



KAREN M. GIL INTERNSHIP in

Psychology & Neuroscience

2020- 2021 NEWSLETTER

THE UNIVERSITY OF
NORTH CAROLINA AT
CHAPEL HILL

KAREN M. GIL
INTERNSHIP PROGRAM

FROM THE

Program Director



Hello. I would like to start this message by expressing my sincere gratitude to everyone who participates in and supports the Karen M. Gil Internship Program in Psychology & Neuroscience – all of the current “Gillers,” program alumni, mentors, and friends – thank you all so much for everything that you do!

For any of the readers of this newsletter who do not know the history of the program, the Gil Internship was the brainchild of an anonymous UNC alumna. She wanted to provide a gift to the Department of Psychology & Neuroscience that would make a significant positive impact on the lives of our students. After consulting with her former mentor and current friend, Dr. Karen M. Gil, she decided to found the first undergraduate internship program in the history of our department (and, of course, name it after Dr. Gil). The program would offer students an intensive, “deep dive” experience in any of the areas of Psychology and/or Neuroscience in which they were interested, and would provide both a paycheck and course credit. Once that framework was established, Dr. Gil, along with Dr. Beth Kurtz-Costes, Dr. Don Lysle, and I established the guidelines and procedures for the program and welcomed our very first cohort of Gil Interns in the fall of 2014.

As the Director since the founding of the program, I still remember that first

cohort well. Nicole Seider, an intern at RTI International, was our first Quantitative Psychology focused intern, and was the only one for the next four years (several more have since joined the program). Sean McWeeny, a TEACCH intern, suggested the creation of the, “Confessions of a Giller” blog to make the program more accessible to others. Daniel Horschler interned with a scientist at Lenovo who would later become a professor at Carolina (Dr. Vicki Chanon). Alban Foulser was the first Psychology major to officially intern at a prison (Polk Correctional Institute), while her good friend, Madelyn Frumkin, was the first undergraduate intern at Veritas Collaborative. Within a month of joining the program, Brooke McKenna was presenting her research to the CEO of Horizon Performance. Half of that cohort will receive their Ph.D.s within a year or two – Madelyn and Nicole from the same university (Washington University in St. Louis)! As a group we developed the ins and outs of the Gil Internship class. We voted on the types of professional development activities that would provide the most tangible benefit, we decided that networking with each other’s mentors would be a great way to see across the breadth of Psychology & Neuroscience, and we even picked Top of the Hill as our end-of-the-semester social outing venue (sorry to the spring 2020 and fall 2020 cohorts – we will hopefully have you all back for your ToPo trip soon!).

From that cohort to now, across 6.5 years and 13 cohorts, the Gil Internship Program has been growing and thriving. In recent years, we have increased our outreach efforts to make more students aware of the program, and have seen steadily increasing application rates. We significantly added to the number of private, governmental, and academic partners with whom we have relationships, so that we can offer internship experiences fitted to Gillers’ passions and career aspirations. We deepened

our commitment to professional development, including by adding a graduate student round-table event and job fair to the mentor networking and Gil Intern Showcase events, as well as personalizing resume, cover letter, and interviewing reviews. Additionally, each semester we continue to do our best to come together as a true cohort rather than remain a group of individuals. We still do ice breaker games (which we all love!), reflect on the connections and gaps between our coursework and internship work, and provide one another with social support during difficult times and after successes. Even with the unprecedented challenges of this past year, add

Finally, I would like to specifically recognize our Gil Internship Manager, Chelsea Ewing. Chelsea was hired as manager two years ago and is a driving force behind our program’s recent successes, and I expect that she will help elevate it to even greater heights in future years. She is a true “rock star.” It is a pleasure to work alongside you, Chelsea. Thank you!

Thanks for reading, all – please enjoy the newsletter!

Sincerely,

Steve Buzinski

Gil Internship Program Director

Program Highlights

Gil is Growing

2020 was an eventful year! Since the program was founded in the Fall of 2014, 583 students have applied and 158 students have joined the Gil program. In the past three years, we have seen a huge increase in Gil applications, going from receiving 18 applications to now 92 applications! Each semester the applicant pool is getting more competitive and harder for us to narrow down to 10-12 Gillers! The Gil program is getting traction from the higher education community and gaining popularity on campus and in the psychology and neuroscience field. Dr. B and Chelsea are regularly contacted by other programs and students outside of UNC Chapel Hill wanting to learn more about the Gil program.

