

## THE BENEFITS OF FIELDWORK

LINDSEY ELLSWORTH

Welcome to the twenty first—and last Issue of the year—of the CHHD Student Newsletter.

Our purpose for this Newsletter is to connect you—our students—to the College.

This issue has news and updates about the college as well as important dates and reminders of upcoming events.

Please contact Asst. Dean Lewis (see pg 2 for contact info) to send your news items.

### Contributing Writers:

**Susana Rios**  
&  
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### Quick News Flash!

Congratulations to the newly elected HHD-ICC officers:

Krystal Santiago, Chair  
Ashley Fernando, Vice Chair,  
and  
Lindsey Ellsworth, Director of Administration.

During the economic downturn, thoughts of commencement may arouse a state of anxiety, particularly when it comes to concerns about entering the job market. Unfortunately, that hard-earned degree may not be enough for a potential employer in the current climate. After five years of annual increases in employment, “hiring of college graduates is expected to fall by 22% in 2009, compared to 2008, according to a survey of businesses by the National Association of Colleges and Employers.” In such an uncertain time, students must look for ways to stand out from the crowd of job seekers. Considering the downward economy, having done some type of fieldwork can really build one’s network and be extremely beneficial to the job search.

With summer upon us, what better way to make an effective use of the lack of summer school opportunities than by beginning an internship, or at the very least searching for one? In fact, the month of April provided opportunities to jump start an internship and/or job search by attending an information session at Field Work Day and by attending the Internship and Job Fair.

If you missed these two events, don’t worry; other options are available. There are several offices on campus that also contribute to fieldwork (internships and volunteering) services. The Center for Internships and Civic Engagement is located in LH 209 and has partnerships with various companies and organizations primarily in Orange County. There are many options to choose from, such as mentoring at Orangewood Children’s Foundation, The Boys and Girls Club of America, or as a family services assistant through the Salvation Army. Many of these internships are major specific, especially for majors in the College Health and Human Development that have a fieldwork requirement for graduation. Through CICE, you are likely to find an opportunity that will best fit your internship needs and interests, both paid and unpaid. Stop by the office or visit the Career Center’s website and log onto Titan Connection for a full list of participating agencies.

Also, the Volunteer and Services Center (located in TSU Room 2) may be useful, although the focus is not necessarily career or major related. The primary difference between volunteering and interning is that sometimes an internship or service learning experience provides academic credit for one’s services in exchange for a learning experience; while volunteering is primarily based on free services for personal, civic engagement or work experience. However, you still learn some very important skills from volunteering and continue to expand your network. **(continued on pg 2)**

\* NACE update April 12, 2009 Issue:0071 National Association of Colleges and Employers

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**The Benefits of Fieldwork**  
*(continued from pg 1)*

These services are available to help you because fieldwork can be beneficial to your professional development. How else can you get hands-on experience and training from professionals in the field? This really gives you an edge in the job market because you will have acquired skills and experience that you may not have been able to learn from the classroom.

In the case of internships, often the result is that if you make a good impression, you may be offered a job at the site, or at least have an excellent referral to other organizations in the field. By participating in fieldwork, whether by volunteering or interning, you may gain access to the "hidden job market" through your network which can be extremely helpful, particularly when jobs are scarce and more difficult to obtain.

In tough economic times such as this one, no one can afford to miss out on a job opportunity. The market is competitive, so build your marketability and network while you have the opportunity to obtain a career in the field you desire. Having experience through fieldwork and interning could be the one thing that distinguishes you from the sea of job seekers and getting the job you want.

**NOTE THIS! DATES AND  
REMINDERS**

May 15—Last day of Classes  
May 16-22—Final Exams  
May 23—CHHD Commencement  
May 25—Memorial Day—campus closed  
May 30—Area code changes/grades posted

***From My Personal Experiences***  
Susana Rios

As someone who has completed three internships, I have some suggestions on making the most of the internship experience. First, it is important to remain organized and to research potential internship sites at least a semester before you begin. The department database includes valuable information such as job duties, contact numbers, and requirements prior to beginning your hours. Next, make an appointment to discuss job responsibilities, availability hours, and to familiarize yourself with the staff, the center, and the population you will be serving.

The supplemental internship class fosters a trusting, collaborative community where students are encouraged to address matters of confidentiality, self-disclosure, and any other conflicts that may arise in the process. Take advantage of this class so you can discuss current dilemmas, problems and concerns. Peers often share personal experiences; through critical thinking skills, you may find the best approach to solving a problem. It is imperative to maintain open communication among your supervisor, staff, professor and classmates. Talking about important matters may help alleviate stress and prevent burnout as students lead busy lives.

Notify your supervisor and others that you will be done with your hours at least two weeks in advance so that it gives everyone enough time to prepare any paperwork or refill your position if necessary. Sincerely thank your supervisor and others you worked with, perhaps with a thank you note that shares what you personally gained from the experience. Above all, remain open-minded, flexible, respectful, empathic, culturally competent and self-aware.