

INTERN WALL of FAME



Ashley Anderson
Senior, Psychology

School Counselor Intern
Dunkirk Middle School

I had the opportunity to intern with one of the school counselors at Dunkirk Middle School. This internship gave me experience working directly with students in grades 6-8. I was able to sit in on individual and group counseling sessions, learning different techniques for effective communication with adolescent aged children. This internship also provided me with opportunities to attend faculty and staff meetings, including a teacher in-service day. These meetings gave me real world experience and allowed me to see how teachers and other staff members work together to help support their students. The day-to-day environment in the counseling office; I assisted with sorting and filing student data, helping students with lockers and organization, assisting in my supervisor's success skills class and observing counseling sessions. **The slightly unpredictable daily schedules made for a more exciting work environment and always provided different learning opportunities.** This internship has already begun helping me reach my career goals. Upon completion, I can confidently say I have found my passion and want to pursue graduate school. I have always known that working with children was in my future, I just had not decided exactly what I wanted to do until I started this internship. This clarity has allowed me to narrow down graduate school programs and discover my career path. I also made many professional connections for my future. I highly recommend this internship to any student who is interested in the field.

Any student looking for clarity in their intended career path, a more competitive graduate school resume, or simply more experience in their field of choice should look into applying for an internship. They not only look good on resumes for future employers, but also **provide experience that you do not always receive from the textbooks and lectures in your day-to-day classes.** **If you do not know where to begin, start with the Career Development Office. They can offer you all the support you need when it comes to applying for internships.** From finalizing your resume to helping with perfecting your interview skills, the CDO is the place to go. They have extensive resources to help you with professional development and will guide you in the right direction when it comes to any professional questions you may have. From my own experience, I would not have been able to accomplish all that I have without their help.