Laboratory for Youth Mental Health at Harvard University
http://isites.harvard.edu/icb/icb.do?keyword=jweisz

- Allison Jorgensen (Biopsychology, 2015)
- Research Assistant
- Part-time, 28 hours per week
- Unpaid but receiving Career Center Internship Grant

What do you do as an intern at this organization?
I performed general research assistant tasks such as literature searches and summaries, data entry, and recruiting, screening and running participants. Also, I played a key role in developing and starting a new study in the lab.

How did you find your internship?
This opportunity was emailed to all psychology students by the head of the psychology department.

What do you enjoy most about your internship?
I really enjoyed the responsibility that I was given at my internship; I felt that I was an integral part of the study team. Also, as this was a clinical psychology lab, there was more interaction with the participants than I had experienced in my other lab work.

What do you find challenging?
Because the research assistants were given so much responsibility, it could be overwhelming at times. However, I think that this was a valuable exercise in time management, getting work done efficiently but also accurately, and then leaving thoughts of work behind when I went home at the end of the day.

What advice would you offer to someone who wants to make the most of an internship like yours?
There are many research assistantships to be found when looking for internships. For the most part, these will be unpaid, so receiving the internship grant (or a different grant) can make a huge difference in the quality of life that you will have during the summer. I did not get this position until late March, so it is also important to be patient when looking for jobs and wait to find something that you will really enjoy.

About the Organization
Laboratory for Youth Mental Health at Harvard University
Cambridge, MA

In these settings, my research team carries out randomized effectiveness trials and research on sustainability. Our work focuses on developing and testing strategies for implementing and sustaining evidence-based interventions within everyday clinical care and educational settings for children and adolescents. Our broad goal is to find effective ways to put science into practice and to improve the mental health of children and teens.