Gil Mentors

We are proud to have such an accomplished and well-rounded group of mentors and internship worksites. In the past year, we have gained 12 new internship worksites. We now have over 60 worksites for students to choose from. Students are always impressed with the selection of options from non-profits and start-ups to hospitals and research labs. We cannot thank our Gil mentors enough for providing Gillers with hands-on experience in the psychology and neuroscience fields.

Curriculum

Students not only work 120 hours at their internship worksite, but they attend a weekly class where they reflect on their internship experiences as a cohort and learn about professional and career development. We do our best to continually incorporate the highest-impact experiences for professional development that we can. Some of the current programmatic highlights are a networking event with Gil Mentors (the "Mentor Showcase"), workshops and one-on-one sessions with University Career Services to improve professional materials, job fairs, and a graduate student panel event wherein Gil Interns can get the "inside scoop" on graduate school from current UNC Ph.D. students.

Alumni Survey

Thank you to all the Gil alumni that completed the Gil Alumni Survey! We had close to 60% of Gil alumni complete the survey and provide us with important data, stories, and feedback. It was wonderful to see how successful (no surprise!) our Gil alumni are. All the data in the graphics on this page is data from our survey. If you haven't completed the 2020 Gil Alumni Survey and you're a Gil intern alumni, please visit: https://unc.az1.qualtrics.com/jfe/form/SV_3NNIDg-DxpSEFOEB

72%

Gil alumni said their Gil Internship experience influenced their decision to pursue the job or graduate program that I am in.

78% 

GIL ALUMNI ARE EMPLOYED IN A FIELD RELATED TO PSYCHOLOGY AND/OR NEUROSCIENCE

OTHER FIELDS GIL ALUMNI ARE WORKING IN
 Medicine, hospitality, law, occupational therapy, ministry, consulting, education, technology, and more!

146 Gil "Alumni"

.....

60+ Partner Worksites

.....

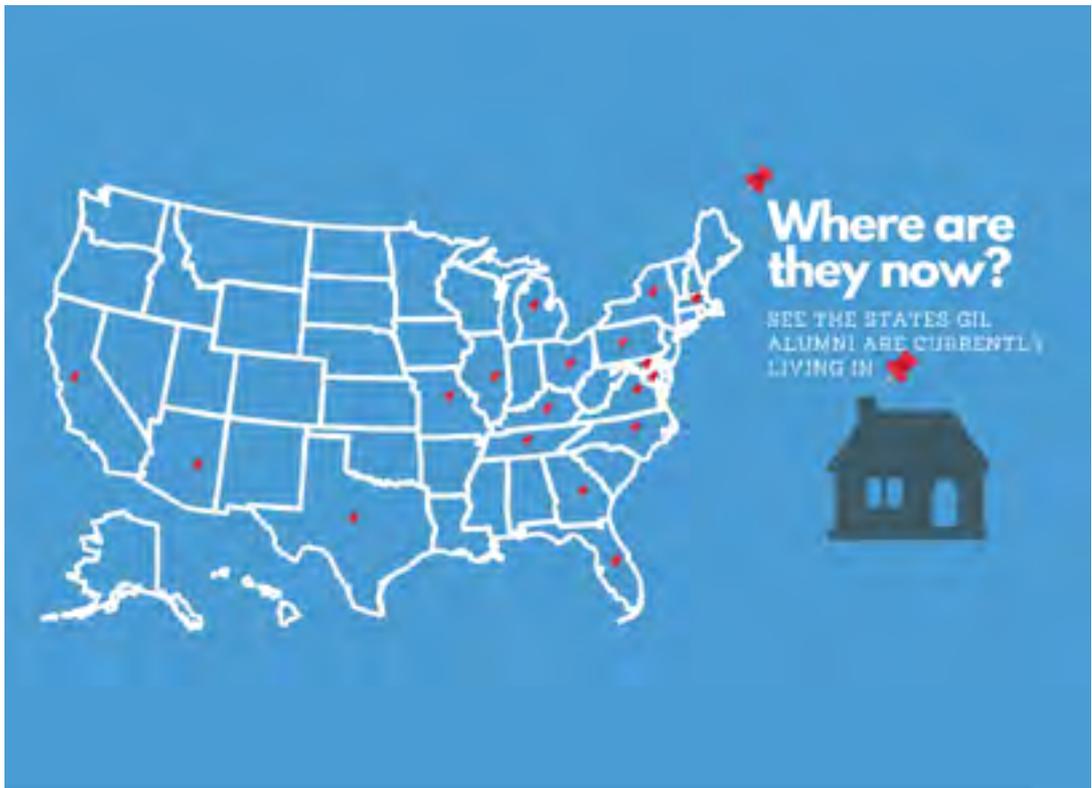
79%
 Gil alumni report that their Gil internship experience helped them secure their job, or graduate program acceptance.

