

COLLEGE OF LIBERAL ARTS
**INTERNSHIP
PROGRAM**

CALIFORNIA STATE UNIVERSITY LONG BEACH



ANNUAL REPORT
2023



WELCOME

In the 2022 – 2023 academic year, the CLA Internship Program continued to build partnerships both on and off campus to close the opportunity gap for students seeking internships. We expanded funding opportunities for students pursuing academic internships and implemented initiatives that fostered diversity, equity, inclusion, and accessibility. With the support of community organizations, the CLA Development team, and our partners at Project Resilience—a grant program dedicated to Asian American and Native American Pacific Islander-serving institutions—we were able to offer scholarships to students who made a significant impact in their local communities through their internships.

In this edition of the annual report, we are thrilled to showcase these collaborative endeavors and underscore the invaluable role they play in ensuring equitable access to high-impact practices and promoting student success.



MICHELLE CHANG

Career Readiness & Internship Program Specialist

CLA INTERNSHIP PROGRAM BY THE NUMBERS

CLA Internship Program connects CLA students to internship opportunities with official CLA Internship Partners and provides professional development seminars and one-on-one internship advising. Student interns developed professional skills and applied their liberal arts degrees to real work challenges, all while navigating the realities of a changing work environment.

IN THE 2022-2023 ACADEMIC YEAR, WE SUPPORTED:

46

Professional
Development
Workshops

403

Student
Appointments

685

Student
Participants

IN THE 2022-2023 ACADEMIC YEAR:

769

CLA Students
Completed an
Academic Internship

250+

Organizations &
Agencies Hosted
CLA Interns

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COTTONWOOD SCHOLARS:

TWO CLA STUDENTS' COMMITMENT TO DIVERSITY, EQUITY, & INCLUSION

BY: SARRAH WOLFE

Located on Povuu'nga land which belonged to the Tongva people, the Rancho Los Alamitos Historic Ranch & Gardens is a 7.5-acre historic site where the Indigenous and Spanish history of Long Beach and the surrounding cities is preserved. Since 2016, the Rancho Los Alamitos Foundation has partnered with CSULB to provide students with a \$2,000 scholarship as a part of their Cottonwood Scholarship Grant Program. Selected students are asked to undertake an internship project at the Rancho, providing the students with an opportunity to demonstrate their knowledge and gain professional experience. As the 2022 recipients of this scholarship, Rue Cepeda and Julie Haltom supported the Rancho's commitment to diversity, equity, and inclusion as they completed projects that focused on audience demographics and the underrepresented histories of the land.



AUDIENCE RESEARCH INTERN



RUE CEPEDA | BA PSYCHOLOGY,
AMERICAN INDIAN STUDIES MINOR

For many years, Rancho Los Alamitos has hosted field trips for third- and fourth-grade students from local elementary schools. Born and raised in Long Beach, Rue Cepeda recalls her own childhood field trips to the site.

"I have a really close connection to the Rancho. It was a place that I first visited when I was 9 years old," she says. So when Cepeda saw the Cottonwood Scholarship opportunity advertised on the museum's Instagram, she wanted to "take that leap" and apply with the hope of contributing to an organization that made such an impressionable impact on her as a child.

As the Audience Research Intern, Cepeda conducted research on who visited the museum to support the Rancho's commitment to diversity, equity, and inclusion. "My internship at that point was to serve the DEI committee and research the kind of questions they had about who visitors of the Rancho were and just to make sure that the history of the Rancho and the Rancho was serving the larger Long Beach community." However, this task proved to be a challenge. "We didn't have any data to work with," Cepeda says. "They were about three years backlogged on the visitor input that they had." For Cepeda, the three-year backlog ultimately became an opportunity for her to give back to the Rancho. "I created an entirely new check-in system for the Rancho," says Cepeda. The new check-in system updated the Rancho from pen-and-paper to digital, providing real-time data. With the new system, the museum can now work with accurate and updated audience demographics and work more effectively towards its DEI efforts.

"The most rewarding part of it was that the Rancho had always been really special to me ever since I was little," Cepeda says. "So now I was a part of expanding upon that and really solidifying the Rancho's history in Long Beach and making sure that lots of new generations of young elementary schoolers will be able to experience what I experienced." During her internship, Cepeda also found an interest in market research. In the future, she hopes to combine this interest with her psychology degree in ways that ensure that "the public is completely represented and welcome." Cepeda's advice to students thinking about an internship is: "Go for it. They will see your passion and really want to work with you."

