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Iowa State University College of Human Sciences

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The benefits of INTERNSHIPS
Dear Alumni and Friends,

Internships, student teaching, and other practicum experiences play a key role in students’ experiences in the College of Human Sciences, as we work to expand human potential and improve people’s lives.

These real-life experiences allow theory and practice to work together to support student learning. Students roll up their sleeves and apply their knowledge beyond the classroom with experiences that serve as springboards to their careers.

This issue showcases the benefits of internships. It shows how valuable they are not only to students, but to alumni and businesses.

These experiences prepare students for careers and give them the inside track to jobs (pages 7, 8, 12, 14, 15, 16). Internships forge new partnerships that impact future generations and the community (page 17). They create a pipeline of talent for business and industry (pages 12, 15). And they help Iowa State maintain its reputation of having students who are well prepared for the workplace (pages 6, 9, 15).

Some students stay close to home for this experience (pages 8, 12, 13, 14, 15, 16, 17, 18, 20), while others travel across the country and the world (pages 5, 6, 7, 8, 9, 10-11, 17).

You can help. Some Iowa State alumni have donated generously to create internships (pages 4, 5). Others have developed such opportunities at their companies (page 7). Our alumni tell us the experience is always worthwhile.

We are particularly interested in increasing the number of paid internships. A new program in the College of Human Sciences will provide a modest stipend for students with unpaid offers (page 3). This program is part of Iowa State’s Moving Students Forward initiative, which aims to raise $150 million over five years for scholarships and other support for students. Please contact the development office at 515-294-5954 or hsgiving@iastate.edu if you would like to help.

Together, we are creating a pipeline of talent and building a foundation for the future. Thank you for your continued support. Let’s keep working together to mentor the next generation of workers who will make a difference in our lives.

Pamela J. White
Dean, College of Human Sciences
Kelsey Stoffel faced incredible odds to land the internship of her dreams at Bellagio Las Vegas. She was one of just 2.5 percent of applicants selected by MGM Resorts International for its prestigious 2013 summer hospitality program.

But accepting the internship without pay would have been more challenging than MGM’s rigorous hiring process.

“Vegas is an expensive city to stay in,” said Stoffel, an Iowa State senior in hospitality management and event management. “It would not have been feasible to move to another city for the summer if this internship were unpaid.”

Fortunately, Bellagio provided its interns an hourly wage, free food, and discounted housing at a sister property on the Vegas strip. With her living expenses covered, Stoffel gained 10 weeks of marketing experience with some of the hotel’s top executives.

The College of Human Sciences is taking steps to ensure that more students can pursue paid internships. A 2013 study by the National Association of Colleges and Employers found that paid interns receive more job offers and higher starting salaries than their unpaid peers. Paid internships also create a larger pool of candidates and lead to greater job satisfaction, according to Intern Bridge, a college recruiting consulting firm.

“Payment allows students to work more hours, since they don’t need to supplement the experience with a part-time job,” said Loni Pringnitz, the college’s director of career services. “It also leads to greater productivity. The students work harder and are more invested in the internship when they’re receiving some kind of compensation.”

But some nonprofits lack the budget to pay interns. Because relevant work experience is key to securing a job, Pringnitz recommends that students weigh all of their options and choose the internship closest to their career aspirations.

“Internships are all about gaining that competitive edge,” she said. “Having an unpaid internship in your field far outweighs having no internship at all.”

Yet students often can’t afford to take on unpaid internships, no matter how useful they will be for their careers.

A new College of Human Sciences program will provide a modest stipend for students with unpaid offers. This program is part of Iowa State’s Moving Students Forward initiative, which aims to raise $150 million over five years for scholarships and other support for students. Contact the development office at 515-294-5954 or hsgiving@iastate.edu if you are interested in contributing.
Gift creates internships for human sciences students
By Lynn Campbell

Iowa State alumna Laura Heddleson, a 1932 graduate in home economics who went on to work with extension in Iowa, Illinois, and Kentucky, provided a unique gift to her alma mater. Her monetary gift to the College of Human Sciences supports students interested in working with ISU Extension and Outreach. The Heddleson Summer Internship Program awards up to four grants totaling $3,600 each year. The following is a list of past recipients:

2009
Ashley Snook (2010, B.S. dietetics)
Lisa Braley (2010, B.S. dietetics, health and human performance)
Stephanie Danforth (2010, B.S. dietetics)

2010
Sara Boyle (2005, B.S. food science; 2010, M.FCS.)
Aisha White (graduate student, HDFS)
Jennifer Morfitt (2010, B.S. family finance, housing and policy; 2011, M.FCS.)

2011
Molly Troendle (2013, B.S. and M.S. diet and exercise)
Mollie Smith (graduate student, FSHN)
Meneka Johnson (2013, M.S. HDFS, pursuing Ph. D.)
Elizabeth Mabary (2012, B.S. FSHN; 2013, M.S.)