.....

89%
 Gil alumni report that they are pursuing or training for a career that is meaningful to them

Where are they now?

SEE THE STATES GIL ALUMNI ARE CURRENTLY LIVING IN



The Gil Family Grows

Meet the Fall 2020 interns.

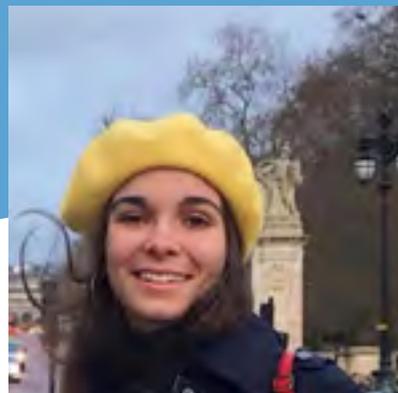


Sarah Ashworth

Class of 2021

Clinical Psychology Intern
Freedom House Recovery Center

Sarah is a senior from Cary, North Carolina majoring in Psychology with minors in Cognitive Science and Translation & Interpretation. She is passionate about feminist psychology and plans to attend graduate school before beginning a career providing therapy to survivors of gender-based violence.



Paulina Chumakov

Class of 2022

Developmental Psychology Intern
Carolina Center for ABA & Autism Treatment

Paulina is a junior from Ashland, Massachusetts, double majoring in Chemistry and Neuroscience with a minor in Biology. After graduating, she plans to pursue a graduate degree in the field of neurology. In her spare time, she enjoys looking after her two cats and ten chickens.

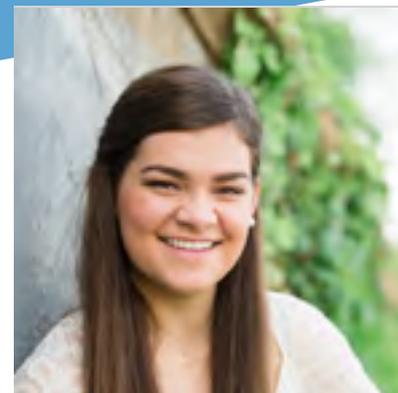


Katie Fesperman

Class of 2021

Social Psychology Intern
NC Department of Public Safety

Katie is a senior from Chapel Hill, NC who is double majoring in Psychology and Sociology with a minor in Neuroscience. After graduation, Katie plans to take a couple gap years to work, travel, and volunteer. She then intends on pursuing a graduate program in social psychology.

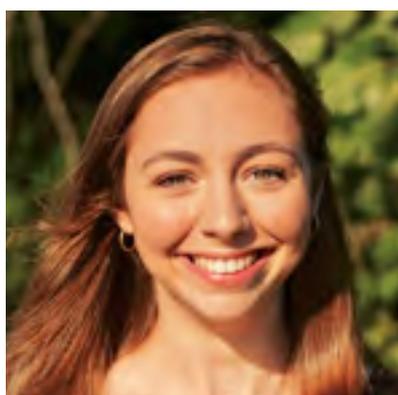


Emily Huber

Class of 2021

Clinical Psychology Intern
3-C Family Services, P.A.

Emily is a senior from Annapolis, Maryland majoring in Psychology and minoring in Chemistry and Neuroscience. After graduation, Emily hopes to attend medical school and pursue a career in psychiatry, neurology, or another related field.



Haley Murdock

Class of 2021

Cognitive Psychology Intern
UNC TEACCH

Haley is a senior from Charlotte, North Carolina majoring in Psychology with minors in Speech and Hearing Sciences and Music. She is a UNC Admissions Ambassador and a member of the UNC Marching Tar Heels. After graduation, she plans to pursue a Master's degree in Speech-Language Pathology.



