding the YMCA

Last March, I attended the UMD Psychology Networking Night in hopes to find an internship for my senior year. Here, I met one of the counselors at the YMCA branch that I now intern for. I immediately connected to the organization's mission and realized what an incredible clinical opportunity this would be. I reached out to this counselor the next day with my resume to apply for an internship and schedule an interview.

Mission Statement

This YMCA branch seeks to foster spiritual, mental, and physical development of individuals, families and the community. Funded by the Maryland Department of Health and Human Services, the RYS/CORE Counseling Branch works towards its mission by providing services such as individual counseling, family counseling, case management, and psychoeducational groups in Montgomery County Public Schools.





Projects & Tasks

My main task was to collaborate with other mental health professionals to create curricula for and lead psychoeducational groups. Some groups I helped run this semester included a self-esteem group and a high-school readiness group. In addition to leading these groups, intern tasks included organizing client files, conducting intakes for individual therapy sessions with the licensed mental health counselors, and organizing quarterly reports and audits.

Application of Psychology

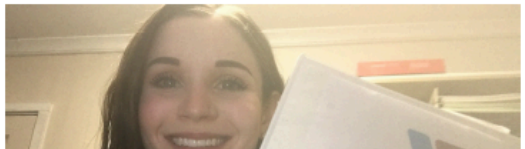
At the RYS/CORE Counseling Branch, various counseling theoretical orientations were utilized by

Personal Development

While interning at the RYS/CORE Counseling Branch, my skills as a helper became much stronger through my direct interactions with clients. I also learned how to run a successful psychoeducational group for young adolescents. Additionally, my knowledge of how to adhere to ethical and professional standards was greatly strengthened throughout my various experiences at the YMCA.

Future Directions

While I knew I wanted to pursue a career as an LCSW before this internship, my experience at the YMCA has both strengthened this desire and helped me get to the crucial next step in my professional journey. One of the mental health therapist at the office wrote me a letter of recommendation for graduate school and even helped me with essays during my application process. I am so excited to enter the MSW program at NYU this upcoming fall.





Education Directorate at the American Psychological Association

Presented by Amber Williams
University of Maryland, Psychology, BS

Spring 2019

Introduction

- I searched through the APA website and found the Internal Internship Program. I applied to it, interviewed, and was offered a position as intern in the Education Directorate (ED) at APA under Debra Perry.
- Over time, my title developed into "Senior Internship Coordinator" and I had the responsibility of providing accurate information though research, completing informational brochures, coordinating events, helping the new interns settle in, and communicating professionally with APA members and non-members.


Panel Discussion Evaluation

Panel Discussion Title ____ Date ____

Moderator ____

Rating scale: 0- Strongly Disagree; 1- Disagree; 2- Neutral; 3- Agree; 4- Strongly Agree

GENERAL	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. Did you find this discussion informative?	0	1	2	3	4
2. Would you recommend this discussion to future interns?	0	1	2	3	4
3. Overall, were you satisfied with this discussion?	0	1	2	3	4
4. The discussion was overall very organized.	0	1	2	3	4



Obstacles I Faced

- Jumping right into the internship was overwhelming
- Needing to set expectations and gain confidence
- Having to discuss each edit change and actually prove that I had "proficient writing skills"
- Quick turnarounds, lots of projects, and

What I Learned, pt.2

- I learned the importance of speaking up for myself as well as how to navigate social situations (to get the edits necessary for each project by providing valid explanations for them).
  - This developed my interpersonal and observational skills in relation to putting my psychology lessons into practice. In particular, I had to negotiate in many situations in and around my internship, which I learned how to do well by taking PSYC362.
- I handled the fast-approaching deadlines and little tasks by writing everything down, including examples, dates, and descriptions.
  - This helped me to stay on top of everything I had to do and produce things that just about hit the mark the first time, every time.

Future Directions

From here, I don't plan on doing program management, but I believe the skills I've improved (professional demeanor, writing, communication, word/excel, time management, and program coordinating) will help me to run



Little Leaves Behavioral Services

Presented by Eitan Zecher
University of Maryland, Psychology Major, Bachelor of Arts

Spring 2017

Who I worked for and How I found it!

I completed my PSYC389 Internship with the Little Leaves Behavioral Services. Little Leaves Offices are located at The Auburn School Campuses in Silver Spring, Fairfax and Baltimore. I found this organization through searching on the Psyc-E-News Blog where there are many varying posts on work and research opportunities.

What is Little Leaves's mission?

Little Leaves is an organization that works with individuals who have social, communication, and behavioral challenges to help them grow so they can be a part of their family and

What tasks did I perform?

I worked as a behavioral therapist with Little Leaves. I met with an individual client and worked with them through programs to improve some of their daily living skills. All of these programs were data driven and implemented with Applied Behavior Analysis techniques. For example, one type of program helps clients learn how to properly play games with others. In this program, the child would play games and learn to understand rules, wait for their turn, acknowledge when a game is complete or keep a game clean. These are various skills that

How was psychology practiced at Little Leaves?

Litle Leaves approaches every client based on Applied Behavior Analysis Principles. These principles are based upon research and data regarding the best ways to interact with clients. Many of the programs use Operant Conditioning models where children are reinforced for positive behavior.



How did this internship impact my future?

Litle Leaves opened me up to potentially working more with children in the future. I understand their mission to help each child with their different



NAMI - Maryland

Presented by Caroline Dwyer
University of Maryland, B.A. Psychology

Spring 2017

WHO IS NAMI?

NAMI is the nations largest grassroots organization dedicated to bettering the loves of those affected by mental illness

- Educate
- Advocate
- Listen
- Lead

NAMI Maryland
National Alliance on Mental Illness

MY EXPERIENCE

- Found internship through psychology advisor
- Learned more about stigma in our society
- Learned how to effectively advocate
- Worked with intelligent and

WHAT I DID

- Emergency room workshop data analysis and entry
- Outreach research for LGBTQ, African American, youth, faith, and Hispanic communities
- NAMI walks preparation and planning
- Stigmatizing language PowerPoint



NAMI AND PSYCHOLOGY

NAMI's mission is to better the lives of affected by mental illness

- Background knowledge in psychology allowed me to be of better help on warm line
- Heard a lot of personal stories about living with a mental illness
- Had direct contact with individuals with mental illness seeking help and support
- NAMI partners with mental health providers as resource for their patients



FUTURE DIRECTIONS

- Now have experience with those affected by mental illness



CASA de Maryland

Silver Spring, Maryland

Nora Doyle
University of Maryland, B.S. Psychology, B.A. Spanish Language and Culture

Spring 2017

I found my internship through a request on the CASA website for Spanish speakers to assist in the in the Education Department. CASA aims to improve the quality of life of low income immigrant communities.

At CASA, Psychological concepts of emotional and physical well being drive the services that the organization provides to its members in order to lift them out of poverty.



I engaged with the immigrant community by participating in a community event in which PG county police officers came to meet CASA members, hear their concerns and answer questions.

I was inspired by working with a socially minded organization like CASA. I want to get my masters in Organizational Psychology, and use it to help nonprofits

My supervisor told me "We've lost track of which exams in this test bank are updated and which are old. Can you go through and check for mistakes?"
The online exam bank for classes had gotten out of hand, so I worked on quality management of the classroom materials.



I also tracked English comprehension pre and post exam scores for students in the program. Using Salesforce, I entered and organized this data on all students. This



Kennedy Krieger Behavioral Management Clinic

Presented by Hannah Van Buiten
University of Maryland, Psychology

Spring 2017

Kennedy Krieger's Mission:

"To transform the lives of children with disorders of the brain through groundbreaking research, innovative treatments, and life-changing education."