2012
Laura Lawler (senior, dietetics)
Alexandra Ford (2012, B.S. child, adult, and family services)
Michelle Maynes (2012, B.A. Spanish; endorsements in secondary education and ESL)

2013
Kelsey Smith (senior in child, adult, and family services)
Karin Sorensen (senior in child, adult, and family services)
Iowa State alumna’s generosity provides internship opportunity

By Tara Lackey

Nancy Degner is helping Iowa State University culinary science students get their feet in the industry door.

Three years ago, Degner, a 1972 food science graduate, said she was looking for a way to give back to the College of Human Sciences and saw a need in the college’s new culinary science program.

As executive director of the Iowa Beef Industry Council, she has a close working relationship with the National Cattlemen’s Beef Association. She offered to use this connection to set up a summer internship at the NCBA’s headquarters in Denver.

“The association has a variety of experiences that would benefit an intern,” Degner said. “I asked if they would like an intern with a culinary science background because they have a culinary department out there.”

Given that culinary science is a relatively new program for Iowa State University — it has only been a major since 2007 — the internship provides needed exposure.

“I wanted the NCBA to know about Iowa State and what is going on here,” Degner said.

Degner provides scholarships to the culinary science internship program each year, a portion of which goes to a student who receives the NCBA internship.

Erica Beirman, Iowa State’s culinary science coordinator, said Degner’s support has been invaluable. The scholarship helps students to afford interning in a different city. Although the association pays students an hourly wage, their living expenses are not covered and finding housing for a short period of time can be expensive.

Ashley Moyna, an Iowa State junior double majoring in culinary science and dietetics, spent this past summer as an intern at NCBA. She said the move to Denver for three months would have been difficult without the financial assistance.

“[Degner] has been an amazing help for my education, my major, and my work experience,” Moyna said. “I can’t even put it into words how grateful I am.”

The internship is strengthening the relationship between Iowa State and the NCBA.

“Nancy is a wonderful state partner and we are grateful that she came to us with an idea to do internships,” said Laura Hagen, NCBA’s senior director of culinary.

Hagen said given the performance of past interns, the association hopes to continue hiring Iowa State interns in coming summers.

“We’ve been so happy with the interns that have come to NCBA and I think that has everything to do with what they’re learning in the culinary science program at ISU,” Hagen said.

Degner’s support, both financially and in establishing the internship, ensures that more students are able to complete internships. The experience is key for culinary science students because there are multiple avenues for careers in the field. Completing an internship helps students think about their future plans.

“It lets them see themselves in a career,” Beirman said.

A student’s first few work experiences can help determine a career path. Students majoring in culinary science can use internships to learn about ways to put their degree to work. Research has shown that internships are catalysts for job placement.

“Companies test-drive the student talent before they hire them,” Beirman said.
More than 100 Iowa State University apparel, merchandising, and design students intern each summer with businesses across the nation and globe. Twenty students were in New York this past summer, while 18 were in California—two of the world’s fashion capitals. Twenty-eight worked in Iowa. Others were overseas in China, England, and Ghana.

The students got on-the-job experience with well-known fashion designers and companies such as Tory Burch, Alexander Wang, Anna Sui, Lands’ End, Target, and Hurley. The internships serve as a springboard to their careers.

“New York and L.A both recruit at Iowa State,” said Ann Thye, an academic adviser in apparel, events, and hospitality management. “Our interns impress them. Companies like Kohl’s, Target, and Abercrombie & Fitch almost guarantee a position once you intern there.”

Vania Boland took part in history. As an intern at the State Historical Society of Iowa in Des Moines, she helped the museum as it took down its 20-year display of “Floppy,” the puppet beagle who co-starred in a popular WHO-TV children’s show from 1957 to 1987.

Kayla Clawson worked at Kleinfeld Bridal in New York, the site of the “Say Yes to the Dress” reality TV show. Erin Tepper interned at The Row in New York, the high-end clothing, eyewear, and handbag company established by childhood twin actresses Ashley and Mary-Kate Olsen.

And Iowa State had its first intern, Geoffrey Tajaran, working in product development at Under Armour in Baltimore, Md. The international company is a supplier of sports clothing, athletic shoes, and accessories. Iowa State alumni helped to create some of the internship opportunities. Ashley Hopson interned at le Dress in Chicago, a boutique owned by alumni and sisters-in-law Eva and Robyn Anderson. Emma Garner interned at Marc by Marc Jacobs in New York, the workplace of alumni Elle Thompson, Erin O’Connor, and Alex Hoffman.

“Having these connections is one of the reasons why I was hired as a summer intern. It’s all about who you know!” Garner said. “Here in the city, Iowa State students have a great reputation for being hardworking and reliable which is why our alumni look to hire from the Midwest.”
Iowa State alumni Jeff Steinhart (middle) and Merry Mathes (right) are presidents of Komar in New York, a global manufacturer of lingerie and sleepwear. They have helped Iowa State students in apparel, merchandising, and design get internships and jobs. Photo by Lauren Pina.

Iowa State students, alumni thrive at intimate apparel company in New York

By Lynn Campbell

Two Iowa State University alumni who are top executives at one of the nation’s largest manufacturers of lingerie and sleepwear have also helped students to get internships and jobs for more than a decade.

Merry Mathes is president of Komar Intimates in New York, which makes and supplies intimate apparel like bras and panties to major department and specialty stores, such as Target. Jeff Steinhart is president of Komar Sourcing.