Alex Pettus

Class of 2021

Clinical Psychology Intern
AHB Center for Behavioral Health & Wellness

Alex Pettus is a senior from Chapel Hill, North Carolina majoring in Psychology and minoring in Neuroscience. He is interested in understanding the social and biological influences on depression and suicidality in adolescence—a topic he hopes to research while pursuing a Ph.D. in Clinical Psychology.

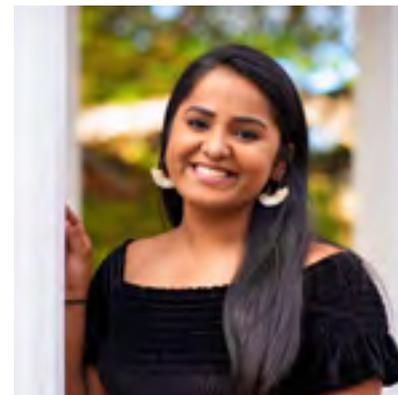


Emma Pfeiler

Class of 2022

Social Psychology Intern
UNC Kenan-Flagler Business School

Emma Pfeiler is a junior from Charlotte, North Carolina, double majoring in Neuroscience and Psychology with a minor in Chemistry. After graduation, Emma plans to attend medical school, hopefully as part of an M.D. or Ph.D. program.



Jisha Reji

Class of 2021

Social Psychology Intern
Wonder Connection

Jisha Reji is a senior from Morrisville, North Carolina majoring in Psychology and minoring in Biology and Chemistry. After graduation, Jisha hopes to pursue an M.D. and work with children within minority and underprivileged populations.



Glorimel Rodriguez

Class of 2022

Social Psychology Intern

A Lotta Love

Glorimel Rodriguez is a junior from Winston-Salem, North Carolina. She is majoring in Psychology with a minor in Neuroscience and interested in both developmental and social psychology. She plans to pursue a Ph.D. in psychology and continue to work in the field of research.



Curtis Smith IV

Class of 2021

Clinical Psychology Intern

Lepage Associates

Curtis is a senior from Fayetteville, North Carolina double majoring Psychology and Psychosocial Determinants of Criminality. After graduation, he plans to complete a Ph.D. in Clinical Psychology.



Avery Wall

Class of 2022

Quantitative Psychology Intern

UNC NIRAL

Avery is a junior from Eden, North Carolina, majoring in Psychology with minors in Cognitive Science and Linguistics. After completing graduate school, she hopes to continue conducting research with an emphasis on educational impacts.

Karen M. Gil
FALL 2020 POSTER SHOWCASE
[HTTPS://FLIPGRID.COM/1A67FA2C](https://flipgrid.com/1a67fa2c)
 Password: KarenGil



The Gil program is looking a little different this year! Although classes are now through Zoom and most internship experiences are remote, the Fall 2020 Gil interns had an awesome experience and were able to virtually have a poster showcase (sneak preview to the left).

Please take a few minutes and enjoy hearing about their experiences on FlipGrid. Go to <https://flipgrid.com/1a67fa2c> and enter KarenGil as the Guest Password. See instructions above.

WHERE ARE THEY NOW?

