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

- Anna Zhou (Cognitive and Brain Sciences, Child Development, 2015)
- Research Assistant
- Full-time, 30 hours per week
- Unpaid but receiving Career Center Internship Grant

What do you do as an intern at this organization?
This summer, I am working as the Project Coordinator of the Single-sessions Exposure for Youths with Social Anxiety Disorder Study and the Emotion Regulation Study.

How did you find your internship?
I found out about this internship through an email from the Psychology Department at the beginning of Fall 2013, and I've been working here ever since.

What do you enjoy most about your internship?
I really enjoy the fact that there's a variety of tasks to work on, ranging from doing literature searches/reviews to diagnostic phone screens and running participants. I also really enjoy working with the other Research Assistants, and it's been a lot of fun getting to know them better.

What do you find challenging?
It's sometimes hard to keep track of all the different tasks that are in progress, and to be able to remember and attend to all the small details. I'm often in many meetings too, so it can be challenging at times to find enough time to work on all the tasks that I have been assigned, and requires a lot of thinking and prioritizing.

What advice would you offer to someone who wants to make the most of an internship like yours?
Start looking for positions as early as possible: you want to be working on a project that you are personally interested in. Some labs do not advertise that they are hiring or looking for volunteers. Once you find a lab that you're interested in working at, I suggest contacting the lab manager as soon as possible!

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

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, to improve the mental health of children and teens.