

# Info Sheet for UVU Family Science Practicum

## What is a family science practicum (internship)?

A human or social services settings with the focus on helping UVU students develop strategies to facilitate psychosocial, mental health, education, family life, and/or socio-emotional skills with those they work with. It can strengthen skills with an individual client, group, family, or contribute to an agency or organization whose goal is to deliver services to improve the prospects and life skills of a targeted group. At UVU, this is a fully engaged practicum experience doing contact work in the field. It is a stepping stone to graduate school or career.

## Why a practicum?

From the student perspective, an practicum assists with career development by providing real work experiences and opportunities to explore their interests and develop professional skills. During a practicum, students apply what they learned in classes to actual practice. It is expected that students will also gain competencies working with underprivileged, at-risk, and multicultural populations.

From the agency/facility perspective, a practicum provides a unique training experience designed to enhance the professional development and functioning of the student intern. In accepting students as interns, the agency/facility representative recognizes that the practicum is a learning process designed to promote professional growth of the supervisee. The agency must have signed a Master Agreement with UVU as an accredited organization. See Alyvia.Meyer@uvu.edu you have any questions.

## Where can I complete my practicum?

*The Family Science program encourages students to prioritize interning with the UVU Stronger Families Project (SFP).* It is a top college initiative and high quality, community-based program. Talk with your advisor first about this option. More details can be discussed with Traci.Day@uvu.edu or Julie.Nelson@uvu.edu. If you determine you are unable, or have another practicum in mind, other settings include public, private-non-profit, government, and for-profit agencies and facilities such as schools, mental health programs, group homes, military and religious support for families, community programs in social services, addiction recovery and treatment programs, crisis centers, correctional institutions, and children, youth, teen, and aging services.

See the guide below:

### FAMS 4810R "Community Practicum"

3 credits, 120 minimum hours (average 10 hours/week) of field work during 1 semester

Offered year-round, fall, spring, summer.

Students find their own practicum working with an approved agency or organization.

Enrollment in 4810R will require reporting and assignments (1 hour per week) due in Canvas in addition to field hours.

Strongly recommend that students plan a light academic load during the practicum semester.

### FAMS 4820R "The Stronger Families Project" (SFP)

3 credits, 120 min. hours of field work during 1 semester

A community relationship education program supported by UVU faculty and led by students. Tues & Thurs evenings 6:00-8:15 p.m. Taught in English and potentially Spanish.

Monday training from 4-5:15 p.m weekly. (4820R will require assignments due in Canvas.

Applicants should not take more than 15 credits (including internship) and working FT during the practicum semester.



## Q and A for Frequently Asked Questions

### How do I qualify for credit?

UVU Family Science students are required to enroll in one practicum online course during the semester. It will be **FAMS 481OR** or **FAMS 482OR**, depending on where you are accepted. The internship practicum requires successful completion of 1) 120 field hours and 2) completing Canvas course graded assignments and time-sheets. As you make a graduation plan and schedule classes, it is imperative that you meet early and often (ideally each semester) with your academic advisor.

### Q: Why do I need to do 3 internship credits when I already know what I want to do when I graduate, or when I'm already in a paid position?

A: Internship hours are a requirement from National Council of Family Relations (NCFR) for all UVU students graduating in family science. Students must successfully complete 3 credits in the practicum course 481R or 482R in order to graduate. A practicum will enhance, define, and refine skills you already have. It will strengthen professional contacts and networking within the social services field. As a result, you can list more references and professional competencies on your resume. You might find that this practicum opens new doors and career ideas and elevates your status such as being promoted within your current job, or allows you to get another job more easily if your employment changes. Even if you are working, this is a way to capture new opportunities and show initiative to your employer.

### Q: If I don't plan to become a Family Life Educator (CFLE) should I apply for the Stronger Families Project (FAMS 482OR)?

Yes! We encourage all students to *first consider SFP* no matter what their future holds. We anticipate the skills you gain within this program will translate into other workplaces and add substance to your resume. You have an incredibly rare opportunity to be supervised directly by faculty and work with a program that is run by university interns and offers leadership skills in a variety of ways. SFP interns gain skills in areas such as: intake family needs; individual client assessment; working on a team; co-leading psychoeducational classes to children, teens, family, or adults; planning and reporting; documentation and case management; weekly coaching to parents in achieving personal goals; recruitment; program leadership; problem solving—all useful skills in the social service industry.

