

INTERNSHIP SPOTLIGHT

Elizabeth Stello

Graduation Semester & Year: Spring 2024

Semester & Year of Internship: Spring 2024

Major: Psychology

Minor: Education

Hobbies: Baking, Playing Tennis, Watching Crime Documentaries

Campus Activities: Member of Psi Chi, attending sporting events

Future Plans/Career Goals: My future plans are to attend IUP for their Masters E.Ds. School Psychology program to then pursue a career as a School Psychologist.

Hometown:

Punxsutawney, PA



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

Big Brothers Big Sisters of the Laurel region/ Intern

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

I found my internship through the psych in action course, where we are able to go out in the community and complete an internship for credit. BBBS was one of the past organizations that our school had students intern at.

- **What were your duties?**

My duties were all over the place. I did things such as fill out addresses and stuff envelopes to send to local businesses, create newsletters on Canva to be sent out to parents/guardians of littles in the program and a newsletter for littles.

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

I went to my internship about 8-10 hours per week.

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

I enjoyed the mission of the internship a lot and also the relationships/environment with all of the staff. They are some of the most friendly and passionate people that I've ever met.

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

One of the most difficult aspects of the internship would probably be sometimes there wouldn't be anything for me to work on. But that did not happen too often.

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

Being at Pitt Greensburg and a psych major helped prepare me for my internship because I had the opportunity to be a teaching assistant for a Psych professor. During that experience I was able to learn about working as a team and I was able to work on my professionalism. All of which helped prepare me for my internship experience.

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

This internship has prepared me for a career because it allowed me to see the behind the scenes of how things operate. Which I would not have gotten jumping directly into a career. Also I was able to learn skills in organization and creativity.

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

One recommendation that I have is for students who are iffy about completing an internship. It was a very rewarding experience that I almost missed out on because I was nervous to do it. My recommendation is think about how an internship can benefit you in your future career and give you a foot in the door to a career. That is what motivated me to do it.

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