



At your service – psychology internship request

Lund University and the Department of Psychology are offering the free-standing course Internship in Psychology. The internship is an opportunity for students to develop relevant skills for the labor market and to get the opportunity to put psychological theories and methods into practice. It is also a golden opportunity for internship providers to connect with soon-to-be-graduated competent people within their own professional field.

ABOUT THE COURSE AND THE STUDENTS

The internship course is given during the autumn semester as a free-standing course in psychology and is taken by students who intend to obtain a bachelor's degree with a major in psychology. The content of such a degree can vary but always consists of at least 90 credits in psychology. Students with such a degree can be compared to social scientists and behavioral scientists, but they have a unique set of courses, knowledge, and competencies. For example, they may have studied courses in psychology such as social psychology, work and organizational psychology, personality and development psychology, marketing psychology, creativity psychology, and more. They may also have studied courses in other subjects such as economics, law, history, media and communication science, political science, sociology, etc. The students develop independence, competence to work in teams, coordination skills and project management competence, and are given tools for investigation and evaluation. In other words, the student develops good skills for work at both a strategic and operational level.

WHAT CAN THE STUDENTS CONTRIBUTE TO YOU?

For you who want to take on an intern, this means that you get an employee with an in-depth background in the subject area of psychology. The students who go on internships have studied at least 120 credits (equivalent to two years of full-time studies), of which 90 credits are in psychology, which means that they have a lot of new and updated knowledge to bring to their internships!

WHAT IS REQUIRED OF THE INTERNSHIP?

In order to take the course, the student must be able to present an organization that can offer an internship.

THIS MEANS FOR THE INTERNSHIP PROVIDER THAT...

- A representative at the internship site fills in an agreement to receive the intern and gives a brief account of the main tasks that the intern is supposed to perform. The agreement is called the Internship Plan and you can find it for download on our website.
- Tasks must clearly involve psychological competence. The specific tasks can vary and be tailored based on the wishes of the trainee and the internship provider. Of course, there is the possibility to discuss the internship content with the internship coordinator if it is unclear what should be written down.
- There must be a physical workplace and a supervisor throughout the semester who takes specific responsibility for the intern. The internship can be carried out within public or private sectors as well as idea-based, voluntary organizations, in Sweden or abroad.
- The trainee follows the internship provider's structure and working hours. The intern must also be given the opportunity to see the width of the organization, for example in a municipality the intern should be allowed to make "study visits" to other administrations.
- After the internship, you as the internship provider print out a simple certificate showing that the student completed their internship with you, with a brief description of the tasks performed. This is so that the student can add the internship to their CV.

AN INDIVIDUAL PROJECT TASK

In addition to participating in the day-to-day activities at the internship, the intern must have their own specifically stated project task. This must be a coherent task that the student solves independently under supervision. The project task must have both an academic and a practical perspective, where the university assists with the academic supervision and the workplace with supervision of a more work-related nature.

The project task can be both something the student themselves suggests, or something that you wish to

get investigated or other support with. It can be a completely independent assignment or part of a larger project. In short, something that can be defined during the internship, in addition to ongoing internship course content.

Examples of individual project tasks could be that the intern prepares a document, writes a report, prepares and/or carries out an investigation/training/lecture. The internship can also consist of learning about different parts of the current business or carrying out a project together with other professional groups. The options are many! Students who study independent courses in psychology have an excellent competence to practice, both operationally and strategically, in many areas. The project task is finally reported to the internship provider in whatever form and time you agree on. It is also presented in a more public context, the BiP day (Behavioral Scientists in Practice), to which all internship providers and other interested parties are invited. This presentation constitutes the examination for the course.

In addition to the individual project task and continuous presence at the internship, the interns also conduct a number of course seminars via an online course page, which should be considered when planning the internship. The seminars are estimated to take about half a day a week on average, but how and when these are carried out is decided in dialogue with the internship provider. The seminars deal with, among other things, ethics in working life and results and evaluation, which can further sharpen the intern's skills in their receiving organization.

WHAT THE SUPERVISION MEANS

- The supervisor should provide an introduction at the internship site, be available to support the intern in their work, and help solve various types of problems that the intern may face during the internship period.
- The supervisor must also give directions and instructions about various work tasks so that the trainee can solve them independently, after which the supervisor also follows up on the work.
- The supervision should stimulate the intern to find possible solutions themselves, but also give the opportunity to ask for advice if problems arise. It is important that the supervisor is available for the intern to discuss the work and that the intern can follow up on "their"

areas/cases by participating in the daily work in various ways.

- In addition to the ongoing everyday contact, the supervision must include three pre-arranged supervisor conversations during the internship period; at the beginning, at half time and at the end. These conversations can function similarly to the planning/development conversations that are often applied in working life and give both the intern and the supervisor the opportunity to discuss the internship process, the internship site, and the work being performed as well as goals to be followed up on.

SUPERVISION SUPPORT

We provide the supervisor with a simple assessment document for the supervision. This assessment form is to help the internship provider and the student go through the evaluation points that correspond to course and study objectives.

The intern is assigned an academic supervisor who can support the intern with questions of a more theoretical nature or to strengthen the academic quality of the work performed at the internship.

All supervisors are contacted continuously during the course. This is done by the intern's academic supervisor to create a good relationship, go over the course plan and goals for the students, support in the supervision if necessary or give advice on other things that you as an internship provider need to know. This contact is mainly done via phone and email.

WE ARE HERE FOR YOU!

We at the department of psychology are always available to support you as an internship provider if you have questions or comments of both content and practical nature. Our hope and ambition is that you will feel that you get more in return than you give and that the time you spend on the intern pays off richly in various forms!

PRACTICAL INFORMATION

If you have questions about the internship or want to let us know that you have an internship for a student, don't hesitate to contact course leader and internship coordinator Ingela Steij Stålbrand on 072 – 72 73 031 or Ingela.Steij_Stalbrand@psy.lu.se

Website: <https://www.psy.lu.se/samverkan>