ARCHIVAL RESEARCH INTERN



JULIE HALTOM | MA HISTORY

When Julie Haltom first learned of the Cottonwood Scholarship opportunity in an email from her graduate advisor, she knew this was a perfect opportunity for her.

"It was right up my alley," says Haltom. "It was some of the California history, and they were looking to do oral history." Haltom is currently pursuing her MA in History and is familiar with archival research and the tasks of the position. But there was one aspect of the internship that Haltom wasn't sure about: public history. "It's a little different," says Haltom. "You have to present stuff in a way that's digestible to the entire public." As a researcher and an academic,

Haltom was more accustomed to presenting her work to niche audiences and other historians. Despite these concerns, Haltom applied. "I wasn't sure they'd take me, but they did."

As an intern, Haltom made significant contributions to the museum's initiative to bring to light the underrepresented histories of the Rancho, specifically of many of the Mexican ranch workers from 1900 – 1950. "If you go take the tour, they don't mention the ranch workers very much," says Haltom. "And so that's something they wanted me to do - was find places where I could pull their stories out and put them into the tour of the house."

Haltom used the methods and skills she'd learned in her master's program to corroborate the oral histories of the Rancho. She successfully uncovered many of the underrepresented stories of the ranch workers. She brought those stories to the public by incorporating them into a walking tour of the Rancho highlighting the ranch workers' experiences. "I think the most rewarding thing for me was that I got to bring these voices to the surface that had not been heard for a very long time."

Not only did Haltom uncover new aspects of the Rancho's history, she also uncovered new knowledge about herself. "I had not worked with oral history too much, and I found out that I enjoy it because it is quite a bit like detective work." Had she followed her initial hesitations about applying, she would never have discovered those new skills and interests. "Don't be afraid to apply," she says. "Be confident in what your skills are, and you can make up for some of the skills you don't have at the time."

GIVING BACK: HOW ONE ALUM'S CONTINUED SUPPORT ADVANCED STUDENTS' CAREERS

BY: SARRAH WOLFE

Since the 1980s, CSULB alum Alyce LaViolette has been a prominent figure in the field of psychotherapy thanks to her work as an advocate against domestic violence. She is the coauthor of the widely read *It Could Happen to Anyone: Why Battered Women Stay* and has acted as a consultant on the U.S. Department of State International Speakers Bureau. LaViolette has appeared on numerous television networks and news stations, including NPR and CNN,

and has acted as the keynote speaker at conferences across the nation. With her extensive list of nationally recognized accomplishments, LaViolette maintains a loyalty to the CSULB College of Liberal Arts where her career began as an undergraduate psychology student.

During the 2022 – 2023 academic year, LaViolette demonstrated her continued support by funding scholarships worth \$1,500 for two CLA students.

These students were selected for their work as unpaid interns within organizations that support women's issues, specifically those of assault and abuse. Sharing about their internship experiences, the scholarship recipients demonstrate LaViolette's lasting impact within the community and in the lives of individual students.



ALYCE LAVIOLETTE
CSULB Alum & Donor



RACHAL HERRERA | PSYCHOLOGY
Intern, Flip the Script EAAA

Rachal Herrera is a fourth-year psychology student whose long-term goal is to pursue her MFT. Last fall, she worked under Dr. Ahrens to bring Flip the Script EAAA, a sexual assault prevention training for young women, to CSULB. Unlike traditional sexual assault prevention trainings, Flip the Script EAAA's curriculum focuses on the fact that most victims of sexual assault either knew or trusted their perpetrator. "What we dive into is discussing that more often than not, you're going to know the perpetrator," Herrera says.

Herrera collaborated with a small group of interns to learn and present the prevention trainings to other students on campus. Herrera and her internship cohort spent the Fall 2022 semester preparing to teach the four-part curriculum in the spring. Herrera knew that the role would involve some degree of public speaking (which she admits was difficult), but she was especially challenged by the weight of the subject matter and the simultaneous need to keep students engaged. "You have to be interactive, but you also have to stick to the program," says Herrera. To tackle this difficulty, Herrera practiced, recorded, and reviewed the presentations to set directives for herself and become more aware of her body language. "I think it allowed me to see the facial expressions I was doing unconsciously and then consciously fix them," she says.