"I felt really lucky to be a practicum

How I found my internship:

- Networking with research assistants and graduate students in the Lab for Early Social Cognition

Kennedy Krieger Institute
UNLOCKING POTENTIAL

Project and tasks performed:

- Scoring Psychological measures such as ECBI, BDI, PSI, and BASC
- Entering scores into database and

Psychological Applications at the BMC:

- Behavioral interventions such as Parent Child Interaction Therapy, token economy system, and reinforcement
- Understanding of psychopathology
- Psychological assessments



Future Direction:

- Graduate school in school or



Kennedy Krieger Institute

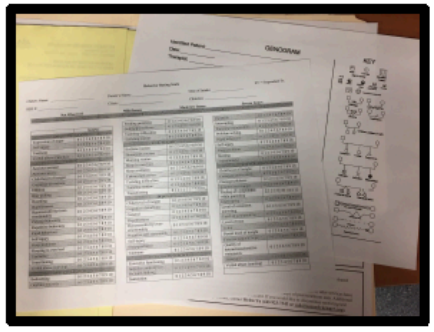
Columbia, MD

Presented by Emily Dietz
University of Maryland, Bachelor of Arts Psychology

Spring 2017

Application of Psychology

Psychology plays a big role in the CFT clinic. Therapists use evidence based treatments such as CBT to treat client issues. In addition, the measures administered to patients relate to psychology as well. They help determine factors that contribute to the child's maladaptive behaviors.



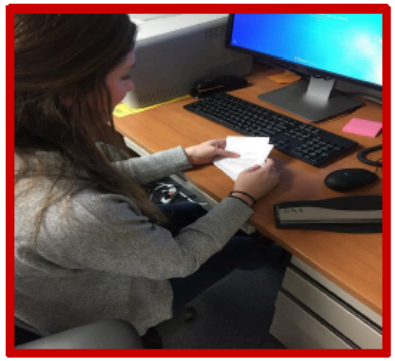
Tasks Performed

During the time at my internship, I performed various tasks including:

- putting together intake packets like shown

Becoming Involved

Hearing about the **great** experience my friend had as an intern for Kennedy Krieger, I decided to ask her for the contact information and emailed employees and eventually got interviews for two different clinics!

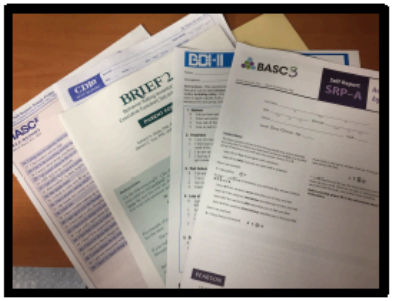


Kennedy Kriegers Mission

The Child and Family Therapy Clinic aims to give the best quality therapy to kids and teens with behavioral and emotional problems. They incorporate the children's family into treatment in

Impact of Internship

This internship opportunity has opened *many* doors in regards to the next stages of my life after undergrad. Having experience in a clinical environment will benefit me with reference to graduate school as well as a career during my gap year. I have also learned basic skills that can transfer both to graduate school and future careers.



More Tasks Performed

- scoring various measures like the ones pictured above



Mt. Washington Pediatric Hospital (MWPH)
Baltimore, Maryland

Presented by Jillian Meinhardt
University of Maryland, B.A. in Psychology

Fall 2016

"After emailing my resume to various internship sites..."

- I found MWPH on a list of places Maryland students have previously interned
- I called the internship coordinator
- He offered me an interview



Tasks Performed

- Mailed pre-assessment forms
- Scored behavioral and emotional measures
- Observed testing sessions



Relationship to Psychology

- CBT used in social skills group

Most Interesting and Fun Task

- Volunteered in a social skills group
- Co-led sessions, redirected the children's attention, and maintained order





Kennedy Krieger Institute- Behavioral Management Clinic

Presented by Nicole Rodriguez
University of Maryland, Psychology

Fall 2016

Daily Tasks:

- Scoring psychological assessments
  - ECBI, PSI, BDI, BASC
- Observing therapy sessions and taking notes on what was done during the session
- Making sure there were enough IE packets for the clinicians
- Weekly supervision
- Interacting during sessions using CDI skills
- Coded behaviors during analog sessions

Additional Tasks:

- Created binder full of academic material
  - K-5th grades
  - Used during sessions where child has difficulties at school
- Wrote up mock clinician notes after observing a family

KKI Misson:

"To transform the lives of children with disorders of the brain through groundbreaking research, innovative treatments, and life-changing education."

Kennedy Krieger Institute

Psychology at the BMC:

- Use of psychological assessments and how they were intepreted
- Learning PCIT and CDI skills
- Therapy often includes using rewards, token economy and reinforcements

Future Direction:

- Graduate school, specifically school psychology
- Plan on research behavioral interventions and the parent-teacher disconnect
- Would like to work in a clinic or private practice carrying out behavioral interventions



- I would like to do similar work to what



Holy Redeemer School

Presented by Alexis Thompson
University of Maryland, Psychology and Management

Fall 2016

Holy Redeemer School is a Kindergarten – 8th Roman Catholic School located in College Park, MD. The school's mission is to provide excellent education to its students with the power of faith. The school's specific beliefs include that every child is made in Christ's image and deserves respect, a safe learning environment, and academic success. They also emphasize service and worship.



Internship responsibilities



I found this internship by researching nearby schools. After contacting the school, the administration kindly welcomed me to volunteer with the school for the semester. Through this internship, I worked with classes from grades Pre-K to 8th grade, facilitated

This internship has been very helpful giving me exposure to working with students. After graduation, I hope to pursue a Master's degree in School Counseling. My internship provided me the opportunity to improve my application for graduate school as well as provide early exposure to having a leadership role in an educational environment and learn efficient ways to work with students and faculty.





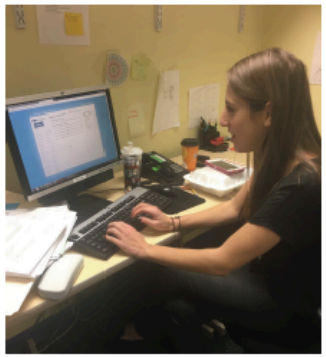
Mount Washington Pediatric Hospital

Amanda Rosenberg
University of Maryland, BA Psychology

Fall, 2016

My Job:

"My primary job at MWPH was scoring data sheets for my supervisor. I systematically printed out the corresponding child's information for each sheet, typed each digit into the scoring database, and printed the final information. Each sheet is from a different type of assessment, so I organized all of the sheets by category."



"These sheets are extremely important for observing treatment trends. The data that

My Environment:

"I spent the majority of my time in the Student Office, where volunteers, interns, externs, and doctors do much of their work. I observed their daily activities and learned from their experiences. I gained ample knowledge from them for my next steps and future career options"



"I worked on immersing myself into the student office environment, and on offering my help to those around me. Photographed below, I am helping a fellow volunteer with how to use the new scoring program."



My Opportunities:

"I was provided with many opportunities to observe feeding therapy sessions with my supervisor. I learned about different feeding disorders and the treatment techniques that are used with them. Additionally, I observed many Autism testing sessions. I learned about the disorder and the different manifestations of it."

"I had the opportunity to spend time in the feeding day care center, where I observed the children in the clinic, learned about how their disorders effect their daily lives, and formed relationships with each and every one of them."





Center for Autism and Related Disorders

At Kennedy Krieger Institute

Presented by Victoria Connors
University of Maryland, Bachelor of Arts Psychology

Fall 2017

Practice of Psychology:
CARD executes large-scale randomized controlled trials (RCT) to assess the effectiveness of early intervention programs on children with autism. Parents and teachers in the underserved Baltimore community are assessed pre- and post-training developed and offered by CARD.



Impact:
My experiences at CARD has impacted me in a multitude of ways. I have gained the clinical experience needed to

Involvement:
I heard about CARD through a graduate student I worked with. After browsing the website, I grew really interested in the research that Dr. Rebecca Landa was conducting. I reached out to her for opportunities and a research coordinator contacted me soon after!



