

## **COVID 2020 PHE 404 Shelter in Place Internship Options**

As most of you are aware, most internships and shadowing opportunities have been canceled due to the Covid 19 pandemic. Many of you need internship credit to graduate and we are aware that this is creating a bit of anxiety for you. **Please do not stress!**

**We have a list of ideas for fulfilling internship credits during these unprecedented times. Please read through the list below to determine the best option for you based on your future career plans. Are there skills that you would like to learn or improve upon?**

**You are required to complete one option. All related paperwork shall be submitted at the end of the quarter.**

### **Traditional Options:**

1. Past Internship, Volunteer or Shadowing Hours
  - a. Please contact either Belinda or Jane if you have a past experience that is public health related. This can include shadowing at a clinic, volunteering at a not for profit or other health agency etc. To earn credit for past work, you must be able to provide validation of volunteer, internship or shadowing hours from your site supervisor. You will be required to complete the internship summary paper as well as providing confirmation of past hours.
2. Continuation of internship from a previous quarter and unable to finish hours
  - a. If you were completing internship hours from a previous quarter and are within 15% of your hours needed for completion, we will waive the additional hours and allow you to pass. This falls within the guidelines for a passing grade. You will still be required to complete all of the internship paperwork including the summary paper and evaluation found here:
3. Continuation of an internship with the ability to work remotely.
  - a. Continue your hours and assignments as directed by your site supervisor. Complete the required paperwork including your summary and evaluation.
4. If you had an internship lined up but it was canceled, reach out to them to see if they have any remote projects for you to work on. If so, complete paperwork for internships including summary and evaluation.

## **Creative Ideas for Internship Credit During Shelter in Place and Restricted Face to Face Access**

- Internships generally give students an opportunity to put theory into practice by allowing a student to work on projects or shadow in a health related field related to their career interests.
- Credits for internships are set by the university with the idea that an internship or shadowing experience does not have the same rigor as a 4 credit class. A 4 credit internship would translate into 120 hours of internship, volunteer or shadowing hours.
- We do not expect 120 hours of work should you complete one of the ideas listed below. We will follow the guidelines for a 4 credit course. That would equate to 40 hours of work.

Since traditional internships are far and few this quarter, we have a list of ideas (not exhaustive) that we suggest you consider as an alternative experience. Our goal is to provide you with an activity that is resume building and is tied to your area of interest. You are more than welcome to propose an alternative activity.

1. **Complete an online training or certificate** that relates to your career interest. **This is just a sample of ideas.** You can search for your own training that meets your particular area of interest. Once you complete your training, you will need to complete a summary paper and submit a copy of your certification when applicable. You can find instructions below.

<https://training.fema.gov/is/>

<https://openwho.org/courses/UNCT-COVID19-preparedness-and-response-EN>

<https://www.coursera.org/learn/covid-19-contact-tracing>

<http://www.ihl.org/education/ihlopenschool/courses/pages/openschoolcertificates.aspx>

<https://openwho.org/channels/outbreak>

<https://www.redcross.org/take-a-class/search?cgid=online-safety-classes&zip=portland%2C+or&latitude=45.5051064&longitude=-122.6750261&zipcode=&searchtype=class>

[https://www.acefitness.org/fitness-certifications/personal-trainer-certification/default.aspx?campaignid=1668381731&adgroupid=62011084302&adid=426230898674&gclid=Cj0KCQjwyPbzBRDsARIsAFh15JbDIsSo8n-7oGhEuHfCMjZ3mlB-T-vpn02-HyK9c8w7W TkU1HBoOYQaAqJ8EALw\\_wcB](https://www.acefitness.org/fitness-certifications/personal-trainer-certification/default.aspx?campaignid=1668381731&adgroupid=62011084302&adid=426230898674&gclid=Cj0KCQjwyPbzBRDsARIsAFh15JbDIsSo8n-7oGhEuHfCMjZ3mlB-T-vpn02-HyK9c8w7W TkU1HBoOYQaAqJ8EALw_wcB)

