

# 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 engaging 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 [NHalasima@uvu.edu](mailto:NHalasima@uvu.edu) if you have any questions.

## Where can I complete my practicum?

Practicum settings can 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, alcohol and other drug treatment programs, crisis centers, correctional institutions, and children, youth, teen, and aging services.

## How do I qualify for credit?

UVU Family Science students are required to enroll in one practicum class for 120 hours of field work during one semester. You may choose from either **FAMS 481R** or **FAMS 482R**. The internship practicum requires successful completion of 1) field hours and 2) completing Canvas course graded assignments and timesheets with a passing "B-" or higher final grade. 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.

### FAMS 481R "Community Practicum"

3 credits, 120 minimum hours (average 8 hours/week) of field work during 1 semester (prereq FAMS 4500, SW 3000)

Offered year-round, fall, spring, summer

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

Enrollment in 481R will require reporting and assignments (at least 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 482R "The Stronger Families Project" (SFP)



3 credits, 120 minimum hours of field work during 1 semester (prereq FAMS 4500, SW 3000)

A Community Family Life Education program supported by UVU faculty and led by students. Need to be available 2 evenings a week 6:00-8:30 p.m. for 9 weeks. Offered only fall/spring semesters (Spanish session spring semester only)

482R will require assignments due in Canvas in addition to field hours

Students preferred who are not taking more than 15 credits and working FT during the practicum semester

## Q and A for Frequently Asked Questions

### Q: Can I count a current job that is related to a FAMS 481R Internship?

A: Maybe. There are limitations. You'll need to discuss the criteria with Noelle Halasima, [NHalasima@uvu.edu](mailto:NHalasima@uvu.edu), the FAMS Internship Coordinator or Julie.Nelson@uvu.edu.

### 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. They 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 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) can I still apply for the Stronger Families Project (FAMS 482R)?

Yes! We encourage any student to apply who loves teaching family life education lessons to people (adults, teen, or children) and desires to learn new skills under faculty supervision. We anticipate the skills you gain within this program will translate into other workplaces and look impressive on a resume. For example, you may never teach parenting or premarital classes after graduation, but most likely you'll use teaching skills learned from SFP while you conduct staff trainings, meetings, plan and present at conferences, recruit donors and fund-raising, teach psychoeducation, and facilitate addiction recovery with clients and groups. You have an incredibly rare opportunity to work with a program that is totally run by university interns that offers leadership skills in a variety of ways. Our UVU interns gain skills in areas such as case management, reporting, marketing, recruitment, home visits, teaching, CBT, and 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 (as well as others subjects from the 10 content areas).

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

A: You will find the application deadlines on the UVU FAMS internship website. Your chances of being accepted into SFP will increase if you meet the **1st Priority Deadline** and turn in all requirements correctly. Be aware of the first priority deadline in the middle of the semester (Mar 1st for fall; Oct 1st for spring) and get your request in on time! For those seeking a Community Practicum (481R), 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 the next semester. **These are hard deadlines.** *It is your responsibility to plan ahead.*

### Q: What if I apply to SFP but don't get accepted?

A: Not everyone who applies gets into the program. Staffing is based on your availability and the program's needs. Applying later will decrease your chances. Spanish-speakers are highly encouraged to apply for spring semester. Those who are not accepted will take FAMS 481R instead.

### **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 9-10 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 the next semester.

### **Q: How do I apply for FAMS 481R, the Community Internship?**

A: Start early! The process usually takes time. 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 481R Community Internship course until you complete the application. Google: "UVU FAMS Internship" and select "FAMS 481R." Click on the link "How to Design and Report and Internship." This is a very informative handout to help you know what is appropriate and what does not meet practicum and academic criteria. Once the application is completed, the document will be sent to Julie Nelson. After she approves, it will be emailed to Noelle Halasima. If you don't hear within 1-2 weeks, send a follow up email or call to be sure it was received. It must be approved by the hard deadline or you won't get into the course for credit. Noelle will send an email to your UVU address informing you that can register for the course. In that email, the CRN will be provided you. The online course is the academic piece to your field work. Be ready when the semester begins to start the online assignments.

### **Q How do I apply for FAMS 482R, the Stronger Families Project?**

A: Google: "UVU FAMS Internship" and select The Stronger Families Project, FAMS 482R. *Follow the instructions carefully!* Do steps #1-5; 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 Final Deadline.* You must successfully submit 1) a placement form and 2) virtual interview (mock teaching). If you are accepted you'll get an email within 2 weeks of your submission with instructions for how to register for the 482R class. Be sure you are in the course and are ready to submit assignments on the first week of the semester.

### **Q: Can I turn down my acceptance into the SFP internship after I've been admitted?**

A: It is expected that any student who is accepted will be able to complete it. Applying means commitment on your part and asking to be dropped will not cast you in a favorable light within the Family Science department. However, if you are accepted and some unusual circumstances change your ability to join the program, we understand. Speak with Julie Nelson right away to discuss your issues.

### **Q: Can I do research related to Family Life 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 would be a fantastic experience for those planning to apply to graduate school. It would be approved through Julie Nelson and you would be enrolled in FAMS 483R which would count toward one of your track electives. You still need to complete the 3-credit practicum.

