Ana Santoy, Assistant Project Coordinator
Be a Mentor
I conducted 50 surveys for their NIH Human Research Subjects Certification grant and was able to provide helpful information to parents and students who are in the program.

I needed to maintain meticulous records of research instrument administration and the meetings. I gained experience working with different types of people which will help me in the future as an LCSW. I learned my way around Oakland which may help me if I decide to work there in the future.

The most rewarding aspect of the internship was listening to the parents talk about how their children have improved because of the program and resources.

Jesus Jauregui, Accounting Technician
City of Alameda’s Finance Department
As the intern at the City of Alameda’s Finance Department, I did general office work such as filling, organizing and data entry. But more importantly I was working with the business license department; renewing, issuing and handling all sorts of business applications. I also got the chance to enter journal entries which gave me a better understanding of how accounting works.

One of my goals for the summer was to decide on whether local government work is for me or My career goal is to be a state auditor or an accountant for a city. This internship has shown me how much work goes into this kind of career and how important team work and organization is.

The most rewarding part of my internship was being able to analyze the type of lifestyle and attitude that people have while working there. I can learn accounting and finance in school but I can’t learn what a day is like at a real office, that is why I am very grateful that I had this experience.

Sarah Moore, Grant Writing Internship
Shelter, Inc. of Contra Costa County
I became familiar with the Foundation Center resources and the funding research process. Completed the grant writing process (prospecting, finding RFAs, reviewing options, team discussion, LOIs, application process, submission, approval, follow up, reporting).

The grants account for approximately 14% of this non-profits income. I assisted the Grant Writing team meet their goals as well as meeting the needs of the agency. This agency provides crucial community services to prevent and reduce the incidence of homelessness for low-income residents of Contra Costa County in addition to providing resources that can lead to increased self-sufficiency for its clients.

I am gaining important knowledge that I can apply to my career goals as a member of the development team for a non-profit organization.

Lila Samreuang, Development and Operations Intern
Kara
My most prized accomplishment at Kara is my learned ability of empathy. Kara’s main teaching is surrounded by empathetic care for others who are in need of a healing source to help them during times of grief.

During busy days in the office I found myself in a frenzy picking up calls until I get that one call that slowed me down and made me feel. It is a powerful feeling to empathize with another human being who is going through an extremely difficult time. Being able to put myself into that state of mind where nothing else matters but the person in front of me or on the phone is truly beautiful. By having the capability to empathize with others, this accomplishment helped meet the needs of Kara by exuding the very mission fostering a compassionate environment to others in the community. By interning at Kara I was able to help further my career goals by helping others, which is my goal in life and in my future
career. This is one of the most rewarding aspects throughout my internship at Kara because it further concreted my passion and drive to pursue a career that serves others.

Kara is an extraordinary place that radiates love and compassion through the help of quality helpers and healers. They have taught me a lot and for that, I am thankful.

Mohammed Algahiem, Administrative Intern
Hayward City Council
For my internship I was doing engaging work that taught me a lot about what goes on in our community. I had two projects coordinating a Resource Fair and putting together an affordable housing database that would be part of an even bigger project to house Hayward’s homeless as well as attending community events throughout the summer.

A personal goal was to get closer to deciding on a major by the end of the summer. I have had a fantastic experience with local government this summer and will definitely get more involved in the future. The most challenging aspect of this internship was staying up with everything, there were lots of meetings, deadlines, and projects that were overlooked at times. But once I balanced out my schedule and made time for specific tasks, it made everything a lot more manageable. I can proudly say that after this summer I am a much improved time manager and am prepared for the upcoming school year.

Mandy Gan, Childcare Assistant
Shepherd’s Gate
Part of my duties include serving the children snacks, reading to them, having 1-on-1 time, playing with them, assisting the childcare providers, cleaning up, and giving them the love and attention they deserve. I have accomplished the goal of working with children in a diverse environment where each child has a different need in terms of love and attention.

My personal, career and academic goals are the experience of working in a nonprofit organization, in a child-environment while experiencing the different needs of a child, and helping families that have faced hardships.

The most challenging aspect of my internship is when the children do not listen, disobey, and throw a tantrum. The most rewarding aspect comes from the most challenging. When they do not listen to adults, they are to be punished with time out. When on time out, they have time to think about what they did. After some time to cool off, talking to them about right from wrong, the most rewarding experience is after they have listened to you and try to fix the problem or apologize.

Kenneth Tai, Project Eden Counselor Intern
Eden Youth and Family Center
My goal in this internship was to obtain knowledge on how to use the various accessories and programs provided at the youth center and to pass down what I had learned to future students who may attend the center. Some of these accessories included 3-Dimensional Printing, Vinyl Cutting, and Shirt-Making.