The internship also presented a financial challenge for Herrera, as many unpaid internships do. On top of being a student, Herrera lives on her own and works as a server. "I had to take more time off of work to do the internship," she says. But the Alyce LaViolette scholarship reassured Herrera that the risk she took in this internship was worthwhile. "That scholarship really just was a weight off my shoulders in a sense financially. It reaffirmed that this is going to work out." Herrera made large strides towards her career goals in her internship. "I have started to want to get an emphasis in domestic violence and sexual assault and hopefully to help out future clients," she says. As a co-facilitator of the Flip the Script EAAA program, Herrera gained valuable knowledge about sexual assault that will undoubtedly benefit her and her future clients as she continues to pursue her MFT.



ELIZABETH CORCHADO | PSYCHOLOGY
Intern, Project WomanGood

As an intern at Project WomanGood, psychology student Elizabeth Corchado developed valuable professional skills by supporting the organization's advocacy and outreach goals. Project WomanGood is a local, nonprofit organization that provides confidential resources to victims of domestic violence and helps them leave their abusive situations.

Community awareness of the organization's resources is integral to the success of its mission. "Our hope is to

promote the nonprofit as an organization that you will hopefully never use, but know of just in case you find yourself in a dangerous situation," says Corchado. In her work, Corchado established relationships between Project WomanGood and other nonprofit community-based organizations to create a network of resources within the community. Corchado also focused on the campus community, conducting outreach to students and organizations at CSULB. "Currently, I am concentrating on making connections and networking with an organization at CSULB, Not Alone at the Beach, with the goal of collaborating and creating an alliance," she says.

Corchado also worked alongside Project WomanGood's founder, Julie Schwarz, to search for events and opportunities, like local health fairs, where Schwarz could host fundraisers or present the organization's work. These events provided avenues to obtain financial support for the organization and its clients, ultimately bolstering the success of Project WomanGood.

Project WomanGood and my internship experience as a whole have helped me learn how to network and represent organizations, which will help me in my career and other professional endeavors as I start planning my future outside of academia," Corchado says. The work she has done as an intern has helped set her up for a successful career after graduation, while also making CSULB and the larger Long Beach community a safer, more inclusive space.

PROJECT RESILIENCE INTERNSHIP PROGRAM

The Project Resilience Internship Program is part of a larger university program funded by the Department of Education's Asian American and Native American Pacific Islander-Serving Institutions (AANAPISI) grant. Project Resilience is designed to support Asian American and Pacific Islander (AAPI) and low-income students by improving retention and graduation rates while focusing

on increasing mental health, wellness, and career readiness. The Project Resilience Internship Program connects current AAPI and low-income undergraduate students to internships with AAPI organizations and aims to engage students in social justice work to benefit the community and provide personal and career development for students.

Our inaugural cohort of thirteen students were enrolled in Dr. May Lin's internship course and participated in internships where they worked towards such community-based goals as: healing intergenerational trauma in Southeast Asian communities; conducting research and outreach to support community-led health for Filipino Americans; conducting adult education to help immigrants achieve U.S. citizenship; planning and supporting events that build community among LGBTQ+ Vietnamese Americans; and supporting intergenerational storytelling.

Through our placement model, students were guaranteed an internship at a local partnered organization where they developed essential skills for employment, learned about the diverse contexts and approaches to social transformation within the AAPI communities, and received a \$1500 scholarship.



PROJECT RESILIENCE

UPLIFTING AAPI AND LOW INCOME
STUDENTS AT CSULB

PARTNERING ORGANIZATIONS



STUDENT INTERNS

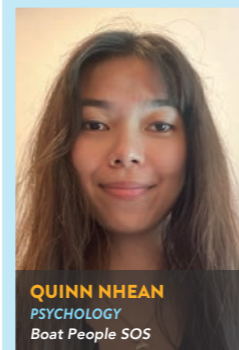


Learning how to balance my time on top of my academics, social life, and internship responsibilities. Quite a few of the assignments I did at the internship site reinforced some skills I have been trying to improve.

