

Internship Student Profile

Nevin Jose

My Experience at Asha The Hope

I remember the day I heard about the internship opportunity at Asha the Hope. I was sceptical at first because I'd never heard of it, but I applied anyway. I got in along with five other interns who are all my classmates. Our first official day was on June 1st. I walked in apprehensive and kind of excited. Little did I know that choosing to go for this internship would be one of the best choices of my life. The amount of exposure we got here was amazing.

The first few days were spent learning the ropes to the internship and hammering out the plan we had to make the most of the one month we had. We learnt about Dr.Asha, the founder of the organisation; we learnt about basic counselling skills with the help of Dr.Swati who walked us through how a counsellor should look, behave and think. We also called multiple schools hoping we could land a career counselling session with the students of the school, but we didn't get confirmation back from almost any schools. This took almost the entirety of the first week (01/06/2022-06/06/2022).

The next week we spent time doing various tasks for ATH. We answered Quora questions, we wrote articles for their LinkedIn page and worked on various ideas for social media posts they could make to give ATH more exposure. We had multiple discussions with various members from the psychology community such as our mentor Ms. Pranjul Somani, Dr. Swathi, Dr. Jyothi and even Dr. Asha herself. We learnt about art therapy, and how to discover oneself before we can help other people discover themselves. We also started preparing a speech and a

PPT for the student counselling in case we got an answer back from one of the schools. This is what we did from 07/06/2022-19/06/2022.

The next week, we finally got a meeting with the principal of a school nearby. It was named Achieve School of Education. We went to meet with the principal on the 20th of June. He liked the presentation and told us we could address the students on 22nd of June. On the 21st we showed the presentation to Dr.Asha and she told us a few ways in which we could connect with the students better.

Finally for the last few days of the internship (23/06/2022-30/06/2022) we focused on the students of the school and we went over the the three step method of career counselling that is the preliminary counselling, where we make sure they understand the concept of career counselling and try and build a rapport with the students. I percounselled about 30 students, a majority of whom were from the 9th grade. We then moved onto the assessment phase where we gave the students the career assessment tests and gave them the weekend to complete it. Then in the last few days we went through the assessments and then went and offered need-based counselling sessions to the students.

Overall, I loved the internship and it gave a reality check of what I was in for if I did choose to pursue psychology for my future career.

Feedback

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