I learned how to use a computer application "tinkercad." Using this application, I was able to shape 3-Dimensional designs and print out these designs using the 3-Dimensional printer. Then I taught the youth at the center how to use the program.

When I started, I was the newest intern, it took time for me to get comfortable with my fellow interns and workers. However, in the end, I was able to feel completely at ease at my workplace, and my accomplishments including learning how to use more of the accessories at the youth center.

One accessory I learned how to operate was a Vinyl Cutter. This tool enabled me to use a computer application Illustrator to draw any design and using the Vinyl Cutter to print out what I designed into a sticker. Like the Vinyl Cutter, the T-Shirt Maker allowed me to use Illustrator to design artwork and print it into a physical form. The difference was that instead of printing my design out on a sticker, I was able to print out my design on a t-shirt. These t-shirts were worn by workers volunteering at fundraising events at the youth center.
With a combination of what I have learned at EYFC and what I have been able to pass down what I have learned to the youth at the center, I feel that this summer internship had been very productive for me. Working with the youth was my main goal this summer, and thanks to Project Eden, I have accomplished that goal.

Kachina Maria, Special Events Intern
National MS Society North California
For my summer internship I am primarily helping with the Waves To Wine Ride that will happen on September 26th and 27th in Napa Valley.

I have updated the outdated listings and other information used for outreach for the Society. I have also sent out fundraising requests to possible donors. I did many welcome calls to new participants of the event. I have also called possible participants to tell them about a registration special and got quite a few people to register for the event. The work I did for the society will make planning for future events easier and more efficient.

I learned how events are planned in a non-profit setting which is why I applied for the internship. I am also seriously considering going into non-profit event planning as a possible future career.

For me the most rewarding aspect of my internship at the National MS Society was that my work was helping achieve a tangible result. The work I did directly contributed to an event that raises a lot of money for Multiple Sclerosis research which helps many people. It made me very proud to be a part of the National MS Society’s team and I was able to learn a lot about a career that I may pursue.

Olive Shang, Eureka! Program Intern
Girls Inc of the Island City
In this short report I will try to show my appreciation for how much the CSSP has changed my view and perspective on community service and my life as a whole. Working at Girls Inc of the Island City as one of the program facilitators for the Summer Eureka Program was nothing short of spectacular. I accomplished a lot in academic, career and personality.

I assist with mentoring 20 girls in the program. I met wonderful young women with a passion to work hard, empower each other and make for a healthier community. I was able to improve my communication, organization, leadership skills including team work. I met my personal goal of being able to connect with young women who have a potential of being great people in society as well as bonding with individuals from different cultures and backgrounds. I also met my academic goal of networking with people from different walks of life especially the STEM fields and I gained a better understanding of science concepts through the Med&Heath Classes in which I was a teaching assistant.

Overall, the most rewarding experience was that I realized how every second of my time I gave toward a greater cause made a difference. I realized how much my community appreciates a helping hand no matter how small the hands may be. I met wonderful and amazing young women who I mentored, and who taught me to appreciate my educational experience and strive harder for something better. My CSSP internship experience has opened my mind to so many things and has made me find a lot about myself I never knew if I only sat down listening to lectures and taking midterms. I felt and I still feel like I was a part of something great and the accomplishments I have been able to acquire inspire me to be a great woman and role model to others especially those not as fortunate as I am.

Roshann Wallen, Youth Development/Case Management Aide
Eden Youth & Family Center
I worked in the StepForward Program which teaches youth job skills and helps to employ youth who are on probation, in foster care, or are pregnant teens/parents. As a Case Management Aide I assisted Case Managers, as well as a Community Outreach Specialist. Throughout the internship I created and organized case files, copied documents and put together folders for youth enrolled in EYFC’s StepForward program.

In the afternoon, I assisted the Computer Club House Coordinator, where youth learn how to use new technology which enables them to start entrepreneurial businesses. Youth have access to laser printing, 3D printing and a studio to create
beats and record music. In the Computer Club House I supervised and socialized with youth, helped set up/clean up and completed various tasks.

I helped set up and facilitate two community events for the youth, identifying high drug and alcohol outlets and areas of drug/alcohol trafficking in Hayward. And a fundraiser “Making the Future” which helped raise money to fund technology and hire people to educate youth about the technology.

The most rewarding part of my internship was interacting with the youth. I felt sincerely welcomed by them, talking and laughing with them, knowing that they could trust me and confide in me was rewarding. I believe my trustworthiness will help me in my future endeavors as an Licensed Clinical Social Worker.