KILEY GRUENBERG
POLITICAL SCIENCE
Boat People SOS



CHRISTINA KIN
PRE-NURSING
Boat People SOS



QUINN NHEAN
PSYCHOLOGY
Boat People SOS



DEMETRIUS TIEN
HISTORY
Boat People SOS

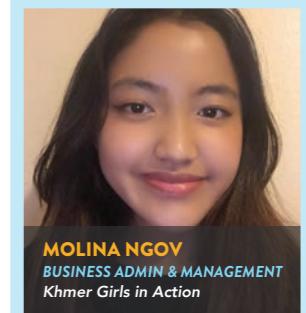


The main benefit of completing my internship was that I was able to network with those in the office and working at KGA. I feel that I have learned a lot and had the ability to grow as a professional. Furthermore, I had the amazing experience of working with Cambodian/Southeast Asian youth and learning from them and their experience.

KELLIANA LIM | SOCIOLOGY
Khmer Girls in Action



CHARLENE CHHOM
ASIAN & ASIAN AMERICAN STUDIES
Khmer Girls in Action



MOLINA NGOV
BUSINESS ADMIN & MANAGEMENT
Khmer Girls in Action



KANNICA LOR | ASIAN STUDIES
Koreatown Youth + Community Center

An internship expands my professional network. I met others within the company who have diverse work experience and professional connections. My biggest challenge was speaking English. But they always gave me courage while speaking in public and communicating with my colleagues. Through the internship, I gained great confidence in speaking English, and I no longer ran away from situations.

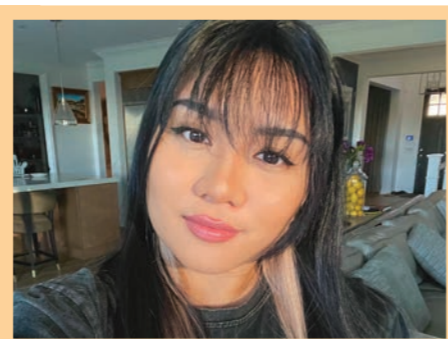
HAILEY LEE | ASIAN AMERICAN STUDIES
Koreatown Youth + Community Center



HAILEY SALCIDO
INTERNATIONAL STUDIES
Filipino Migrant Center

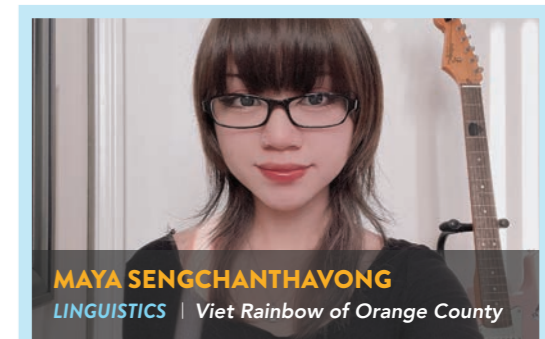
My internship benefited me in many ways. I develop my interpersonal skills when I helped facilitate and plan events. Another benefit was the relationships I built with members of the organizations and members of the community. Not only was I able to develop these skills, but I was able to experience the passion for fighting for advocacy and social justice within the community.

KEISHA GRACE ENRICO ZANICHELLI
ECONOMICS | Filipino Migrant Center



The main benefit of completing my internship was being able to learn how to communicate with others and developing my presentation skills. I gained feedback on how I could improve professionally to communicate my thoughts effectively. I believe that connecting with the VROC team was important in getting out of my comfort zone.

CATHY NGO | SOCIOLOGY
Viet Rainbow of Orange County



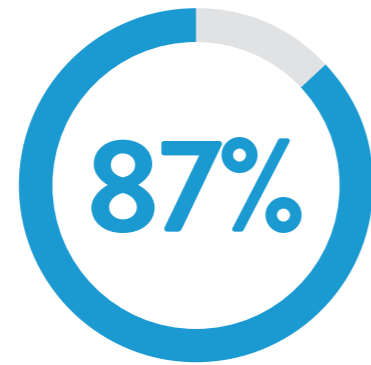
MAYA SENGCHANTHAVONG
LINGUISTICS | Viet Rainbow of Orange County

THE VALUE OF INTERNSHIPS

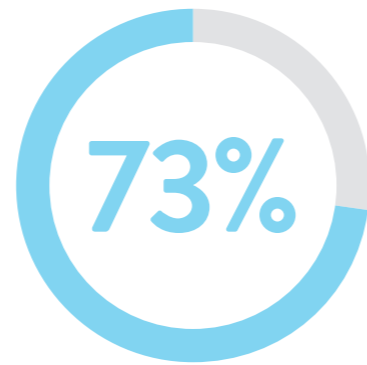
At the end of each semester, students who participated in an internship course are asked to complete a survey to evaluate their experiences and share what they have learned. 296 survey responses were collected in 2022 – 2023. Here are the highlights:



of students said their internship and internship class enhanced their knowledge, skills, and personal development



of students were very or pretty satisfied with their internship experience



of students would recommend, and 21.3% said they might recommend their internship site to other students

