

INTERNSHIP SPOTLIGHT

Stephanie Thomas

Graduation Semester & Year: Spring 2023

Semester & Year of Internship: Spring 2022

Major: Psychology and Biology (Double Major)

Minor: N/A

Hobbies: Reading, Baking, Camping

Campus Activities: Active Minds, Psi Chi, Tri Beta

Future Plans/Career Goals: To gain experience in the healthcare field and go on to complete a Physician Assistant program.

Hometown:

Saltsburg, PA



- **Internship (company/your title):**

West Place Clubhouse Intern

- **How did you find your internship?**

A co-worker knew I was looking for a location to intern and showed me an article about the clubhouse in the Latrobe Bulletin.

- **What were your duties?**

The clubhouse is a place referred members go for the day to work on life skills and goals. Specifically, they work in the Hospitality Unit (kitchen and snack bar) and the Career Development Unit (computer skills and Transitional Employment Program) to improve their skills. The clubhouse is largely ran by the members as they work alongside each other doing meaningful work. I was responsible for keeping the clubhouse members engaged and striving to reach their goals. I worked with members mainly on their math, writing, and computer literacy skills.

- **How many hours per week were you at your internship site?**

Around 8 hours per week.

- **What did you enjoy most about your internship?**

I enjoyed getting to know the members at my internship. I liked to be able to follow up with them on the events in their life as well as their progress in their goals.

- **What was the most difficult aspect of the internship?**

The most difficult part of the internship was finding ways to keep the members engaged. But this is part of the process! I feel that having this experience has better equipped me to keep clients focused on their improvement and goals.

- **How did your experience at UPG and in the Psychology department prepare you for your internship?**

At UPG, I've had the opportunity to learn about the diagnoses that some of these people live with. This knowledge has allowed me to understand some of their behaviors and how to work with them in a positive way to improve their lives.

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- **How has your internship prepared you for a career?**

Completing this internship has allowed me to work with people who have a mental diagnosis that impacts their daily lives. I have never had this experience before, and it was important to me to be able to have this kind of exposure.

- **What recommendations do you have for other students about doing an internship?**

As an undergraduate student, it is important to get out of your comfort zone and see what it is like in your chosen field. Even if you know your intended career after graduation, I would challenge you to get as much experience as possible at any job site. This experience can only help you, and employers like to see that you have gained a wide range of skills through these opportunities.

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