Together, they have served as role models and mentors for Iowa State students in apparel, merchandising, and design.

Mathes, a 1985 Iowa State graduate in fashion merchandising, began providing students with field study experiences in 2003 when she worked at Delta Galil. A decade later, her outreach with Iowa State students continues at Komar.

“We’ve definitely had some great interns,” Mathes said. “Both companies that I’ve been at do pay their interns. Still, there’s an investment by students: living expenses, travel, time. The people who are willing to dedicate some of their own resources are pretty hardworking people anyway.”

Olivia Cooley of Chicago graduated from Iowa State’s apparel program in summer 2013. She interned at Komar, and now works full-time as a patternmaker there. Cooley said her Iowa State connections — Mathes and academic adviser Ann Thye — definitely helped her to land an internship and a job.

“Being able to call another alum really helps,” Cooley said. “Merry is wonderful. She wants to make the best possible experience for an intern and make sure they learn from the best.”

Mathes said she is loyal to Iowa State and finds satisfaction in being a role model. Each year when the Iowa State field study group comes to New York, Mathes’ team spends an afternoon with the students. She always questions whether she can ask her team to do this one more time.

“It’s hard to schedule that break — four hours to do something that’s not part of our everyday routine,” Mathes said. “Every single year, we do it without exception. And afterwards, every single member of our team says, ‘I really enjoyed that.’”

Rishali Chaplot of Rajasthan, India is another Iowa State student whose internship in Komar’s production and sourcing division led to a job. She reported to Steinhart, a 1978 Iowa State graduate in textiles and clothing who went on to become Komar’s president of sourcing.

“My internship was a life-changing experience for me,” Chaplot said. “Not only did I manage to secure a job position here, but I learned a lot about the apparel industry while working here. I got the chance to work for various departments learning new things every day.”

Chaplot graduated with a master’s degree in apparel, merchandising, and design in summer 2013. Today, she is Komar’s associate social compliance manager. Her job is to make sure that all factories are compliant according to Komar standards.

Mathes said interns are eager and provide inexpensive help, and are commonly offered jobs after their internships. The company always prefers to hire someone who’s already been there.

“When they come in for internships, if they’re really serious about coming to New York and working here, we give them work we’d give to an entry-level designer,” Mathes said. “If they work out well, we know that we’re building a foundation for the future.”
Amanda the Panda helps interns become better listeners

By Lynn Campbell

A West Des Moines nonprofit featuring a cuddly, safe panda as its mascot has been a fertile training ground for Iowa State University students with the rare talent of working with families who have lost a loved one.

“Amanda the Panda really gave me an opportunity to use my skills as a listener and as an impactful listener. That wasn’t something that I had experienced in very many other places.”

Amanda Pietig and Kenidy Eckerman interned at Amanda the Panda last summer, before graduating from Iowa State with degrees in child, adult, and family services. For Pietig, the internship had special meaning. Her sister died six years ago.

“My ultimate dream is to be a grief counselor,” Pietig said. “I want to help teens, adults, and families who have gone through something I’ve gone through.”

Pietig is now a resident adviser working in the crisis nursery of Youth Emergency Services & Shelter in Des Moines. She said what she learned during her internship serves her well in her full-time job.

Eckerman worked as a co-counselor for kindergarteners during her internship.

“I got a lot of confidence out of it,” she said. “Getting 5-year-olds to talk about something like that was very tricky. It taught me that they will, you just have to be patient and listen to them.”
Iowa State connection creates priceless NFL experiences

By Lynn Campbell

Iowa State University has a reputation of sending well-qualified athletic training students to intern with the National Football League.

So when Iowa State juniors Austin Larsen, Jacob Laverman, Jordan Pierce, and Brian Sanders were chosen for prestigious internships with NFL teams, they had big shoes to fill.

Some of them ran into alumni — like 2006 kinesiology graduate Josh Hartman, who’s now an assistant athletic trainer with the Denver Broncos. Others encountered people in the field who reminisced about those they knew from Iowa State. The connections have been invaluable.

“It kind of felt like it was a bit of an expectation to live up to,” said Laverman, who interned with the Indianapolis Colts. “When I was going there, I wasn’t only representing myself, but my school.”

Iowa State has sent about a dozen athletic training students to intern with the Colts over the years. Athletic trainer Nate Postma interned with the Colts when he was a college student. So did Vic Miller, the assistant director and clinical coordinator of Iowa State’s athletic training program.

The four most recent NFL interns said practices, training, and camps with the pros were very similar to what they experienced in staffing the Iowa State football team. But they found they were better prepared than interns from other colleges.

“I really felt well-prepared here from the Iowa State experience,” Laverman said. “They had a lot of trust in us out in Indy. Part of that came from, they knew our background a little bit so they knew that we were competent in what we were working with.”

Most of the NFL interns’ responsibility revolved around keeping the players hydrated with water and Gatorade; taping the players’ ankles, wrists, and hands; helping with stretches and exercises; and assisting with players’ rehabilitation.

