

SOC Career Connection

Interning Student:

**The Centre County
Women's Resource
Center**

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The Centre County Women's Resource Center

A Typical Day

A huge part of my internship is answering the phone, which can be overwhelming because you never know who is going to be on the other line. For example, sometimes I pick up the phone and it is an emergency crisis call while other times I might simply have to transfer the call to a staff member. Either way, because of the training and overwhelming support from the staff and other volunteers, I feel confident in my abilities to give people the support and information that they need.

The Most Important Things I learned in the Field

I learned that it is so important to ask questions and have clear communication skills. It is important to communicate clearly to prevent problems down the road, especially when working with clients dealing with crisis and to ensure safety.

I am able to provide crisis and empowerment counseling to clients, which I learned during my training for the CCWRC. I am also able to advocate for people who have experienced sexual assault or domestic violence.

Sociology relates to everything and has helped me so much with this internship! Sociology has helped me look at situation from different perspectives and work with people who have different backgrounds than me. Although I am participating in Teach for American after graduation, this internship has made it clear to me that I want my future career to be devoted to ending sexual and domestic violence. I hope to work in a positive environment like the CCWRC one day.

My Advice to Future Students

Listening with an open mind is crucial for being a successful intern at the CCWRC. I have worked with all types of people here. Clients often just need someone to listen to them and remind them that they are not alone in what they are going through. Although I do not regret any decision or action I made during my internship, if I could do it again I would ask even more questions and reach out to more staff members. I have not made any huge mistake during my internship, but every bump in the road has taught me a valuable lesson and I have become a better intern for it.

The Highlight of my Experience

All of the staff members at the CCWRC are so friendly and welcoming. It is truly enjoyable working in such a positive environment and I am learning so much from everyone. The work is challenging and there is never a normal day, but everyone always has a positive attitude and they are more than willing to help me if I have any question.

I have learned so much from this internship and it has easily been one of the best decisions I have made as an undergraduate student. I am able to work with people with all types of experiences and backgrounds. In addition, I understand that it is important to look at the context of each situation and look at situations from different perspectives.