CARD's Mission:
CARD utilizes evidence-based research, clinical service, and training programs to

Tasks Performed:
During my time at CARD, I collaborated with employees to develop and pilot a coding scheme for parent-child interactions during book-reading. I also trained employees how to use the coding system, ELAN, and provided feedback for them to become reliable.



More Tasks Performed:
I engaged in stimulus creation and preparation for teacher training as part of



The Children's Inn at the National Institutes of Health

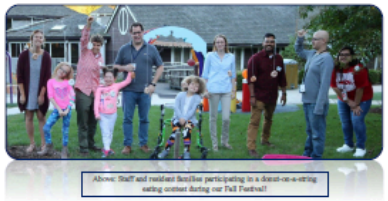
Programming Department – Family Program Intern

Presented by Samantha Wilkins
University of Maryland, B.A. Psychology

Fall 2017

Why The Inn?

I found my internship at The Inn through a close friend whose mother has been volunteering there for several years. I was visiting this friend's house and spoke with his mom about my interest in pursuing a career in the field of Child Life, a profession that serves to facilitate healthy coping, developmental stimulation, and unconditional support for children diagnosed with illness and their families. After hearing this, she spoke about her experiences at The Inn. While looking for an internship over the summer, I browsed The Inn's website and found an application for their fall student internship. Since then, I have established both a professional and personal connection to The Inn and cannot wait to continue volunteering even after my internship is complete.



Above: Staff and resident families participating in a donut-on-a-string eating contest during our Fall Festival!

Application of Psychology

- Incorporated components from developmental psychology in planning and executing activities that can be altered tailored appropriately to a large range of ages and developmental levels
- Exhibited cultural sensitivity and took various psychological factors



The Children's Inn Mission

The Children's Inn (TCI) at NIH is a private, non-profit residential facility for families with children who are participating in medical research testing and treatment at NIH's Clinical Center in Bethesda, MD. The Inn prides itself on being a "place like home" for all residents and strives to lessen the burdens of illness. Staff members fulfill The Inn's mission through continuous support, maintaining the facility as a free, family-friendly environment for all, and providing programming opportunities for families to have fun and destress.



Lessons & Takeaways

- Validation of my current passion in working for/interacting with children diagnosed with illnesses
- Learned a tremendous amount about the logistics required to plan small and large-scale events
- Clinical experience under Child Life versus programming outside of

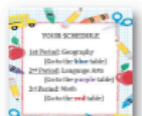
Typical Work Duties

- Facilitated assigned programming events each week, for about 1-3 hours daily
- Planned monthly, one-hour parties with designated themes and activities included
- Took initiative in reaching out to other members of the planning team to offer my assistance with current projects
- Participated in interdisciplinary communication through scheduled meetings with members of The Inn staff
- Completed administrative, logistical work for programming events
  - Including: INNrichment Fund Scholarship, Pumpkin Patch trip, Fantasy Flight event

Projects

- Designed, organized, and implemented three themed, one-hour parties for the residents at The Inn:
  - September Back to School Party (09/18)
  - October Fall Festival (10/18)
  - November Camping Party (11/28)
- Collaborated with staff members to map out a Halloween Trick or Treating Route for residents at The Inn
- Caregiver Pamphlet with important information about The Inn and available resources







Child Health Advocacy Institute of Children's National Health System

Lindsay Druskin, University of Maryland, Psychology Major

Fall 2017

My Journey to the Child Health Advocacy Institute (CHAI)

I completed my internship with the Child Health Advocacy Institute (CHAI) of Children's National Health System in Washington, D.C. I found this internship through a graduate student at the lab I work for on campus. I was hoping to have an internship in a hospital setting, since I wanted to have an experience that differed from previous internship positions.

The CHAI Mission

CHAI focuses on developmental outreach programs and policy change that helps to impact the lives of children and their families. One main aspect of the CHAI mission is



Psychology at CHAI

A main focus of CHAI is the integration and improvement of mental health resources within the pediatric primary care setting. CHAI's mission to reach a wider population is critical to improving community mental health and the lives of children. CHAI is also working on improving the quality of mental health screening and referrals to mental health services.

Projects I Worked On

- Enter participant records into REDCap Software
- Assist with follow-up interviews with families
- Contact local mental health centers and clinicians to verify and update information for an interactive mental health resource guide and resource map
- Conduct a literature review about family navigation through mental health resources in pediatric primary care settings
- Transcribing family interviews
- Assisting in drafting an introduction for a paper about mental health screening in pediatric primary care

Future Impact

I hope that I will be able to continue to work



Choice Clinical Services

Presented by Chelsea Poloski
University of Maryland

Fall 2017

I found this internship by looking online to find local private practice therapy organizations. I found CCS and emailed Taylor, the owner, with my resume and information about myself to show I was interested. I got an interview and was accepted as her intern pretty quickly. CCS is located in Greenbelt so it was nice and convenient!



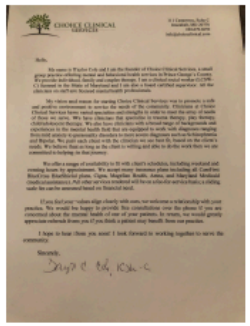
This internship helped me realize that I really like working with teenagers and young adults with more severe diagnoses. I am going to continue to explore this interest in graduate school and consider therapy as a potential part time job later in my career.

CHOICE CLINICAL SERVICES

The mission of CCS is "change through the power of choice". CCS is committed to helping others make meaningful change in their lives so long as they are motivated to do the

I was able to observe therapy sessions. Psychology was clearly practiced here because the clinician I worked with was diagnosing clients and providing multiple types of Evidence Based Treatments.





I worked on community outreach. I made a list of local doctors offices and other potential referral sources. I created a letter that explained our services and our mission and values. I



Wallace Montgomery

Presented by Angela McConaughy
University of Maryland, Psychology

Fall 2017

Main Responsibilities:

- Assist Employees with enrollment in benefits
- Coordinate and run Annual Company Picnic
- Initiate Company Wellness Program
- Review and forward resumes
- Set up and conduct interviews
- Conduct New Hire Orientation



Mission Statement:

Provide sustainable infrastructure through innovative design

•

While this does not initially seem like a



Finding Psychology in WM:

I was introduced to this internship through my brother who works at WM. He mentioned that his HR manager was looking for some help. I initially struggled with the idea of how to find psychology in such an engineer focused environment. I quickly realized that it was everywhere.

From health benefits to event planning the focus of my HR internship was the mental health of the staff. I got to have a helping relationship with many employees, and even experience ethics and confidentially with benefit and personnel information.

Company Summer Picnic:

One of our biggest staff events of the year is the Annual Summer Picnic. Employee morale and involvement is extremely important to maintaining the culture of WM, and I got to play a hand in planning the event this year. Pictured below is a staff member who won a free tablet for his visual and hearing impaired daughter at one of the raffles during the picnic.





Cornerstone Montgomery

Presented by Tejah Lee
University of Maryland, B.S Psychology

Fall 2017

I first learned about Cornerstone Montgomery through the UMD PSYC E-NEWS emails. Cornerstone Montgomery specializes in helping individuals with mental health and substance abuse disorders integrate into their communities.



Over the course of my internship, I was able to complete both classroom and online trainings that ranged from CPR training to mental health disorders in

I worked as a Rehabilitation Counselor at Cornerstone Montgomery. The list of responsibilities I had ranged from medication monitoring and psych rehab to helping clients understand boundaries and helping them learn how to cook.

The work that I did at Cornerstone incorporated aspects of both clinical and counseling psychology. I was able to work with individuals, across different levels, with mental health disorders. The therapists at our different clinics

This experience has really solidified that the field of psychology is where I want to be. I was also able to make connections, both with my staff and other members of the organization. This internship has also provided me with valuable and relevant skills that will help me with both graduate school and my career search.

Cornerstone Montgomery

Although I received valuable professional development skills, I feel the most important thing I took away from my internship was developing real relationships with my clients.

