



The Successful Internship: Transformation and Empowerment

By H. Frederick Sweitzer, Mary A. King

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In this concise new book, the authors describe the internship process, using the stages of anticipation, disillusionment, confrontation, competence, and culmination. Students learn to understand that an internship is an individual experience, the result of a complex interaction between the individuals and groups that make up the placement site and each individual intern. As the book progresses, the authors consider the issues and tasks that students must deal with at each stage of the internship, emphasizing the theme of self-understanding throughout. Students are encouraged to connect what they have learned about themselves with the shape and pace of their own internship experience.

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Bibliography

- Sales Rank: #1197852 in Books
- Brand: Brand: Wadsworth Pub Co
- Published on: 1998-09-09
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x 6.50" w x .50" l,
- Binding: Paperback
- 200 pages

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Editorial Review

Review

"... the text human service educators have been waiting for. In an engaging presentation of information, it addresses the many practical concerns students have throughout their field experiences. The student quotes, the exercises, and the suggestions for further exploration all enhance the transition from the classroom to the human service placement."

"While this book is written for human services interns, with some adaptation it will be extremely useful to interns in any field. It is well-structured to aid those faculty new to the field, while encouraging experienced internship advisors to re-examine the rigor of their supervision... If students use the text and its accompanying exercises responsibly, they will have the tools to make their internships powerful learning and that is the heart of experiential education.

About the Author

H. Frederick Sweitzer is Associate Provost and Professor of Educational Leadership at the University of Hartford in Connecticut. Fred has over 30 years' experience in human services as a social worker, administrator, teacher, and consultant. He has placed and supervised undergraduate interns for 20 years and developed the internship seminar at the University of Hartford. Fred brings to his work a strong background in self-understanding, human development, experiential education, service learning, civic engagement, professional education, and group dynamics. He is on the editorial boards for the journals Human Service Education and Human Services Today, and has published widely in the field.

Mary A. King, Ed.D. is Professor Emerita at Fitchburg State University where she was faculty and coordinator of field placements in Behavioral Sciences, supervised graduate and undergraduate interns in professional studies and liberal arts programs, and instructed service-learning. She has over 30 years experience working with interns in the field and on campus and brings to her academic work backgrounds in teaching, criminal justice, consultation and counseling psychology, holding several professional licenses. Mary has published in the fields of experiential and human service education and has served on national and regional boards, most recently that of the National Society for Experiential Education, where she currently oversees the NSEE Experiential Education Academy.

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