

# Concordia University

## Applied Human Sciences Internship Information Sheet

All Specialization students in AHSC are required to do an internship. This is an exciting opportunity as you are closer than ever to completing your BA. You have the opportunity to prove to yourself that you can apply the knowledge that you learned in an authentic real-world environment. With a little pre-planning the internship can be a very rewarding experience that can help you build self-confidence as you start to explore career choices.

This information will help you get started. Each internship course has an assigned professor who will assist you throughout the process.

Guidelines common to all internships:

- Academic advising is required to register for an internship course
- Start by looking at the AHSC internship guidelines for your course:  
<http://ahsc.concordia.ca/current-students/undergraduate-fieldwork-and-internships/>
- Begin looking at the internship database for an appropriate internship opportunity (only for AHSC 437, AHSC439 and AHSC 483). The database is on moodle. You will have access once you register for certain prerequisite courses prior to your internship.
- You can suggest internship placement sites that are not on the database
- Finding an internship is like finding a job, professionalism is very important
- Make sure your resume is up-to-date; career services can help: <http://cdev.concordia.ca/>
- It takes TIME to find an appropriate internship placement. Start the process early (1-2 months before the semester)
- You should visit multiple sites and talk to a variety of people before accepting your internship
- When accepting an internship it is important to have a clear understanding of the project/work that you will be doing
- NEVER accept an internship or make promises before consulting with your teacher
- You must complete the CNESST form before beginning your internship
- Your internship professor will be in contact with your site supervisor at various times
- It is expected that you complete the internship requirements within the allotted course time, therefore plan your paid work and course load carefully
- Each professor will announce the class meeting dates as required by the program
- If you have not found an internship by the DNE deadline you should drop the course

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**Youth & Family Work AHSC 436** (6 credits) – 360 hours completed in the Fall/Winter semesters.

- **AHSC 436 has a different process which will be explained by Alison , Undergraduate Program Coordinator for AHSC.**

**Leisure Science AHSC 437** (6 credits) – 240 hours completed in one semester.

- Be able to identify a specific project before presenting an internship opportunity to your teacher

**Human Relations AHSC 439** (6 credits) – 200 hours completed in the Fall/Winter semesters.

- Create and deliver a program with a psycho-educative focus
- Implement a change project in collaboration with the site

**Therapeutic Recreation AHSC 483** (12 credits) – 560 hours minimum, 400 hours average, 480 hours maximum, dependent on the internship site, completed in one semester.

- Extra lead-time may be required for police checks, health checks and finding a certified recreation therapist as your supervisor (if applicable)
- You are encouraged to have up-to-date vaccinations, including HEP A and B