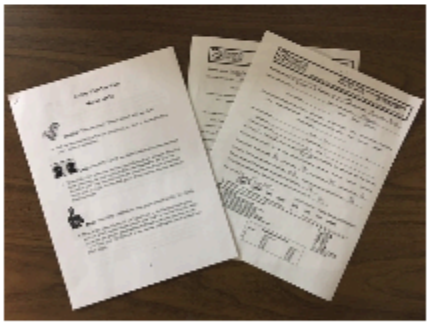


Cornerstone Montgomery Integrated Treatment for Co-Occurring Disorders Program

Presented by Yoon Mo Yang
University of Maryland, B. S. Psychology

Fall 2017

I found my internship through the Psychology Department's Undergraduate Internship Sites Directory. Cornerstone Montgomery's ITCOD division aims to improve the lives of individuals with mental illnesses and substance use disorders by using the harm-reduction model of treatment to guide substance use and mental health treatment.



I interned as a supervised residential counselor, I was running house meetings for my primary residence

Interning at Cornerstone Montgomery taught me how important building rapport with clients was. Instead of being a stoic, cold counselor doing his job, I was pushed by other counselors and supervisors to become a physical and emotional ally to the clients.

While this internship revealed that I was meant to work with a younger age group, I will use the practices and skills that I have learned here to get my masters in counseling psychology and become a counseling psychologist for teens and young adults struggling with

Upon question, my supervisor stated that, "ITCOD uses psychology in the harm-reduction model to treat its clients. It uses evidence-based treatment plans to minimize harm done to the client from substances they use without forcing clients to go cold-turkey and experiencing withdrawal symptoms."



I also ran nutrition groups to build the clients' independent living skills, ran fire



Internship at EveryMind
Rockville, MD

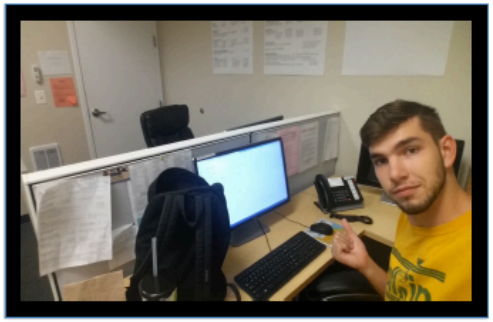
Presented by Zack Borkowski
University of Maryland, Bachelor of the Arts in Psychology

Fall 2017

I found my internship through the UMD Psych E-News blog online. I sought out this internship because I wanted to gain experience in mental health while giving back to the community.



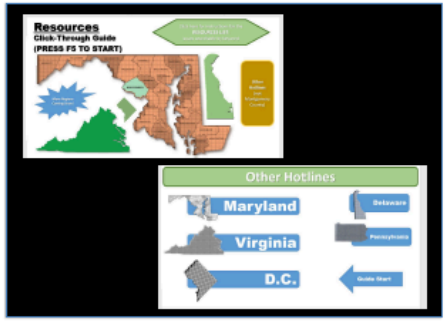
EveryMind interns provide supportive listening, referrals, and crisis intervention through telephone and online chat. We are committed to



At my internship I developed my helping skills through practice, and feedback from supervising staff. Staff would role-play practice chats for me to hone in specific skills like reflecting feelings and strengths.

EveryMind.
Your mental wellness.
Our mission.

Another role I took on as an intern at EveryMind was the Resource Intern. My objectives included organizing mental health resources, and creating an easy-to-use guide for volunteers to quickly find the resource they need.



I particularly enjoyed the Resources aspect of the internship because it allowed me to widen the impact of my contribution. Not only was I providing



The Auburn School

NURTURING UNIQUE MINDS

Presented by Abby Awosanya
University of Maryland, B.S. Psychology

Fall 2017

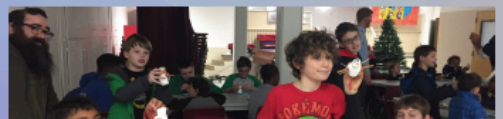
The Auburn School, Silver Spring, MD

The Auburn School is a private elementary and middle school that offers a dynamic educational program and support for students with challenges in the areas of communication, socialization, pragmatic language, attention, and organization. Auburn's program is designed for students who can benefit from these supports, including, but not limited to, students who are diagnosed with Asperger's syndrome/ ASD, PDD-NOS, NVLD, or ADHD

The missions of the Auburn School includes:

- ✓Using research-based programs and educational best-practices to integrate social skills and pragmatic language development throughout curriculum.
- ✓Provide a challenging academic curriculum using multi-sensory instruction and accommodating to students needs.
- ✓Utilizing the advantages of small class sizes to offer a safe, nurturing, and personalized learning environment while identifying and developing individual strengths, talents, and interests of each student.

I was informed about the internship through a friend who worked at the school.



Aftercare Program

Aftercare is an after school program for students who stay beyond school hours between 3:30 – 5:30PM

As an Aftercare Instructor, some of my responsibilities included:

- ✓ Planning and implementing engaging daily activities
- ✓ Assisting students with homework
- ✓ Mediating or assisting in any complications that may occur such as challenges with expressing appropriate behavior when completing a difficult task or interacting with peers or adults.
- ✓ Reviewing behavior and enforcing special and communication points to resolve problems



A student being wrapped in toilet paper as a mummy during the fall social.

Psychology Practices

At this internship opportunity, I had the ability to employ social and behavioral psychology techniques to manage a student's behavior or interactions with peers. For example:

- ✧ Finding appropriate way to express emotions of frustration, anger, annoyance, etc.
- ✧ Using occupational therapy instruments to relieve repetitive movements or utterances.
- ✧ Enforcing "full body" listening: listening with eyes directed at

My Next Stages

Interacting with young children truly brought joy to my day. However, I prefer interacting with them on a smaller, personal level (5 children or less). If I were to continue with child psychopathology in the future, it would most likely be in a research lab or in individual cognitive behavioral therapy. For my next



Children's National Medical Center

Center for Translational Science

Presented by Caroline Gabriel
University of Maryland, Psychology

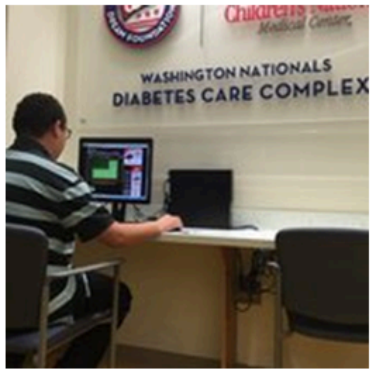
Fall 2017

- The Human Development lab I work in at UMD has connections to this lab at CNMC and I found out about it through clinical students on our study
- CNMC is located in NW Washington DC on Michigan Ave.



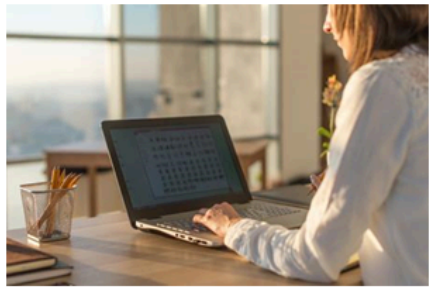
- I sat in on talks by health professionals from universities and hospitals around the country: "One presentation that stuck out

- CNMC's general mission statement: to bring health and wellbeing to all children
- I worked on a project examining mental health in child and adolescent diabetes patients.
- There were psychologists on our team in the study who saw patients that fit criteria for internalizing disorders related to their diabetes



- Participants from our study were patients seen by endocrinologists in the hospital's Diabetes

- I learned a lot about diabetes from sorting through medical records and transcribing interviews with our participants. "I completed a few literature reviews for my supervisor that extended the research for our study to different areas involved in mental health and diabetes"



- Working at CNMC made me realize that I enjoy pediatric psychology in a hospital setting and can see myself doing this in the future as a career
- After talking to co-workers on my study



Ethiopian Community Development Council
African Community Center, Silver Spring, MD

Presented by Sarah Badawi
University of Maryland, Bachelor of Science Psychology

Spring 2018

ECDC's Mission

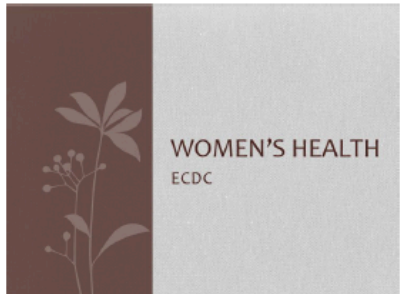
ECDC is a non-profit organization that financially and logistically assists refugees' transition to life in the United States with the goal of self-sufficiency. Integration Programs, the department I interned with, helps refugees who need extra assistance beyond three months, such as older refugees or refugees with disabilities.