But as one of six interns for the New Orleans Saints, Larsen’s experience was unique. He was given a 2014 GMC Yukon sports utility vehicle to drive NFL players to the hospital. Sitting in the doctor’s office with players gave him an intimate look at the NFL.

“I took a player to the doctor who’s been in the league 12 years,” Larsen said. “He tore a muscle off his bone. The doctor told him he was done for the year, that he needed surgery. This was going to be his last year. I was sitting there while he was told his career was over.”

Sanders, who interned with the Minnesota Vikings, said students interested in athletic training should make sure they understand how much of a time commitment it is. He said learning time management is key.

“Every day, there’s a moment or two whether you get kind of busy or flustered or stressed out enough where you kind of question why you’re doing it,” Sanders said. “But to see an athlete go from healthy to injured, and rehab them back to healthy again, it doesn’t get much more rewarding than that.”

All four students plan to go to graduate school after they get their bachelor’s degrees in athletic training. Most would welcome another opportunity to work with the pros. Pierce has already confirmed that he’ll intern with the Denver Broncos again next year.

He said hard work and great character are keys to success.

Athletic training students Jacob Laverman, Austin Larsen, Brian Sanders, and Jordan Pierce interned with NFL teams in summer 2013. Photo by Wyeth Lynch.
Human sciences internships span the globe

Each year, hundreds of College of Human Sciences students roll up their sleeves and apply their knowledge beyond the classroom through internships, student teaching, and other practicum experiences. While some stay close to home, others travel all across the country and the world for these real-life experiences that serve as a springboard to their careers.
To learn more about our student internship experiences, go to the Career Connections website at www.hs.iastate.edu/interns. As of late 2013, the database had entries from nearly 1,000 students.
Hy-Vee provides pipeline for Iowa State dietetics students

By Matthew Leimkuehler

The Hy-Vee dietitians program has created a pipeline of internship and career opportunities for students at Iowa State University.

The program started 12 years ago with two dietitians working for Hy-Vee. The grocery store chain now employs 180 dietitians in over 200 stores. Up to 60 interns work through the year with Hy-Vee’s full-time dietitians to gain experience.

Hy-Vee works with Iowa State’s dietetics program in food science and human nutrition to provide internship opportunities, both at corporate and store level. Opportunities are available for undergraduates seeking practical work experience and graduates working towards becoming a registered dietitian.

Corporate dietitian Rochelle Gilman — who graduated from Iowa State in 1983 with a degree in family and consumer sciences education and studies, then returned to Iowa State in 1989 to complete an accredited dietetics internship — said interning is an important step towards a sustainable career.

Gilman said at least a third of all Hy-Vee dietetic interns are from Iowa State. Undergraduate dietetic students participate in summer work experiences that can continue into the school year, lasting anywhere from two to 12 weeks.

The interns do a variety of tasks at Hy-Vee such as working with cooking classes, hanging signs, building healthy food displays, and assisting customers with questions about health-related products.

The Iowa State dietetics internship is accredited by the Accreditation Council for Education in Nutrition and Dietetics. It is a post-baccalaureate program of supervised practice over 25 weeks followed by a national exam to become a registered dietitian.

Kelsey Webb, a 2013 graduate who recently completed the Iowa State dietetics internship, said the experience was worthwhile. Webb was hired by Hy-Vee after spending time both in stores and in the corporate office.

“I like the individualization Hy-Vee gives their dietitians,” Webb said. “You don’t have to follow what every other dietitian with Hy-Vee is doing which allows the dietitian to be very creative.”

Gilman said there are opportunities to continue to work at Hy-Vee after internship if, like Webb, the intern shows the right amount of initiative and demonstrates the skills needed for a supermarket dietitian.

“For those interns who are a good fit to become a retail dietitian, and whose job performance meets or exceeds expectations, we are going to want them to keep working for Hy-Vee,” Gilman said. “It allows the interns to see if Hy-Vee and working in retail is a good fit for their career goals.”

Webb said she is thrilled with the experience she is gaining. Webb was approached by Hy-Vee and encouraged to apply for the open dietitian position after she spent a few months interning. Webb said it felt good to be asked to apply so soon into her internship.

“I wasn’t even planning on looking for jobs yet because I was so early into my internship,” Webb said. “Prior to interning with Hy-Vee, I had no idea what it was like to be a Hy-Vee dietitian but once I had the opportunity to work with them, I really enjoyed it.”

Gilman said Hy-Vee hires a good number of Iowa State dietetic student interns. She said they are a terrific resource.

“It’s a win-win for Hy-Vee and for the student. For us, they are such a valuable resource for our dietitians and in turn, for our customers.”
Iowa State University College of Human Sciences

Co-op program provides unique internship experience

By Tara Lackey

A new cooperative internship program at the Grain Processing Corporation gives Iowa State University students double the internship experience.

While many internships last a few months, this co-op program consists of two, 3-to-8-month internships at the company’s headquarters in Muscatine.

The program prepares food science and human nutrition students for industry through advance preparation in courses and longer time spent working on real projects. That, in turn, provides more experience to students, said Lea Ann Kinman, lecturer and internship coordinator in food science and human nutrition.