Interning at EYFC has helped me to see other people’s life experiences beyond my own which will help me when applying to MSW programs. By interning at EYFC I was able to explore what I like about social work and helped me to be self-reflective and to identify areas that I can improve in my own professional work. By speaking with Case Managers who have pursued higher education, I gained invaluable knowledge for my career.

Johnny Cheng, Summer Camp Intern
Salvation Army
I provide supervision to 7-12 years and lead different activities as well as chaperone their fieldtrips. I have gained more experience in working with youth as well as building rapport with the youth in the camp. I have planned activities and implemented them with success. I am able to manage conflicts and problems that arise with much more ease then I would have in the beginning.

I am gaining more experience working with youth which is what I want to pursue as career. I usually work with an older age group so this experience has been rewarding as well as enlightening. I plan to take this experience and interactions with the youth and use it to help further my career goal working with youth either as a counselor or a social worker.

The most challenging aspect of the internship was dealing with the many personalities of the youth. When working with youth especially when there is no clear way of dealing with a situation, depending on the youth and their personality each situation is unique. Learning about the youth and adjusting my teaching and mentoring methods to each youth was the most challenge yet rewarding part of the internship.

Viviana Hernandez, Academic Summer Camp Intern
Community Youth Center
It was a great experience and I was offered a job. I also accomplished building connections with both the staff and the students. I was able to encourage a lot of students. I got along with the staff, we provided a comfortable environment for the students.

My goal is to become a high school counselor and help students do better and be a source of encouragement, I would like to get my Masters Degree and credentials. This internship it has helped me gain skills in encouraging these students who are younger than the age I would be helping in high school but it was a pleasure and very rewarding for me to gain experience working with students.

My personal goal was to be able to continue working here because I fell in love with the environment and how I was able to make a difference. By the end the students came to me to tell me they were going to miss me. It was a good feeling and I will continue to be a positive role model for the students as I continue to work here.

The most rewarding part of my internship was that I was able to make a difference. Also I had fun, it felt like more than just a job. Nothing was really challenging because I enjoyed every minute and I was able to learn a lot and gain a lot of experience. There were some children that were harder to deal with it but I am very patient so it wasn’t that hard for me because I already had experience with working with children, I just fit right in. I am very happy I was able to have this opportunity to work at CYC and that I found it through CSU, East Bay.
Melissa Grey, Schools Partnership Program Intern  
Special Olympics Northern California  
This summer, I reviewed surveys, articles and case studies that either dealt with or were relevant to the organization and created an abstract for grant writing purposes; and helped with the schools partnership program by making sure our information is up to date and organized with all programs/organizations affiliated with our organization.

After reading I compile them into smaller abstracts so its easier for others to use them for grant writing, so that they aren’t reading the entire article or case study themselves. With the school partnership program, my job is to do internet searches for any service/organization for individuals with intellectual disability and make sure our information on their website is updated and accurate.

I can’t stress how blessed and grateful I am to have had this amazing experience. I was able to see first hand one of the many competitions that the Special Olympics puts on each year for these amazing athletes. I was part of the Games Management Team; to make sure a softball competition ran smoothly, I shadowed one of the field managers and aided in supervising score keeping and making sure the game ran properly and that there was no confusion. I also assisted in preparing lunches and handing them out to each team.

After working the competition I really felt that I found a career path that I want to strive to be a part of. Special Olympics is more than giving back to the community, its about being apart of an organizations that’s bigger than yourself and having others with intellectual disability feel important and as equals. Everything that Special Olympics stands for is what I strive to be apart of every day and I know that this internship will help in guiding me to a successful future career.

That feeling when an athletes wish comes true is indescribable and that is exactly what I want to be apart of, putting someone else before you for a greater cause is what I’m all about and being able to intern for such a great and inspiring organization is a blessing and terrific opportunity. My job falls under my major, Psychology (going through and reviewing/summarizing case studies and articles), however, I see myself doing more hands on, but with no office experience before this internship I’m very grateful for this opportunity and hope this assists me in my future career, hopefully with this same organization.

Marie Reyes, All Stars Elementary Program Intern  
Girls Inc. of Alameda County  
The internship taught me how to interact with girls from different cultures and backgrounds. I developed the ability to connect with youth in a professional setting. These skills will help me pursue my future career goals. All of my experiences and relationships with the girls were unique. This enhanced my ability to modify the way that I interact or handle certain situations. For example, whenever someone had a conflict, I learned how to encourage them find their own solutions versus handling it for them.