Finding My Internship

I found out about this opportunity through Careers4Terps. They

Tasks and Projects Completed

I completed regular office tasks such as copying, filing, researching, and making phone calls. Half of my time was spent in the field with clients. I transported clients to appointments regularly. I also assisted teaching an ESL class. My main project was a cultural workshop I created and delivered to female refugees on "women's health".



Utilizing Psychology

I utilized my knowledge of multicultural psychology to empathize with clients and exercise patience and compassion. I reflected on and challenged my implicit biases throughout my experience. My psychology education also helped me when I interacted with clients with mental illnesses.



Future Impact

This experience taught me that I do not want a career in direct service. It



Hospital for Sick Children Outpatient Pediatric Center

7500 Forbes Blvd Lanham, MD

Presented by Taylor Bendlin

University of Maryland, B.A. Psychology

Spring 2018

This semester, I interned for an Occupational Therapist at HSC Outpatient Center in Lanham. The Outpatient Center was created in order to serve children with complex health needs from birth to age 21. I found this internship because I met the occupational therapist while taking my therapy dog to visit patients at HSC.



For each patient, I had to find different activities and toys to use based on the child's occupational goals.



Some of these activities, such as cutting putty, playing with Play-Doh, and putting coins in a toy piggy-bank, worked on improving the child's fine motor skills they need to do well in school. To teach patients how to do

A big part of my job was helping to regulate m patient's emotions and keep them motivated. Since many of the children I worked with had autism and nonverbal, I needed to use my knowledge of psychology in order to recognize when the child started to get overwhelmed. When I noticed them becoming overwhelmed, I would use a gross motor activity or songs to calm them.





Kennedy Krieger Institute
Behavioral Management Clinic

Presented by Your Amanda Documet
University of Maryland, Degree Name

Spring 2018

Kennedy Krieger's Mission

The clinic's mission and focus centers on clinical service, training and community outreach (through consultation). The Behavior Management Clinic provides brief, time-limited treatment to families and community care providers serving youngsters with common behavior problems, disruptive behavior disorders and co-morbid disorders (mild to moderate in severity).



How I Found My Internship

"The people at the Clinic were all very supportive and willing to answer any and all questions I had. They really cared about my success and did everything they could to help me be the best I could be. I learned so much from this experience and will never forget it or the amazing people I got to work with."



Tasks Performed

- Scoring of Psychological Measures including; BASC3-P/C, PSI, BDI, and ECBI

Psychological Applications

- Various treatment interventions such as PCIT, CBT, and Psychotherapy
- Child Psychopathology
- Psychological assessments (e.g. BDI, ECBI, etc) and the ways to score and analyze these assessments
- Within PCIT: PRIDE skills, PDI and CDI



Impact of Internship

This internship has clarified what I want to do with my life as a psychology major. It confirmed that I want to work with kids but it also help me explore the various ways I



YMCA Youth and Family Services

1102 Forest Glen Road Silver Spring, MD

Presented by: Danielle Frey
University of Maryland, B.A. Psychology

Spring 2018

How I Found YMCA YFS

I knew as soon as a started college that once I had access to a car, I wanted to find opportunities to grow in my experiences as a psychology major. Toward the end of my freshman year, I began checking UMD's PSYC E-News blog frequently for any posted opportunities. I emailed the outreach coordinator my resume, who then contacted me to schedule an interview.

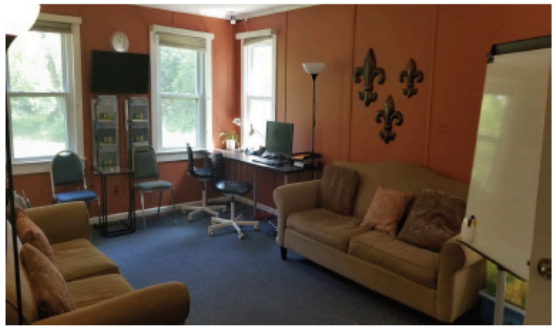
Mission

The YMCA YFS provides services for children and families affected by Adverse Childhood Experiences. These services give clients a safe and trusting environment, and connect communities across Montgomery County.



My Job as an Intern

The responsibilities I held as an intern included assisting therapists in the creation and implementation of group therapy curricula. I was also responsible for contacting parents of children who had been referred and completing intake interviews.



(above: intern work space)

My Tasks

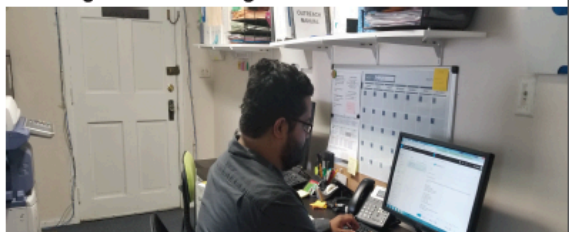
For the spring semester, I was assigned three groups. I was given a group run by only interns on High School Readiness, I assisted a therapist on Impulse Control, and assisted another therapist on Emotions and Anxiety. I was the lead creator of curriculum for the High School Readiness group. Each week, I met with

Psychology in my Internship

The YMCA YFS taught me how to work with children in a way that they learn to build on existing strengths while teaching them new ways to cope with challenges with mental health that they may face. In assisting counselors in creating curricula for groups that focus on mental health, I was able to use my background in psychology in considering what techniques might work best given the age of the children and the severity of the presenting problem.

Future Plans

Before interning at the YMCA YFS, I had never considered a Licensed Clinical Social Worker as a possible career path. From talking to my supervisor, I was able to learn about different graduate school opportunities to obtain licensure as a LCSW. I was also able to learn different career options from obtaining a Master's degree rather than a PhD.





PsycYourMind

Presented by Sarah Kosterlitz
University of Maryland, Psychology

Spring 2018

How I Found My Internship

I completed my PSYC389 Internship class with a therapeutic private practice called PsycYourMind, located in Silver Spring, MD. I found PsycYourMind through a posting on the Psychology E-News Blog. The opportunity was unique in that it provided in-session experience and a personal mentor.





The Mission

PsycYourMind is a private therapeutic practice that focuses on cultural competency and cultural trauma. The CEO/Founder of



Tasks and Responsibilities

- Contact prospective clients and determine if they will be a good fit for the practice
- Organize a waitlist for clients and manage opening session times
- Observe hour long therapy sessions with client and therapist
- Discuss and challenge therapeutic techniques used by the therapist
- Assist during training sessions given by the therapist to other professionals in the mental health field

Psychological Application

- Solution-based therapy
- Individualized treatment plans for clients with different presenting needs
- Use of silence in the therapy room to encourage the client
- Multiculturalism aspect of learning about different cultures and how treatment of a particular culture in our society can affect the individual
- Social justice and awareness – presenting trainings to other mental health professionals and parents of young children



Future Directions

PsycYourMind has reinforced my interested in counseling psychology. I will continue my journey of counseling education with the goal of starting my own private



Artech Information Systems

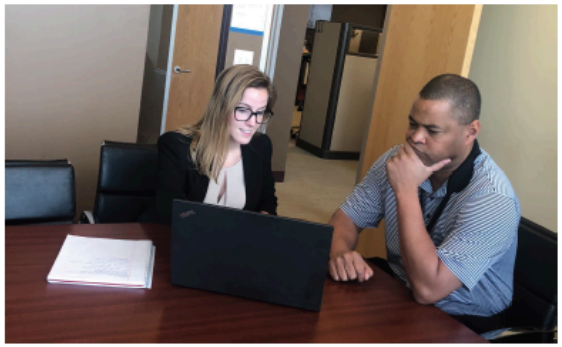
Rockville, Maryland

Presented by Kimberly Krueger
University of Maryland, Psychology

Spring 2018

How I found Artech

A family friend's colleague informed me that she had a close friend working in Recruiting at Artech. I reached out to him for any possible opportunities, and I really lucked out!