Jace Lee and Kim Nguyen were the first students to participate. They interned at Grain Processing from May to December 2012, and May to August 2013.

Lee experimented with starch modifications and substitutions, and worked in the pilot plant and quality control. Nguyen worked with application scientists, made fat-reduced yellow cake, and evaluated potential new ingredient products in ranch dressing.

After his first term, Lee said he felt ahead of other students in his classes because he had seen concepts in a real setting. He said he was treated like a real employee and saw a project to completion. Although the internship delayed his graduation by a semester, he said the experience was well worth the extra time.

Both Lee and Nguyen said the internship solidified their planned career paths. It allowed them to try different areas of food science, so they can determine which potential jobs best suit them.

Event management major interns at prominent Iowa company

By Tara Lackey

Iowa State senior Taylor Maurer did not have to travel far from home to put her event management major to work.

While some students head out of state and around the world for internships, Maurer drove about 25 miles from her family’s home in Sioux City to her summer internship at Wells Enterprises headquarters in Le Mars.

Wells, the company that produces Blue Bunny ice cream, is the largest privately held family-owned ice cream manufacturer in the United States. Interning with Blue Bunny’s corporate and integrated marketing team confirmed for Maurer that she chose the right major.

“I now know that I love event management; I know that this is what I am supposed to do,” she said. “Knowing that for sure is a great feeling.”

Maurer’s main project for the summer was planning and implementing several aspects of Blue Bunny’s involvement in the Le Mars Chamber of Commerce Ice Cream Days, a four-day-festival held each summer in Le Mars.

Liz Croston, Wells’ senior manager for corporate communications and public relations, said Maurer’s tremendous organizational skills, willingness to learn and ask questions, and “jump right in” attitude were assets from the start.

Maurer said her favorite moment of the internship came with planning an event for the company’s centennial cause program, “100 Years. 100 Wishes” campaign. The campaign, which is a gesture of gratitude, celebrates Wells’ 100 years in business by helping Make-A-Wish Foundation grant wishes to 100 children with life-threatening medical conditions.

She helped plan a wish-granting event for 7-year-old Autumn, whose wish was to have a play set in her backyard.

“It was amazing when you saw her face,” Maurer said. “The emotion on her face was incredible.”

Maurer said campaigns like 100 Years, 100 Wishes set Wells apart from other companies. While Maurer looked forward to returning to campus for her senior year, the internship made her eager to graduate and get out into the real world.

“I really enjoyed the work environment,” Maurer said. “I am really excited to get out there and have a career.”

Taylor added she would be thrilled if her post-graduate plans involve a position at Wells.

Interning with Blue Bunny’s corporate and integrated marketing team confirmed for Taylor Maurer, a senior in event management, that she chose the right major. CONTRIBUTED PHOTO.
Alumna gives back with military position
By Matthew Leimkuehler

When Michelle Rohs was an Iowa State University student in human development and family studies, she knew she wanted to work with children in military families.

An opportunity arose when she applied and was awarded an internship at the U.S. Army installation in Fort Riley, Kan.

She looked at it as a way to connect with those who are serving and have served in the U.S. military — a way to advance both professionally and personally by giving back to her country.

“This is my way of giving back in the way that I know how and that I’m good at doing,” Rohs said. “I was able to really get the hands-on experience I needed to understand what it is exactly I wanted to be doing to further my career. Having that ability really benefits you in the long run.”

Rohs is now the lead child, youth, and program assistant at Fort Riley and spends time working with children on base.

She was offered the full-time position after completing her internship and graduating from the College of Human Sciences in spring 2013 with a degree in child, adult, and family services. Her internship gave her the leg up against the competition when she applied for the job.

Rohs works with children and parents of the installment on various day-to-day tasks such as child behavioral problems, injuries, and lost-and-found procedures. She said there can be up to 155 children to account for each day on the base.

“Each day is different so you have to be on your toes,” Rohs said. “Some days can be very stressful but if you keep working at it, you can get through the day and the next day will be different.”

Internships give students a career advantage
By Matthew Leimkuehler

Volunteering and interning gave an Iowa State University student the inside track to her dream job.

Galadriel McCollum, a 2013 graduate in child, adult, and family services, interned at ACCESS (Assault Care Center Extending Shelter and Support), a women’s sexual abuse and domestic violence shelter.

Today, she is one of the organization’s domestic violence services coordinator for Story County.

“It was something that really fit me,” McCollum said. “It’s very hands on, and that’s what I want it to be. I want to be creative and have fun.”

McCollum works with domestic violence survivors in Story County — facilitating support groups, creating awareness of domestic violence, and providing counseling for survivors. She faces a unique challenge every day:

“It’s hard to leave work at work,” she said. “It’s hard to leave all of your clients at the end of the day. To decompress, I go and take walks or work out.”

McCollum decided that she wanted to work with victims of domestic violence after learning about sex trafficking in her human sexuality course at Iowa State. She said the course changed her outlook on her future.

“At that time, I thought I was just going to run my own daycare,” she said. “When that speaker came in and talked about sex trafficking in the United States and in Iowa, I was mad. I wanted to do something with that because that’s not OK. I’m not OK with that being part of my country and culture.”

