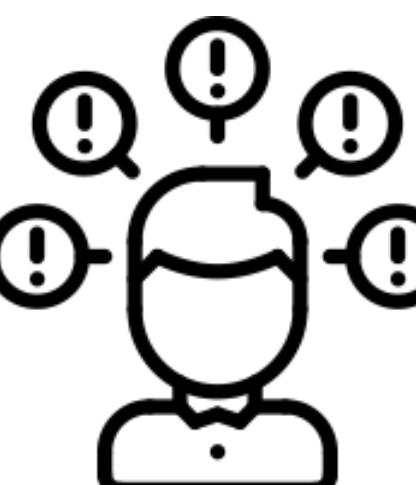


Engaging Undergraduates in Psychology via an Immersive Research Internship at a Teaching Hospital



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RATIONALE

- Undergraduates are often unsure about career paths post-graduation
- Internships provide an opportunity for students to “try on” potential careers
- There is limited internship opportunity for undergraduates in the field of pediatric mental health
- Few internship programs for undergraduates incorporate clinical research, shadowing, & professional development all-in-one
- Internships can inspire undergraduates to consider having a career in the field of psychology/psychiatry



PROGRAM INFORMATION

- 12-week summer intensive research internship program for undergraduates
- Interns are recruited from universities nationwide, with recruitment emphasizing on applicant diversity
- Program receives approximately 50 applicants annually, with 6 to 7 undergraduates selected per cohort
- 0% attrition from the program for all years (2016 – 2018)
- Program is held at an urban teaching hospital affiliated with a medical university
- Interns are paired with a faculty mentor; dyads develop an original research project focusing on the mentor’s primary research
- Interns attend didactic sessions covering:
 - ❖ Research: data analysis & visualization
 - ❖ Scientific communication: making academic poster, conducting oral presentation
 - ❖ Career paths: clinical talks & clinical shadowing
 - ❖ Professional development: drafting resume, interviewing skills
- A modest stipend is offered to each intern
- Program culminates with interns presenting their projects orally & as posters



LESSONS LEARNED

- Thoughtfully designed, interactive curriculum promotes student learning & engagement
- Concepts learned in class (e.g., data analysis) should be solidified through applied components
- Time & commitment buy-in from faculty are crucial in providing a supportive mentoring experience for interns
- Financial support for the interns is needed for optimal participation throughout the program



In just 12 weeks, a dynamic psychiatry internship program produced strong gains in undergraduate students’ knowledge & interest in careers in psychology/psychiatry



Scan the code to learn more about this program!

The authors would like to acknowledge student interns, faculty mentors, staff, and funding sponsors who have been involved in this program throughout the years