I supervised 1st-3rd grade girls for the first two weeks, and 4th-5th grade girls for the last two weeks. I supported the facilitators in their teaching environments with topics such as media literacy, community involvement, S.T.E.M (Science, Technology, Engineering, & Mathematics), and gardening.

A major accomplishment I learned is confidence. I learned to have more confidence in myself, especially the strengths that I bring to the table. I also learned how to instill confidence in the girls by helping them form their own decisions.

This summer, I balanced several commitments: work, summer school, and the internship at Girl’s Inc. Academically, it improved my time management skills. I motivated myself to stay focused in school while juggling other things. I organized and prioritized all of my goals using a planner. This helped me stay on track, and kept me focused. It also challenged me to think about my personal career goals.

I’d like to pursue a career in family counseling for pediatric oncology. After college, I would like to work for a non-profit organization such as the Wish Foundation. At Girl’s Inc. summer camp, I learned to listen and appreciate the girls I worked with, I built many strong relationships with the girls at camp. It helped strengthen my drive to help children, especially ones that are experiencing a stressful illness at a young age.
Working with children is a reward in itself. I've learned just as much from them as they have learned from me. It has taught me so many concepts: patience, behavior redirection, communication, interpersonal skills, and confidence. I definitely feel like my ability to resolve conflicts has improved this summer. It was also one of the most challenging aspects because it can take an emotional toll. Many of the girls would have issues with one another, and helping them resolve it was difficult at times. However, whenever the situation was resolved, it was an uplifting feeling. There is great satisfaction knowing that you helped the girls with expressing themselves and finding their own solutions to the problem.

Candice Tham, Youth Development Professional
Boys and Girls Club of the Diablo Valley

I built relationships with my supervisor and colleagues and the children who attend the Boys and Girls Club Day Camp. I ran many programs in the Day Camp where the children are allowed to choose from the programs that the staff put on every hour throughout the day. I have also been able to attend and supervise field trips that the Boys and Girls Club go to like the pool, the California Academy of Sciences, the A’s Game, Oakland Zoo, etc. I have become CPR certified and was trained for the summer internship.

I am a Recreation major, I am meeting my academic goals as this internship also counts as hours towards my Recreation degree. I also have a personal goal of becoming a better leader. Being in a position where I am in charge of people helps me find my own personal leadership style and to see where I am and where I can improve. This job also helps me become more confident in my career and my personal life as well.

The most rewarding aspect of my internship was developing friendships with the youth and getting to know them as individuals and finding things that we can all relate to. Building connections with other people is something that I cherish. The most challenging aspect of the internship was really having patience. With so many children around, it can sometimes be very difficult to remain calm, but through this internship I have learned how to become better at that.

Cameron Evins, Marketing Intern
Alternative Family Services

Alternative Family Services helps foster kids and families with various issues. My boss and I wanted to focus on the marketing. I was also able to help serve the community during a Luau that helped donate many items needed by these kids.

I spent twenty hours helping the kids receive school supplies such as backpacks, clothes, pencils, etc. I was able to see who this organization was actually helping and I was able to be a part of it. I also had many meetings with my boss who helped me look at the marketing side of the business.

These accomplishments had helped the organization by how I was able to interact and help the kids; and how I was able to use my new marketing skills to help them in the future when I would get equipped with more skills. The personal and academic goals that this internship helped me meet were few but powerful. I had learned how to balance budgets, market different areas, and relate to many different cultures. This internship taught me a lot within its 100 hours. The business plan was the most helpful because I could use it in the future!

Imani Sanders, Event Planner Intern
American Heart Association

I was working on the American Heart Association annual four-walks held in September, which raises money and educates the public on the lasting effects of heart disease and stroke. They had a specific section in the San Ramon walk for children and a large portion of my internship focused on that. I had experience in working with children in previous positions, yet this was a more challenging role than I had ever experienced.

I gained experience in other projects I was assigned to such as: telemarketing, organizational tasks and secretarial tasks.
I have attained knowledge about the non-profit realm and personal experience in what it means to be an event planner, and learned about the details that go into planning. I have learned how organizations acquire funding. The fundamental core of any great non-profit is their ability to skillfully acquire resources.

When working at the American Heart Association I became equipped with the tools to finish the projects such as: the San Ramon kid zone project. I was able to call for donations, create a section within a larger program, and educate the children who attended the event.

My career goal was to gain personal experience within the non-profit field. Often we are told to work at a non-profit job one must have experience along with the educational credentials. I had neither.

This internship not only added to my resume, it also helped me financially, and beyond that it was an invaluable experience. I was determined to finish because I realized if I didn’t take time to invest in a future career I was considering, I would’ve been upset with myself for not taking time to learn about this field, and how I would fit into it.