With her newfound passion against sex trafficking, McCollum contacted ACCESS to find ways to get involved. This led to hours volunteering and interning before transitioning into her position today.

McCollum was offered a full-time job just before finishing her degree. She interviewed against others who had significant experience in the field. She said she owes her inside track to the networking she did while interning at ACCESS.

“This field is changing and if you’re not networking you’re going to get lost,” McCollum said. “I honestly believe one of the reasons I got this job is because I did jump right in and get the experience.”
Short-term internship leads to job for culinary science graduate

By Tara Lackey

When Samantha Mila accepted a short-term internship to work on a technology project at Meredith Corporation in Des Moines, she had no idea it would lead to a full-time job two years later.

Mila, a 2013 Iowa State University graduate in culinary science, worked on a recipe database project while interning in the Meredith Test Kitchen in the summer of 2011. She now works full-time in the kitchen as a culinary specialist.

Meredith, the company behind media brands like Better Homes and Gardens, Ladies’ Home Journal, and Fitness, is headquartered in Des Moines. Its test kitchen is where recipes are tried out before they are printed in Meredith publications.

As the database project got underway in 2011, Lynn Blanchard, director of the Meredith Test Kitchen and a 1984 Iowa State consumer food science graduate, reached out to her alma mater. She contacted Iowa State culinary science coordinator Erica Beirman to get the word out about the opportunity.

“It was about standardizing the data so it could be used in multiple ways, whether that be print, mobile, or for the web,” Blanchard said. “So we wanted to hire several college students to verify recipes.”

Beirman connected Blanchard with Mila, who was looking to fulfill her culinary science internship requirement.

After her internship, Mila asked about additional opportunities to work in the test kitchen. Blanchard offered Mila a chance to fill in at the front desk for two weeks while the secretary was out. Because Mila did the database project remotely, this was her first chance to work at Meredith headquarters.

“It got my foot in the door, to be able to come here everyday and get to know everyone,” Mila said.

When the temporary job ended, Mila thanked Blanchard for the opportunity and asked to be contacted if any other positions opened up in the kitchen.

Blanchard said she admired Mila’s proactive attitude and offered to let her finish the summer working in the test kitchen, helping culinary specialists test recipes.

“She took the initiative,” Blanchard said. “She was willing to do anything.”

In the summer of 2012, Blanchard reached out to Mila about coming back to Meredith for another internship. Mila returned first as an intern in the test kitchen, then as an employee after her graduation in May 2013. She worked part-time as a recipe tester and was recently promoted to full-time culinary specialist, preparing recipes for taste-testing panels.

Blanchard said she is not surprised Mila has worked out so well. She said Iowa State students are well prepared for a professional setting.

“I have always appreciated the students we have had from Iowa State,” Blanchard said. “We have several students who have gone on to be part of our team. Several of our editors are from Iowa State and started out in the test kitchen.”

Mila said she appreciates the opportunities Blanchard has provided her, and encourages other students to be bold in their internships.

“I was definitely proactive,” Mila said. “If it weren’t for me stepping out of the box and asking Lynn, ‘Is there anything more I can do?,’ I might not be here.”

Samantha Mila (left) and Lynn Blanchard review a recipe in the Meredith Test Kitchen. Blanchard is director of the kitchen and a 1984 food science graduate. Mila is a culinary specialist and a 2013 culinary science graduate. Photo by Wyeth Lynch.
Student teaching provides a chance to make mistakes

By Matthew Leimkuehler

Central Campus in Des Moines is a place where students follow their passion.

Students travel from all over central Iowa to study everything from broadcasting to fashion, marine biology, early childhood education, culinary arts, and Advanced Placement courses.

To Julie Rosin, the assistant director of Central Campus and an Iowa State University alumna, the school is a place where young adults can facilitate their utmost ambitions.

“Our teachers are experts in what they do,” she said. “We’re very fortunate because our kids are here because they want to be. That brings a different atmosphere. We have to be the best at what we do.”

But Central Campus is also a laboratory for those wanting to be teachers. Cyclones past and present have gone there to perfect their skills in the classroom.

Rosin lends a helping hand to young Cyclones searching for student-teaching opportunities, employment, or working their way up in the field. She said it is important not only to see her high school students succeed in the classroom, but to also see the incoming student teachers do well.

“My job with teachers is to be an encourager. My key focus is helping them build on their strengths,” she said. “We allow students to independently work with classes while providing encouragement and support to help them grow. It helps build confidence.”

Rosin’s expertise stems from decades of work experience. She received her undergraduate degree in home economics education from Iowa State in 1978 and returned to complete her master’s degree in 1981. She then worked for more than 20 years as a curriculum coordinator for the Des Moines Public Schools, before rising to her current position at Central Campus seven years ago.

Younghee Steenhoek, an Iowa State alumna and graduate student who works as an early childhood education teacher at Central Campus, said she has learned a great deal from Rosin.

Steenhoek also said the practical experience she got from student teaching was essential on her path to becoming a full-time educator.

“During student teaching, you still have room to make mistakes,” she said. “Once you have a job, you are on your own and expected to know everything.”