I/O Psychology at Artech

My entire purpose at Artech was HR-centered. I learned and practiced multiple HR practices that I will be expected to perform on a regular basis once converted to the Talent Management Specialist role. The main HR and I/O skill that my position focused on was consultant care. This

Artech's Mission is to provide IT staffing and project management services to it's clients, filling critical job openings and employing deserving contractors, while maintaining extremely high standards of quality, integrity, and mutual respect.



Future Impact

My internship at Artech has given me an advantage that led to my acceptance to the University of Maryland's Masters of

What did I contribute?

- Biweekly Payroll Deduction for 8 major clients
- Tracking terminations of temporary assignments for Capital One and DXC
- Client and Consultant research
- Pay rate modifications
- New Hire Orientation for Capital One and DXC consultants
- Training for conversion to fulltime Talent Management Specialist role



More Future Impact

I am thrilled to say that my experience as a Business Support Specialist at Artech has led to an official promotion and fulltime hire. I will be



Cornerstone Montgomery

Silver Spring, MD

Presented by Jayme O'Connor
University of Maryland, B.S. Psychology

Spring 2018

Finding Cornerstone Montgomery

The Career Center & the President's Promise provides free career shuttles for students to go to an organization and hear about what they do. In the fall semester, I went on a trip to Cornerstone Montgomery. They described each of the programs they have in their organization. I found the DBT Residential Rehabilitation Program extremely interesting, and applied the next day!



Cornerstone Montgomery's Mission

Cornerstone Montgomery's mission is to have people with mental illnesses live as independently as possible. We help them



Projects/Tasks Completed

- Attend group Dialectical Behavior Therapy sessions and take notes
- Attend appointments with doctors and psychiatrists
- Take clients on grocery store trips
- Help plan and budget weekly activities
- Complete Release of Information forms
- Create and modify Treatment Plans
- Medication Monitoring

How was Psych Practiced?

Psychology was practiced in almost every aspect of this internship. I had one-on-one experience with clients and learned how to adapt my interventions for each client. I also learned about many disorders like schizophrenia, bipolar disorder, borderline personality disorder, and so much more, outside of a classroom setting. I also learned a lot about different psychiatric medications and their side effects.

Cornerstone Montgomery

How Internship Impacted Future

This internship was amazing because it connected me with so many people in the field of psychology. There are a handful of staff members that I can contact when I have questions about



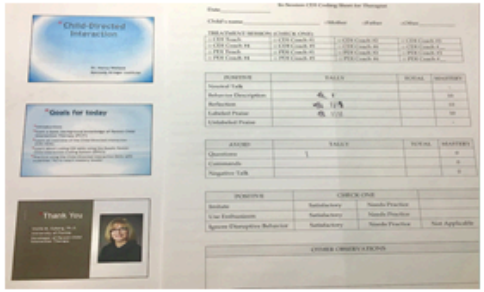
Kennedy Krieger Institute Behavior Management Clinic (Fairmount/Columbia)

Presented by Daniela Weinsweig
University of Maryland, B.A. Psychology

Spring 2018

Becoming Involved

I learned about Kennedy Krieger through my undecided senior discussion group with Dr. Kevin McGann. Upon searching for an internship, the Behavior Management Clinic at Kennedy Krieger caught my attention because it allows their practicum students the opportunity to observe treatment sessions.



Impact of Internship

This experience has given me insight into the life of a clinican and what it is like to work as a behavioral therapist. I have

Kennedy Krieger Mission

"To transform the lives of children with disorders of the brain through groundbreaking research, innovative treatments, and life changing education."

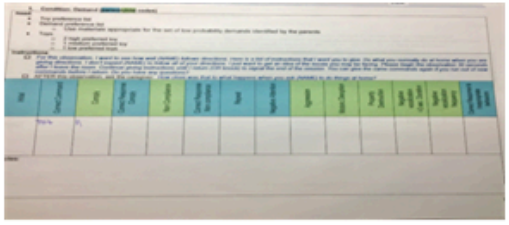
Kennedy Krieger Institute
UNLOCKING POTENTIAL

Application of Psychology

Psychology is practiced every day in the Behavior Management Clinic at Kennedy Krieger. Clinicians practice evidence based treatments to help children who present with behavioral difficulties. One intervention that

Tasks Performed

- scoring various measures for clinicians
- assembling initial evaluation packets
- cleaning the toys in the toy closet
- scanning documents and making copies of necessary materials
- helping clinicians with their termination letters to families.
- observing treatment sessions and debriefing with clinicans afterwards
- attended a CDI workshop (as shown by the photo to the left)
- participating in analogue coding alongside clinicians (as shown by the picture below)





Kennedy Krieger Institute, BMC
Baltimore, MD

Presented by Suzanne Woller
University of Maryland, B.S. Psychology

Spring 2018

Introduction

I was informed of the internship opportunity at the Behavior Management Clinic through a number of research assistants that I work with in a lab on campus. Each of them showed great enthusiasm for the experience. I decided to apply because I spent most of my undergrad career doing research in psychology, and wanted to experience the more clinical/applied aspects of the field.

BMC Mission

The mission of the BMC is to provide clinical service, caregiver training, and community outreach for children and



Internship Projects/Tasks

- Scored a variety of assessment measures used to assess the severity and type of behavior problems (shown above)
- Created addendums to be entered in patients' medical records
- Observed and participated in treatment sessions
- Created intake packets
- Organized clinic materials such as toys,

Application to Psychology

This internship was related to Psychology in a number of ways. First and foremost, the clinicians used evidence-based treatments such as PCIT and ABA therapy when working with clients. I was able to use the knowledge I learned in my abnormal psych classes to think critically and further my understanding of these treatment methods. Additionally, each of the clinicians had a Ph.D. or Psy.D. in clinical or school psychology; this allowed me to learn about the variety of degrees available in the field.



Future Impact

This internship has impacted my future by



Cornerstone Montgomery Integrated Treatment for Co-Occurring Disorders Program

Presented by Timothy Yang
University of Maryland, B.S. Psychology

Spring 2018



I first found Cornerstone Montgomery through the Psychology department's Undergraduate Internship Directory.

Mission Statement:
"Cornerstone Montgomery empowers people living with mental health and co-occurring disorders to live, work and integrate successfully within the community."