2. **Create fliers, pamphlets, media for a public health portfolio.**
  - a. You pick the topic and research updated information on the subject.
  - b. You create informational fliers, pamphlets and media announcements.
3. **Make a series of exercise videos for exercising during shelter in place.**
  - a. You would research appropriate exercise activities for working out at home.
  - b. Design and film (using your phone or other technology) your exercise routine.
4. **Complete Crisis and Emergency Risk Communication (CERC) Online Training**  
<https://emergency.cdc.gov/cerc/training/basic/index.asp> Summarize key points of the CERC model. Watch 2 press conferences and read 2 daily briefs on public health related to Covid 19. Did you see elements of CERC in either the press conferences or the daily briefs? Reflect on implications of using or ignoring the CERC model in application to the current pandemic.
5. If you're interested in student wellness, think about **creating a website and writing blog posts** with healthy recipes and ways to get active. We would expect at least one post weekly.
6. **Conduct your own research project.** Below find tips from Christopher Rim who writes for Forbes Magazine.
  - a. Once you determine what you may want to research, seek the guidance of a mentor. Ask your intended research mentor if they would be willing to mentor you remotely, and work together over email, phone call and video chat. If your original research topic can't be completed remotely, identify a type of research that can, and contact professors in that field and ask if they would be willing to mentor you. The advantage of remote research is that you are no longer limited to your nearby university, or constrained by the need to be physically present.
7. **Create a voice over powerpoint lecture on a health topic.**
  - a. You get to pick the health topic. Research it and create pp slides and then film record your presentation. Your pp must be 45 minutes in length and include a list of references. This is great practice for public speaking.
8. **Other ideas might include:**
  - a. Starting a charity to raise money for a local health organization
  - b. Volunteering for Meals on Wheels or starting your own not for profit to help those in need.
  - c. You may register for an extra Capstone, which can be used as internship credit.
  - d. You may complete a course that has a skill set that you think will be useful to your future career. For example: Marketing or business classes. Excel training. Grant Writing, etc.

## Instructions for Creative Alternative Internship Projects Summary Paper

1. For all of the above Creative Alternative Internship Projects aside from submitting your final product, please answer the following questions:
  - a. Tell us a little about yourself including your career interests and goals.
  - b. Why did you pick this training/activity?
  - c. How does it tie to your career goals?
  
2. Requirements for specific projects:
  - a. **Online Training/Certification**
    - i. a. Summarize the key concepts of the training
    - ii. b. Was the information delivered in a meaningful way? Was it easy to understand?
    - iii. Do you feel that the training increased your knowledge of the subject? Why or why not?
    - iv. How would you rate the training?
    - v. Submit a copy of your completed completion of training if available
  - b. **Fliers, Pamphlets and Media Release**
    - i. Research your health topic - 5 to 6 sources are required. Make sure to submit your list of resources with your project.
    - ii. Fliers and pamphlets should contain appropriate visuals with text.
      1. A flier is a one page document with limited text - more bullet style and acts more as an attention grabber
      2. A pamphlet contains more detail about the topic. It may include a definition, risk reduction ideas, Q&A etc.
    - iii. Media release is a short news brief - here is an example from the FDA about Food Labels:  
<https://www.fda.gov/food/cfsan-constituent-updates/fda-launches-nutrition-facts-label-education-campaign>
  - c. **Exercise Videos** - If you search for making exercise videos, you will find many sites that offer tips and will guide you through the process.
  - d. **CERC Online Training** <https://emergency.cdc.gov/cerc/training/basic/index.asp>
    - i. Summarize key points of the CERC model.
    - ii. Watch 2 press conferences and read 2 daily briefs on public health related to Covid 19. Did you see elements of CERC in either the press conferences or the daily briefs?
    - iii. Reflect on implications of using or ignoring the CERC model in application to the current pandemic.
  - e. **Website/Blog Posts**
    - i. Weekly blog on health related topic
    - ii. Share links so we can see your posts etc.
  - f. **Research Project**
    - i. Describe your research topic

- ii. Research - this could be interviews, surveys, etc.
- iii. Summarize your results
- iv. How will you use these results?

***g. Voice Over PowerPoint on a Health Topic***

- i. You get to pick the health topic.
- ii. Research it and create pp slides and then film record your presentation.  
Your pp must be 45 minutes in length and include a list of references.

**Grading your project**

In order to receive the Passing grade for your project, you must submit the following.

1. Completed project
2. Answers to all 3 questions in #1 of the Project Summary Instructions
3. Making certain that all requirements for your specific project have been met.
4. Questions for the Summary Paper have been thoroughly answered.
5. Project is sent to Belinda or Jane by the Wednesday of Finals week