AT THEIR INTERNSHIP SITES, STUDENTS:

87%

had daily or frequent communication with their site supervisor

87%

received helpful feedback about their performance from a supervisor

93%

were given responsibility for a project or set of tasks

93%

acquired career-specific knowledge and skills

95%

felt they made a valuable contribution to the internship site

AT THEIR INTERNSHIP SITES, STUDENTS:

89%

developed general professional skills like time management & the ability to take initiative

90%

learned about their own strengths and weaknesses

91%

obtained a greater understanding of diverse points of view, ideas, & backgrounds

92%

felt the instructor provided a clear structure for engagement in activities & learning

93%

applied knowledge learned in other coursework to real-world experiences

BENEFITS OF INTERNSHIPS

Internships are an important way for students to develop and hone professional skills that promote growth and development while also gaining technical, industry-specific skills related to their field. Furthermore, internships can be a jump start for students' careers as they network and build contacts within their industry. In the 2022 – 2023 academic year, 38 students reported they were offered employment at their internship site after completion of their internship, while many others indicated that they were able to connect with people in their industry, helping them develop a network that may lead to future employment upon graduation.

In an open-ended question, students were asked to indicate the main benefit of completing their internship. While students indicated a wide variety of benefits, the top cited benefits were:

- 1) gaining experience in one's chosen career field
- 2) developing professional skills
- 3) gaining career-specific knowledge
- 4) career exploration and clarification
- 5) networking with industry professionals.

The main benefit was the connections I made with other professionals in my field. It opened up job referrals and references for me.

ENGLISH STUDENT INTERN
CLA Development Team

I have developed skills that I could not have completely nurtured solely in a classroom environment. Also, gaining more experience with more diverse identities and individuals is always extremely helpful.

POLITICAL SCIENCE AND WOMEN'S, GENDER, & EQUITY STUDIES STUDENT INTERN
CSULB Office of Multicultural Affairs

My internship has influenced my career path because I am now satisfied with my major and am proud of my accomplishments. I can work on map projects for the rest of my life without a fear of any regrets. I have a lot of hands-on experiences that full-time jobs are looking for. Moreover, my internship helps me network with different GIS departments throughout the county to increase job prospects.

GEOGRAPHY STUDENT INTERN
City of Irvine GIS Group

Throughout my time in the internship, I feel that I have been able to step out of my shell, participate in group discussions and improve my presentation skills through organizing content accurately. The internship gave me a sense of comfort and reassurance that my thoughts and opinions were valued. I am grateful that my time in this organization has provided insight into my career aspirations.

PSYCHOLOGY STUDENT INTERN
Stepping Forward LA

The main benefit of completing my internship was gaining a sense of direction towards my next career steps. I learned that working with kids is something I might not want anymore.

HUMAN DEVELOPMENT STUDENT INTERN
Little Sunshine House

The main benefit of completing my internship is that I was able to apply what I've learned in my classes and put it to work in my internship, so I had experience. Additionally, I was able to speak up more and feel more comfortable taking initiative.

PUBLIC RELATIONS STUDENT INTERN
Well-Suited

THANK YOU

We extend our gratitude to College of Liberal Arts students, faculty, staff, and community partners for your support and participation in the CLA Career Readiness & Internship Program. With your support we continue to provide internships to CLA students, allowing them the invaluable opportunity to apply the concepts they are learning to real-world working environments.

To see a list of our current internship partners, scan the QR code on the left or visit [our website](#).



COLLEGE OF LIBERAL ARTS INTERNSHIP PROGRAM

HOW CAN YOU SUPPORT THE CLA CAREER READINESS & INTERNSHIP PROGRAM?

- ▶ Become an official CLA Internship Partner.
- ▶ Connect with us on social media to get the latest updates and information about our programs.
- ▶ Donate to the program to help support student engagement in internship opportunities and professional development events.

To donate, scan the QR code or visit:

[HTTPS://GIVETO.CSULB.EDU/CLA01](https://giveto.csulb.edu/cla01)



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