ITCOD Mission:
"Use of evidence-based practice that

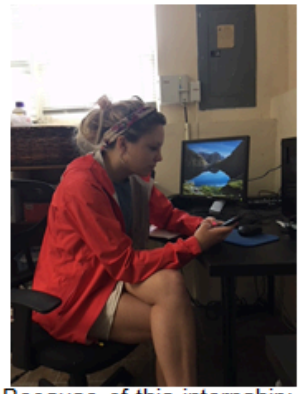
<u>Residential Clients</u>
- Monitored Medication
- Interpersonal Communications Group
- House Meetings
- Weekly Chores
- Resume/Vocational Application Support
- Built Rapport with Clients

<u>Supported Living Clients</u>
- Weekly Visits
- Transportation
- Resume/ Vocational Application Support
- HUI/HOC Support
- Built Rapport with client

Cornerstone

Substance use was heavily correlated with increased risk for depression and symptomatic behavior in clients

Learned helplessness was a large factor hindering motivation in many clients following a stressful event



Because of this internship:
- Counseling Psychology for master's degree
- Therapist/Psychiatrist as a profession



Maryland Multicultural Youth Centers

Tatiana Sandoval
University of Maryland, Psychology

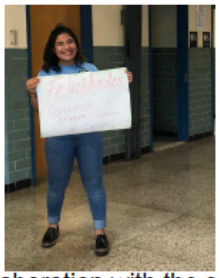
Fall 2018

"Completing my internship with the Maryland Multicultural Youth Centers (MMYC) felt like a full circle. I was very fortunate to be part of the team to start the after school program, for the academic year of 2018-2019, at Buck Lodge Middle School which also happened to be the school in which I completed my very own middle school years."



"It was a great learning experience to be part of the planning and execution of

"Over 100 students were outreached and a total of 86 students were enrolled in the after school program."



"In collaboration with the school's faculty, I was able to collect over 500 student needs assessment surveys that helped identify resources needed and activities to implement in the after school program."



"The quote 'Be a Hero' and images that support this theme are found throughout the school to assist the students to find their superpower. Through this experience, I, too, have been able to identify my superpower which is helping the community."



"The collaborative spirit that I was able to observe and be part of, is something that I hope all schools adapt. To witness



Haynes Novick Immigration

Presented by Claire Hunt
University of Maryland, Bachelor of Science

Fall 2018

My Introduction to Haynes Novick

- Upon returning from Liberia, West Africa following a mission trip, I was able to network with a fellow missionary who was familiar with one of the attorneys at Haynes Novick
- I interviewed with an attorney at the firm
- Assigned to work under supervising paralegal



The Mission

- Exclusively practices immigration law
  - family immigration, naturalization, adoption, asylum, deportation defense
  - Shapes law practice to needs of foreign nationals
    - empower clients to understand law across cultural barriers
    - provide legal expertise when criminal and immigration law overlap
    - Adhere to high ethical standards
      - confidentiality is prioritized

My Tasks

- Update client case files on Excel
- Open and update physical files
  - learn to differentiate all USCIS application and petition form types
- Make errands to D.C. superior court
- Attend immigration court and work

The Relevance of Psychology

- In the realm of international law, legal expertise isn't sufficient
  - consultation process is emotionally daunting and requires full participation of client
  - importance of attorney-client relationship
    - cultural competence is crucial
      - multilingualism



"I often made trips to the criminal clerk's office at the D.C. superior court to certify case files and retrieve



SeraphimGLOBAL

Presented by Emma Hunt
University of Maryland, Bachelor of Arts

Semester: Fall 2018

I met the Executive Director of SeraphimGLOBAL, through the Liberian Independence Day celebration of 2012 at the residence of the Ambassador of Liberia. I reached out to her a few years later inquiring about an internship with her organization. Her interns normally commit to 4 days a week, but she made an exception for me. I was assigned a research project studying the vulnerabilities of the deaf and hard of hearing population to human trafficking.

SeraphimGLOBAL is a non-profit organization based in Rosslyn, Virginia that combats human trafficking on a global scale. The director also oversees offices in Beirut and El Salvador. The objectives are to raise awareness, change/implement policies, and foster a change in attitudes. This is accomplished through fundraising, campaigning and partnering with other organizations.

I have utilized my background in psychology by researching different types of social/mental health services offered to deaf and hard of hearing survivors of trauma. Factoring in:
-cultural/ethnic background
-type of hearing loss
-how the person identifies him/herself in deaf or hard of hearing community



My office duties include:
-collating papers/faxing/editing documents
-researching and collecting information from human trafficking databases/censuses
-attending CSIS events on foreign



I plan to graduate with a B.A. in psychology and work for a year either as an intern or volunteer for



Martek Global Services Inc.

Bethesda, Maryland

Presented by Rachael Lansing
University of Maryland, Bachelor of Arts

Fall 2018

Getting Connected

I was connected to Martek through a friend who knew I was interested in marketing. I had previous experience in the healthcare marketing industry and wanted to move toward consumer marketing but still incorporate my Psychology degree. Martek was the perfect fit.

Martek's Mission

"Drive organizations forward through performance and productivity enhancements."



Tasks, Projects, and Responsibilities

- Assist with the development of content for the annual social media plan and all press releases.
- Utilize skills in understanding human behavior and data analysis to facilitate solutions
- Provide market, operational and business development research and data compilation

martek

At Martek, I worked closely with the marketing department and was was given the lead for a social media strategy project. For this, my team and I worked to develop a new approach to generate a larger online presence. I

Psychology in the Workplace

Psychology played a major role in my internship as it was applicable to things such as

- cultivating innovative solutions
- utilizing independent judgement
- developing interpersonal communication skills.

"Understanding human behavior allowed me to excel and set me apart in my work."



Next Steps



Kennedy Krieger Institute Neurobehavioral Unit (NBU)

Presented by Mariah Markland
University of Maryland, Psychology

Fall 2018

Kennedy Krieger's Mission

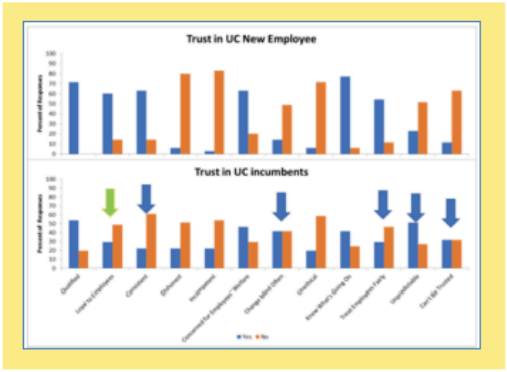
"To transform the lives of children with disorders of the brain through groundbreaking research, innovative treatments, and life changing education."



How I Found My Internship

Tasks Performed

- Conducted literature reviews and archival research to predict future behavior and outcomes of patients
- Provided general HR administrative assistance to improve organizational performance
- Data entry in excel, analysis, and interpretation

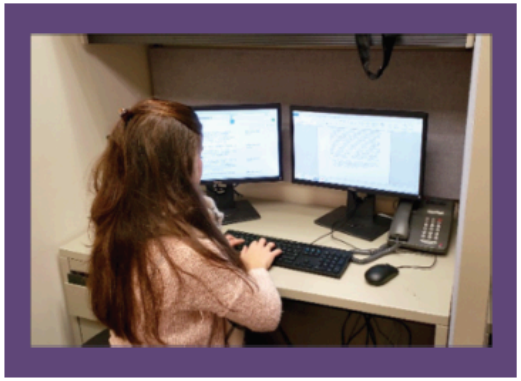


Projects Performed

- Re-designed the performance appraisal, feedback system, protocol development and determined areas in need of improvement

I/O Psychological Applications at KKI

As an intern, I was exposed to diverse challenges faced by the institute and devised feasible solutions to improve employee satisfaction and motivation, decrease turn-over rates, and improve the efficiency of the workplace as a whole. I relied on my knowledge obtained from my studies in I/O Psychology and applied these concepts throughout my internship to improve the organizational performance.



Future Direction

This internship has had a momentous impact on my life and validated my interest in the I/O Psychology Field. I recognized my passion for studying Organizational Behavior and Development, Human Capital Functions



PhRMA

Presented by Will Meeder
University of Maryland, Psychology

Fall 2018

-How did I find my internship?

- Finding my internship was a combination of previous experience and networking with my established connections.
- I established contact with PhRMA's CHRO through a connection with their general counsel
- Once we got in touch I was brought in for an initial interview where I worked to tie in my previous experiences with new opportunities at PhRMA
- Overall I attribute my offer to persistence, ambition, and resilience



How did I use psych?