You will teach families and individuals in the community and grow strong relationships with them and peers on your team. This program is the field “engaged learning” application of everything you learned in FAMS 4500 and 3050 (as well as others subjects from the 10 FAMS core class content areas). It's expected that you have taken 4500 as a prerequisite, but if necessary, you may petition to take it concurrently with the SFP internship.

### Q: What are the deadlines to apply to either practicum?

A: You will find the application deadlines on the UVU internship website. Chances of being accepted into SFP will increase if you turn in all requirements correctly. If you are denied placement, you will do an alternative “Community Practicum” instead. For those seeking a Community Practicum (481OR), you will need to be determined and persistent in finding an agency that will sponsor you for 120 hours that meets the criteria for academic credit. If you delay or don't follow through with all the application requirements, you may miss the deadline and have to postpone it until later. **These are hard deadlines. It is your responsibility to plan ahead.**



### **Q: When should I complete my 3-credit practicum?**

A: Each student needs to consider when this practicum will be the most beneficial experience for you. Only you will know when you are in the best health, have time to devote to this project, and personal, work, and academic demands allow for your commitment. This requires about 10 hours a week in addition to your other responsibilities. Therefore, we suggest planning this with your advisor for the during your junior year or first semester of your senior year. If anything happens, you can delay it until your final semester.

### **Q: How do I apply for FAMS 4810R, the Community Internship?**

A: Start early! The process usually takes time, like searching for a job. The first step is to decide where you want to do your internship and have an agency sponsor you. The UVU internship office has a data base of many places in a related field that has been approved. You need to meet or talk with your internship adviser, Noelle Halasima, to get a description of what you'll be doing that is also approved by Julie Nelson.

You will not be able to register for the FAMS 4810R Community Internship course until you complete the application. Go to: [www.uvu.edu/career-internship](http://www.uvu.edu/career-internship). Click on "Internships," and "Apply for Credit" and then to the "Family Science" degree. Select the green button "FAMS 4810R Practicum." Read the informative handout, "How to Design and Report and Internship." Once the application is completed, the document will be sent to Julie Nelson. After she approves, it will be emailed to Alyvia Meter. It must be approved by the hard deadline or you won't get into the course for credit. Alyvia will send an email with the course CRN to your UVU address informing you that can register for the course. The online course is the academic piece to your field work. Be ready to begin the first day of class.

### **Q How do I apply for FAMS 4820R, the Stronger Families Project?**

A: Go to: [www.uvu.edu/career-internship](http://www.uvu.edu/career-internship). Click on "Internships," and "Apply for Credit" and then to the "Family Science" degree. Select the green button "FAMS 4820R Practicum." *Follow the instructions carefully!* Do steps #1-4; also click on "Detailed Instructions and Deadlines" and "Virtual Interview Instructions." *If you don't apply by the "First Priority" Deadline, you can still apply by the "Application Closes" Deadline.* You must successfully submit 1) a placement form and 2) virtual interview/mock teaching video (or alternatively, meet with the program coordinator for an interview). If you are accepted you'll get an email within 2 weeks of your submission with instructions for how to register for the 4820R class.

### **Q: What if I am unable to complete an internship due to health issues or other unusual life circumstances?**

A: There are a few online internship options for those who physically cannot work at an internship site, but they are not ideal. Please talk to your advisor if you have extenuating circumstances that prevent you from completing a practicum. Refer to the 4810R application page under "Special Instructions" for the UVU Family Science Practicum Exemption" form to file for an appeal.

### **Q: Can I do research instead of the Community Practicum?**

A: If you have the opportunity to do research with a professor, it would not be a practicum, but an independent study course. This is a fantastic experience for students going to graduate school. You would be enrolled in FAMS 4900R which would count toward one of your track electives. You would still need to complete the 3-credit internship practicum.

### **Q: Can I count a current job that is related to a FAMS 4810R Internship?**

A: Maybe. There are limitations. You'll need to discuss this with the CHSS Internship Coordinator or [Julie.Nelson@uvu.edu](mailto:Julie.Nelson@uvu.edu).