

INTERN WALL of FAME



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Senior, Psychology major,
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Prevention Education Intern

Chautauqua Alcoholism & Substance
Abuse Council (CASAC)
Cassadaga, NY

I have learned a lot about the major substance abuse issues that CASAC addresses within Chautauqua County, through the use of an array of evidence-based programs, such as Life Skills Training and Impaired Driver classes. I've been able to update and create educational materials myself, as well as independently implement an After School Program. These experiences have allowed me to gain effective communication and public speaking skills, as well as advanced competencies in media development, and program evaluation. In addition to these hands-on experiences, I was able to attend multiple professional training sessions that CASAC offers, free of charge, that count towards credentialing for careers as a Credentialed Prevention Professional or Specialist, or as a Credentialed Alcohol and Substance Abuse Counselor.

This internship has allowed me to demonstrate creativity and problem solving skills when assuming a role as a prevention educator. I have gained first-hand experience in an office setting, as well as within community environments at schools and professional training events. My experience in many different professional settings will allow me to stand out among peers who only have experience in a single setting. I have also learned how to communicate and connect to audiences and individuals of various ages and intellectual backgrounds, allowing for great adaptability. These skills will be important when I enter the professional world, hopefully in the field of public health, as a behavioral health educator.



I've had an excellent internship experience. This internship has actually exceeded my expectations. There are many more services that CASAC offers than I expected. The staff was very welcoming, and is always very friendly and helpful. I feel that I have learned a lot about how non-profit agencies work, specifically those that address public health issues, which was a major goal of mine in obtaining the internship.

I will be returning for a second semester at CASAC for a paid position as a part time prevention educator, and I was already offered a full time position after I graduate with my bachelor's degree in the spring.

I think any student in public health, psychology, social work, or other human services disciplines can obtain great knowledge and insight from an internship at CASAC. It challenges students, but is never too overwhelming. There are also many connections that can be made through this internship, with neighboring agencies within the Jamestown and Dunkirk communities.

Interning is really the best way to find out what you want, or don't want, out of career. Getting experience in the workplace offers different challenges than in the classroom, leading to the development of diverse and valuable skills. I do think each student should intern as an undergraduate in order to get some insight into the professional world, as well as gain greater knowledge of intended career paths and fields. I suggest utilizing your power as a student by reaching out to professionals that have careers that interest you, even if you don't know much about their field. Some of the best knowledge can be obtained through interviews, shadowing experiences, and of course, internships. Do not be afraid to be curious.



The more you explore, the more you will learn about what suits you, and what you are best suited for. Definitely go to the Career Development Office during your time as a student. They have helped me explore careers paths, edit my resume, and write a great cover letter to obtain my internship! The staff is incredibly knowledgeable and approachable, and each visit is beneficial.