- PSYC361 – This class addressed basic I/O concepts such as selection, job analysis, and compensation analysis
  - I was able to actively apply concepts from this course to my intern role, especially when developing job descriptions for new roles.
- PSYC460 – This course followed my intro to I/O course. Here we touched upon more complex personnel selection methods. I directly applied these methods to our newly developed selection process!



My Projects:

- Established a collegiate candidate pipeline through developing points of contact at local schools
- Researched and developed PhRMA's "College Recruitment Roadmap" a tool for hiring managers to identify candidates with niche skillsets
- Developed an interview template to assure consistency in

The Next Stage

- My Internship with PhRMA has flourished into a full time opportunity
- Following my graduation December 19th I will return as a full time employee operating as a contracted consultant for the HR department team and working closely with the Talent Acquisition Team
- I've also started the conversations with the director of UMD's I/O Psychology master's program that is set to begin in Fall of 2019 – This decision is a work in progress but I do intend on seeking graduate school opportunities in the near future
- As my third and final internship PhRMA has welcomed me to continue my career path and further develop my skillset for recruiting, scheduling, research, and project management.





Metropolitan Behavioral Health Service (MBHS)

Presented by Liuyuwen Yang
University of Maryland, Psychology and Criminal Justice

Fall 2018

How I found the internship:

I found my internship from **UMD PSYC E-NEWS:** Psychology Internship Sites Directory. I contacted MBHS, made an interview appointment, and got this opportunity.



The Mission of MBHS:

"Providing a person centered,

Tasks Performed:

"MBHS is a big family! Everyone is friendly and would like to share their work experienced with you! I experience my first Workplace Giving in MBHS." -Liuyuwen



- Attended scheduled supervisions and mandatory trainings
- Completed Charts: OMHC/PRP Transition/

MBHS and Psychology:

- Provide Mental Health Services
- Clinical Psychology
- Counseling Psychology
- Psychiatry
- Mental disorders and treatments



Next Stages:

The internship improved my knowledge about Psychological therapy. I also met lots



Children's National Hospital ADHD & Learning Differences Lab

Presented by Mia Pearce
University of Maryland, Bachelor of Science in Psychology

DEPARTMENT OF PSYCHOLOGY

Semester Summer 2023

I was lucky enough to be connected to my internship via one of my peers at UMD who was planning to volunteer as a research assistant. With the direction of Dr. Melissa Dvorsky, the lab intends to research executive functioning, attention, and other learning differences in children in the wider DC and DMV areas. At present, the lab is working on the development of a technology-based intervention for executive functioning in middle-school-aged adolescents. The project, study, and platform are all known as ATOM: Advanced Tools for Organization Management.

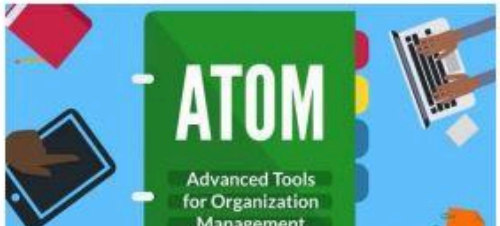


ATOM Project Logo

ATOM
Advanced Tools for Organization Management

As a research assistant, my primary tasks were collating the data codebook and coding fidelity of the recorded intervention sessions from this past school year. Through these I feel like I achieved my knowledge goal of learning the definitions of adherence and competence and my skills goal of learning to create a data codebook. I also attended all of Children's Psych.

Psychology was integral to my summer internship, as I was conducting psychology research. Dr. Dvorsky facilitated such a collaborative environment that fostered creativity and learning. I learned about the nuances of ADHD and executive functioning, digital health interventions, and how real-world research is approached. This internship gave me the skill set and confidence I need to apply for graduate school in clinical psychology or for research coordinator positions in hospital or academic psychology labs. I could not be more grateful for the experience.





Sunwater Institute

North Bethesda

Presented by Suah Kim
University of Maryland, Bachelor of Arts in Psychology

DEPARTMENT OF PSYCHOLOGY

SUMMER 2023

Finding Sunwater Institute

I found this internship opportunity as I was browsing on LinkedIn to apply for internship position I could have in summer 2023. I also got experience of interviewing 1 to 1 before I was joined as an intern. This was my very first internship experience and was excited to experience it before I graduate.

Mission Statement

The institute's primary mission is to strengthen the foundations of democracy through interdisciplinary science, technology, and open dialogue. Sunwater creates and fosters ideas, collects data, conducts research holds events, develops analytics, produces podcasts, and authors peer-reviewed papers, law reviews articles, policy papers, and blogs. Sunwater serves and brings together scholars from variety of disciplines–natural science, law, business, and economics–who engage in collaborative research and generate innovative policy recommendations on a range of critical long-term issues.

Projects and Tasks

We had to attend group meetings and individual meetings each week and worked individually with flexible hours. Each week, we were given certain individual projects and discussed them in meetings. I completed mand LinkedIn Learnings and achieved certification related to marketing strategy and the use of Google Ads, Google Analytics, Photoshop, etc. I also created created a graphic using canva that represents the institute's branding. Another project was making a pitch with my own idea and plan and present it to other inters and supervisor.



How Psychology was practiced

I found that psychology plays significant role in marketing and communication fields. It was used

Knowledge, Skills, Abilities

I was able to learn many helpful skills and knowledge used in marketing fields. I gained a strong understanding of marketing strategy and techniques, and learned to create Google Ads on my own and see the progress of the Ads I have made through Google Analytics. I also was able to develop my adaptability and demonstrated competence in working individually. It was also great to get experience in real-world workplaces that would help me adapt well in future.

Internship Learning Development Plan

I fulfilled the plan as I got experienced working as an intern and gained knowledge and skills that would be helpful for me in future either in marketing fields or not. I leaned how to work professionally in collaboration as our team communicated well throughout the term and were able to solve problems one could have. I wrote on the plan that I would know if I have gained knowledge and skills, and I did! Now, I can create graphics, ads, and pitch ideas that are targeted toward certain groups.

Next Stage

With the knowledge and skills and experience I



Kitty Hawk Kites

Presented by Aydin B. Zazyczny
University of Maryland, Bachelor of Arts in Psychology

Summer 2022

Finding my Internship
Found through Indeed.com, my HR internship journey with Kitty Hawk Kites began, propelling me into the world of adventure recreation and retailing.

Our Mission
Kitty Hawk Kites strives to be the trailblazer in adventure recreation and retail, crafting a legacy of joy, excellence, and commitment to customer service, safety, and value.



Projects & Tasks:
- Led onboarding sessions, fostering a sense of belonging for new team members.
- Assisted in developing employee training programs, elevating skills and competence.
- Responsible for onboarding and settling all

Fulfilling Learning Development:
My journey aligned with my Internship Learning Development Plan, embracing growth in communication, organizational dynamics, and HR best practices.



Applied Psychology:
Psychology found its place as I assisted in team building activities, enhancing group

Growth in KSA:
Knowledge:
Deepened understanding of HR laws, employee engagement tactics, and conflict resolution.
Skills: Sharpened communication in professional settings, refined data analysis for informed decisions.
Abilities: Cultivated adaptability, balancing empathy and professionalism.



Impact on Next Stage:
This internship has paved my path into the realm of human resources with confidence. The


PSYC389
EXPERIENTIAL LEARNING
Heartland
Enriching life.
Mental Health
Patient First
Neighborhood Medical Centers
aps
PSYCHOLOGICAL SCIENCE
Discovery
COMMUNICATIONS
KIDSCO
ATLAS CORPS
MAKE-A-WISH
Martha's Table
Little Leaves
BEHAVIORAL SERVICES
TLC
Community Crisis Services, Inc.
RTC
The Arc
Prince George's County
Sheppard Pratt
Carroll County Public Schools
Aflac
CREATE Arts Center
Spalding
Meals on Wheels
Kennedy Krieger Institute
NAMI
ARUNDEL LODGE, INC.