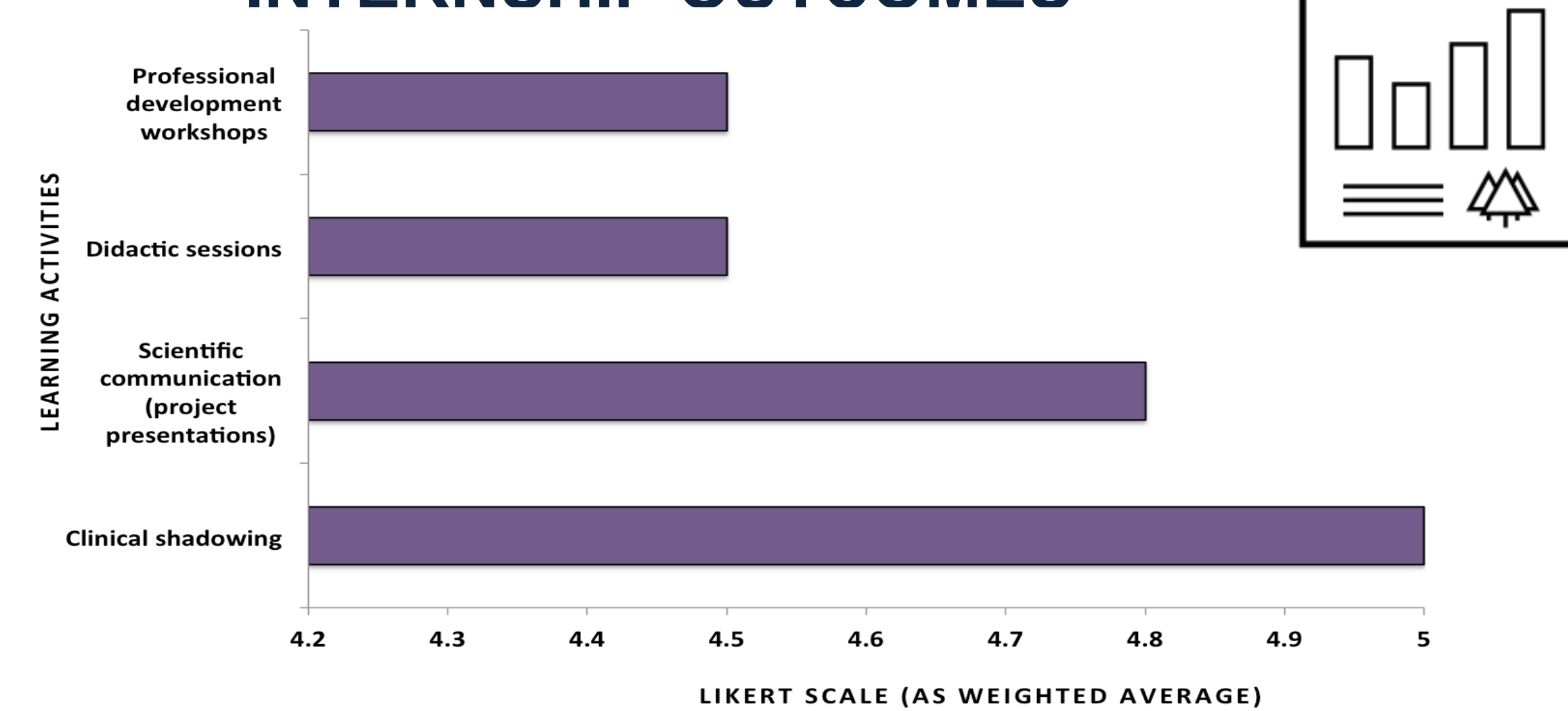


Children’s Hospital of Colorado
 Pediatric Mental Health Institute

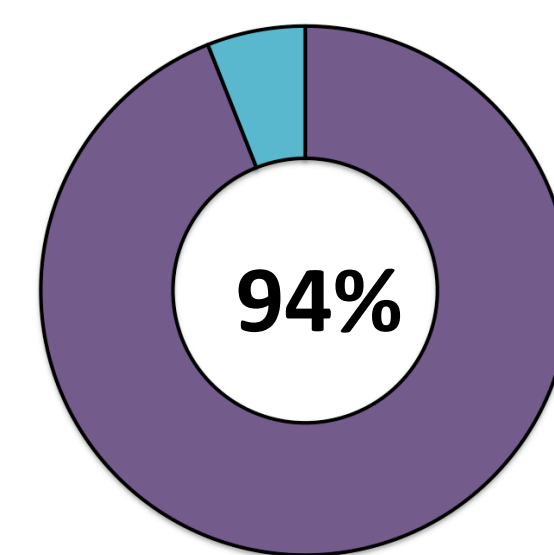


University of Colorado
 Anschutz Medical Campus

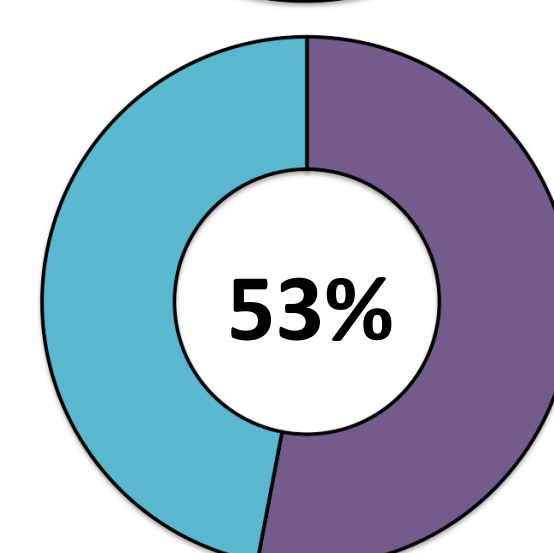
INTERNSHIP OUTCOMES



- Interns highly benefitted from all learning components of the program (as Likert scale: 1-did not benefit, 3-moderate benefit, 5-highly beneficial; 2016 – 2018; n=17)
- 2016 – 2018 cohort (n=17)



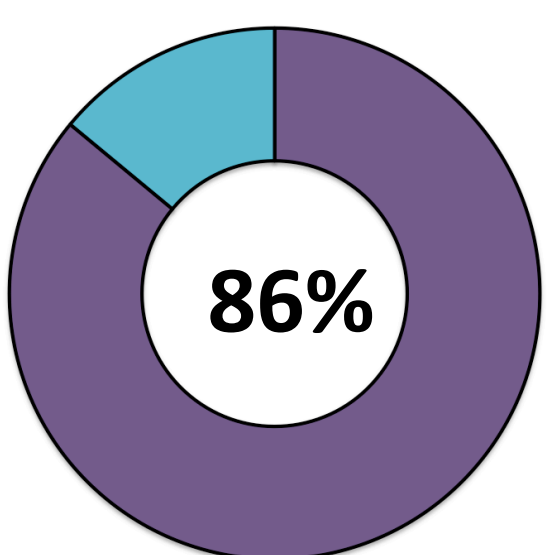
❖ 94% of total interns strongly agreed learning components were challenging but valuable & applicable for future



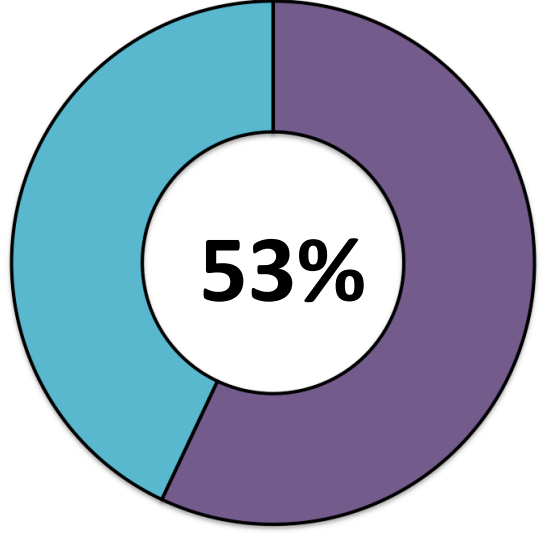
❖ 53% of total interns were hired in the department post-program as research assistants
 ❖ Others pursued careers in healthcare, research, or enrolled in medical programs

- 2018 cohort (n=6)

❖ 86% of interns expressed increased gains in knowledge related to pediatric psychology/psychiatry



❖ 53% of interns expressed an increased interest in conducting future research in this field



STUDENT INTERNS’ COMMENTS



“...an invaluable experience for me as it provided a safe and supportive environment to develop my skills as a researcher, scientist, and young professional in the healthcare field.”
 — Student intern (2016)

“...an amazing experience that combined elements of education with the empowering opportunity to plan and execute research...”
 — Student intern (2018)

“I learned so much about what it means to work as a team, seek out answers to improve the lives of others, problem solve, and to make connections in a professional environment, skills that last me far into my professional career.” — Student intern (2018)

FACULTY MENTORS’ COMMENTS



“[This] is truly a pipeline to engage students in possible careers in pediatric mental health and provide them with opportunity to contribute their perspectives to the field early in their professional development.”
 — Faculty mentor (2016 – 2018)

“Supporting and working with [the intern] was a rewarding experience and provided an opportunity ‘to give back’”
 — Faculty mentor, (2017, 2018)