Rosin provides Steenhoek with a backbone of support, including professional development and networking.

“Her unconditional support of my ideas, projects, and teachings are very important,” said Steenhoek, who has also been working towards her master’s degree in family and consumer sciences for the last two years. “She sets the tone at Central Campus by being positive and innovative.”

Rosin sometimes brings Iowa State professors into the classroom to share their expertise with the high school students. She said she attempts not to play favorites when helping students decide where to attend college, even though there’s a friendly rivalry on the campus between Iowa and Iowa State graduates.

“I certainly have a special passion for Iowa State,” Rosin said. “But, what we want for our students is to know that they have options. We want them to be comfortable making the right decision.”

Julie Rosin, who received her bachelor’s and master’s degrees from Iowa State in home economics education, is the assistant director at Central Campus in Des Moines. She shares her knowledge and experience to those younger and less experienced in the field. Photo by Wyeth Lynch.
New Ames-Iowa State partnership a model for after-school tutoring

By Lynn Campbell

About 100 Iowa State University teacher education students began going into four Ames elementary schools in fall 2013 to provide one-on-one after-school tutoring in reading and math.

A new one-credit, 24-hour course called “Cyclone Learning Zone” or “Curriculum and Instruction 280T” provides future teachers with hands-on teaching experience before they student-teach a full class. In turn, local elementary school students struggling in reading or math receive extra academic help.

The practicum experience for teacher education students is equivalent to internships in other majors.

“It is an opportunity for our future teachers to implement what they are learning in their Iowa State classes in a supported setting with just one or two students,” said Anne Estapa, an assistant professor in the School of Education.

“We are already teaching our ISU students research-based practices and providing experiences within our program,” Estapa said. “But when you bring a real elementary student into the picture, theory and practice work together to support student learning.”

The new partnership between Iowa State and the Ames school district came amid a growing need statewide and nationwide.

“There’s significant demand and need for after-school programming,” said Michelle Rich, leader of the Iowa Afterschool Alliance. “The access is inconsistent. We know we don’t have the funds. The quality is inconsistent as well.”

Creation of the Iowa State tutoring course helps to fill that need, by giving elementary students personalized time and attention after school to make gains in reading and math.

Each Iowa State student provides 24 one-hour tutoring sessions to receive one college credit. The tutors serve a total of about 115 local elementary students, who are chosen based on academic need. Three mentor teachers at each of the four schools provide supervision and lesson plan support.

Rich said she sees plenty of potential to give struggling readers the support they need, and to improve literacy.

“The innovation is in the partnership and the systems level that you’re implementing here. We don’t see that very often,” she said. “That’s really exciting and something that the university should really publicize, that you’re creating a model for community-wide impact, changing the landscape for kids in a community.”

Kinesiology student heads around the world for practicum experience

By Tara Lackey

When Sasha Francic was deciding where to complete his student teaching, he was thinking way outside central Iowa, and even beyond the United States.

Bosnian-born Francic traveled extensively throughout his life. He knew he wanted to continue this trend and go abroad for his student teaching experience.

With the guidance of his adviser Hina Patel, he signed up to spend 2 ½ months teaching physical education in Indonesia.

Francic said the experience of teaching in Indonesia with limited supplies, language barriers, and an unfamiliar environment allowed him to grow as a person and as a teacher.

“It pushed me out of my comfort zone so much, that I had to adapt on the fly,” he said. “If I could student teach in Indonesia in those conditions, I could do it anywhere.”

Patel, Iowa State’s former director of teacher education services, spent three days in Indonesia observing Francic. She said he excelled in the international environment by being resourceful, creative, and engaged with his students.

“He saw that his skills sets are valued not only in the U.S. but across the world,” Patel said.

Francic said the experience in Indonesia solidified for him that wanted to teach abroad after graduation.

“I had such an amazing time in Indonesia my mind was made up when I got back home,” he said.

Francic graduated in 2012 with a bachelor’s degree in kinesiology and is now teaching PE in Taiwan.
Nicole Coronado took the real-world experience she received while she was a student at Iowa State University to become a fourth-grade teacher and help other aspiring teachers become comfortable in the classroom.

“The great thing about Iowa State is they get us in the classroom as soon as they can,” said Coronado, who graduated in 2012 with a bachelor’s degree in elementary education. “When you’re being taught about education and when you’re actually in the classroom are two totally different things. Putting you in the classroom gets you that real-world experience.”

Iowa State University is unique in providing professional preparation and hands-on experience to education students right away, so they can discover early whether teaching is right for them. By the second half of their freshman year, students complete 24 hours of clinical experience, supporting teachers and young learners in local elementary schools. Other colleges don’t provide clinical experiences until students are juniors or seniors.

Coronado is in her second year teaching at Sawyer Elementary in Ames. Before that, she volunteered in the classroom for four years through various Iowa State programs, including the Preparing Tomorrow’s Teachers learning community. She said learning at Sawyer helped prepare her for many behind-the-scenes aspects of the classroom, including grading papers and organizing the room.

Sue Lawler, principal at Sawyer Elementary, said she values Coronado engaging student teachers as thoroughly as she does in her classroom.

