



**Hope Smith**

B.A. in Psychology

Graduate: 2010

Internship with the University of Pennsylvania Collaborative on Community Integration of  
Individuals with Psychiatric Disabilities in Fall 2009

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**Why did you choose to do this experience?**

I chose this UPenn internship because it fit well with my volunteer experience. It gave me an opportunity to work with people with severe mental disabilities. I was able to use what I learned from my psychology class to help understand their illnesses.

**What are the benefits of doing this experience?**

This experience gave me the opportunity to work and gain experience with individuals I would not have learned about in a book. The doctors in the program shared information that enhanced my knowledge and eventually sparked my interest for graduate school.

**How has this experience enhanced your academic experience  
or shaped your career goals?**

This experience has opened the door for other opportunities, of which has geared me in the direction of receiving a job at Villanova University as a research assistant.

**What advice would you give to other students who may be  
considering a similar experience?**

I would urge other students to do an internship and/or get involved with volunteering. Whatever their field is start doing some support service. Learn as much as you can about your career. Most important, ask questions. I learned while I was at the UPenn's Department of Psychiatry is that my supervisor loved when I asked questions, because it shows that I was interested and willing to learn.

Additionally, I am able to use them as a reference for other jobs. Also now I am very good friends with my supervisor. My supervisor has introduced me to two assistant directors of both grad schools of my choice.