“She knows the demographic of students that we have, she knew exactly how she wanted to set up the classroom to make sure that she was working with the kids and capturing the instructional time the best that she could.”

Coronado said she enjoys the experience of bringing new Iowa State students into her classroom.

“It’s so exciting because I loved being in the classroom when I was an undergrad,” Coronado said. “They’re so excited to work with kids, and working with kids is why I’m in the business. If I can get other undergraduates in the classroom to help them learn and get experience, then I definitely want to do that.”

Lawler said Coronado’s relationship-building skills, both inside and outside of the classroom, is what helped propel her into successfully finding a full-time position at Sawyer.

“Education is all about building relationships and Nicole does a phenomenal job of building those relationships,” Lawler said. “She works with our after-school program and knows that it’s not just what happens in the eight hours of the day that there are students in her room, but also what happens before school and after school that counts.”

Teaching can come with additional challenges, based on the individual students and location of the school. Coronado said she realized this when adapting to the position.

“I really like working with kids in poverty,” Coronado said. “I really connect with those kids more and I really have a heart for them. I like to make school a place where it is a family away from their family and they will always have a meal and someone to talk to.”
Thanks for reading this edition of College of Human Sciences Matters focused on internships. We appreciate your interest in the success of our students.

Internships are quickly becoming one of the most important experiences in every college student’s career. In this competitive job market, students need relevant work experience to even land an entry-level job.

Internships, student teaching, and other practicum experiences help to meet Iowa State University’s mission of providing a learning-based, practice-oriented education that prepares students for the workplace.

If your employer doesn’t currently have an internship program, you might consider bringing an intern on board to lighten your workload and enhance your organization. Please contact my office at hscareers@iastate.edu or 515-294-3708 if you have questions on how to hire an intern.

Loni Pringnitz
Director of Career Services
College of Human Sciences

Why do you need an intern?

• A cost-effective and efficient way to hire potential full-time employees
• Energy and fresh ideas
• Additional talent to complete an existing project, start a new one, or expand into a new line of business
• Knowledge that current employees might not have, such as working with social media

How do you hire an intern?

• Evaluate your need for an intern three to four months in advance. Select specific projects or tasks that need to be done
• Decide who will be the intern’s supervisor. Identify the skills and abilities the intern will need to be a success
• Create the position description
• Post the internship on CyHire at cyhire.iastate.edu to create an on-campus recruiting schedule and/or contact the Human Sciences Career Services Office at hscareers@iastate.edu or 515-294-3708.

What are the benefits for employers?

• Early engagement with top talent with the possible goal of converting them to full-time employees
• More informed full-time hiring decisions because on-the-job performance is added to the selection process
• Higher full-time offer acceptance rates and reduced recruiting costs
• Reduced training and higher productivity of entry-level hires
• Increased retention rates of new employees due to a stronger connection to the company

The People to People Career Fair and the Business, Industry, and Technology Career Fair give students the opportunity to build relationships with employers in their field, while also letting employers meet potential interns and employees. Photo by Wyeth Lynch.
Iowa State intern keeps cooking competition fresh

by Tara Lackey

Kaitlyn Romitti’s summer internship gave the Iowa State junior a jumpstart on achieving her career goals. Romitti, who’s majoring in dietetics and family and consumer sciences education and minoring in culinary science and Spanish, wants to become a registered dietitian and work in outreach programming through Iowa State University Extension and Outreach.

“I enjoy working with people and I hope that with programming, I am able to make a difference in the world,” Romitti said.

In summer 2013, Romitti interned as events coordinator for the “Cook This!” competition, a four-part culinary challenge for youth in grades 5-12 that’s held each summer at the Iowa State Fair. The event is coordinated by the Iowa 4-H Youth Development program, part of ISU Extension and Outreach, and the Department of Food Science and Human Nutrition.

Teams are judged on kitchen equipment skills, food product identification, knife skills, meal completion, creativity, communication, and teamwork. Twenty-eight teams — a total of 84 youth — participated in 2013.

“The challenge is set up like ‘Iron Chef’ or ‘Chopped,’” said Cayla Taylor, a 4-H youth program specialist who coordinates the internship and Cook This program.

Romitti brought a unique perspective to the internship with her academic background and passion for 4-H. She developed recipes, recruited volunteers, and secured sponsorships. She also used her intuition and ideas to shape the competition.

“I had the flexibility to do what I felt was most suitable for the competition,” Romitti said.

Taylor said Romitti’s creativity and skills enhanced the quality of the competition. She let competitors test their skills by cooking more demanding dishes like steak with chimichurri sauce, and coq au vin with ratatouille.

“I really relied on Kaitlyn’s skills and expertise to develop the culinary, communication, and additional challenges,” Taylor said. “She just jumped at the opportunity and did a wonderful job. In past years, the recipes have been much more familiar to participants — dishes like spaghetti or tacos. But Kaitlyn really wanted to have the youth try new ingredients and new dishes.”

Romitti now works part-time in the state 4-H office and as a Hy-Vee dietitian assistant in Boone. She said her internship gave her skills and experience that she could not get in a classroom.