Alumni Spotlight



Matt Mattoni

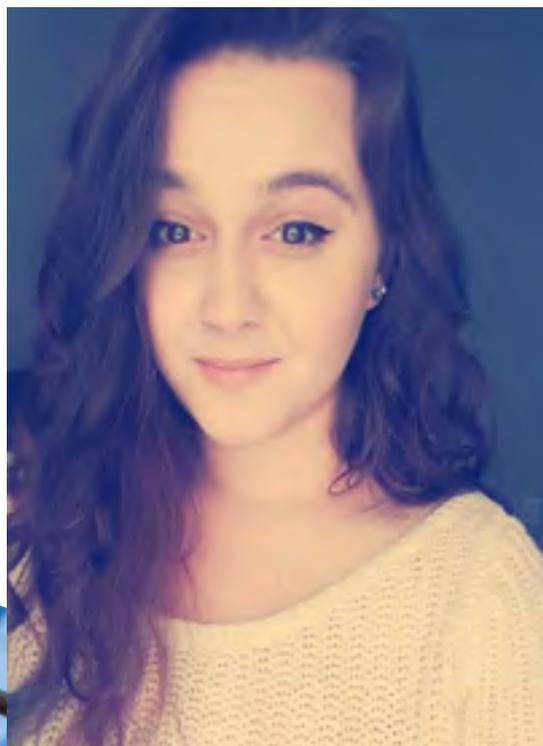
Spring 2019 Cohort

Behavioral and Integrative Neuroscience Intern

As a Gil Intern I worked in the Neuroimaging and Research Laboratory (NIRL) under Dr. Aysenil Belger. This internship was perfect for my goal of pursuing Ph.D. programs in psychology, as I obtained direct experience in various aspects of research including neuroimaging data collection, data analysis, scientific writing, and a poster presentation – which also looks great on my CV! Networking through this position also helped me secure a postbacc position at UNC in EEG research. I am very fortunate to have received these opportunities at UNC. They were instrumental in my graduate school applications this year. I'm excited to be in my first year at Temple University's Clinical Psychology Ph.D. program, where I work under Dr. Tom Olino to study depression risk and neural mechanisms of reward using neuroimaging and behavioral techniques.



The Gil program was great in setting me up for both a postbacc job and a graduate school position!"



Jesslyn Smith

Fall 2018 Cohort

Clinical Psychology Intern

For my internship, I worked with Dr. Kelly Anthony, who is a private clinical psychologist at the Triangle Center for Behavioral Health (TCBH). During my time at UNC, I was involved in various psychological research and while these experiences enriched my overall research understanding in participant recruitment, data gathering, data entering, and basic research design, I lacked any kind of clinical experience. Interested in going into school psychology, I knew that I wanted to get more hands on experience, so as a Gil Intern, that is exactly the experience I got. At the TCBH, my tasks ranged from basic filing, conducting behavioral observations, to even being able to give achievement tests to students (due to my previous experience with these assessments). Overall, my experience as a Gil Intern really helped me to further define my interests and further develop my clinical skills and I am now a Ph.D. student at North Carolina State University in the School Psychology program.



Being a Gil Intern was one of the most pivotal experiences of my undergraduate career."

WORKSITE & MENTOR Spotlights



New Worksite: A Lotta Love

Charlotta (Lotta) Sjoelin, founder and Executive Director, founded A Lotta Love in 2014. A Lotta Love is an all-volunteer team dedicated to remaking and maintaining homeless shelter rooms to be welcoming, safe, and comforting spaces for the people in need. They currently operate in 13 shelters throughout Chapel Hill, Durham, Charlotte, and Wake Forest. Their goal with every project is to provide a sense of belonging and dignity to the individuals seeking help at a shelter. A Lotta Love strongly supports the engagement of young people in their work.

Youth groups from local high schools and various college organizations (like Gil!) have participated in many makeovers over the years. They've also helped build A Lotta Love's website, write grant applications, boost social media, and have done some serious fundraising. The energy and fresh perspective that these youth groups provide has been invaluable to the organization.

Changes Since the Pandemic

During the Covid-19 pandemic, A Lotta Love has had to shift to new ways of delivering assistance without being able to enter the rooms. Their biggest effort has been to create "room kits", which are bins filled with linens, toiletries, children's things, and decor that they would have used in a 'makeover.' Shelter residents have not only been able to make their rooms feel more comfortable, but they also have the storage from the bins to take with them when they move into transitional housing. Since the quarantine, A Lotta Love has also delivered meals, school, art supplies, games, and more. Additionally, they have been able to work on large, shared space remodels in which they can social distance while working.

Giller in Action

Fall 2020 Gil intern, Glorimel Rodriguez, worked with A Lotta Love. Glorimel did hands-on work, working on a safe apartment they finished for the Compass Center, an apartment sheltering families fleeing domestic abuse. Glorimel helped with editing and creating their master grant document. She also worked with Dr. Tina Lepage (another Gil mentor), working on the Lotta Love manual to help set up new chapters. Lastly, she worked on creating a general grant application that will be targeted towards smaller family foundations. Lotta, Glorimel's mentor, stated, "Glorimel did excellent work and we're very pleased with her positive attitude and willingness to try all aspects of the work we do." Great work, Glorimel!



UNC Neuro Image Research and Analysis Laboratories

Dr. Martin Styner is the Director of UNC Neuro Image Research and Analysis Lab (NIRAL). The UNC Neuro Image Research and Analysis Lab (NIRAL) is a research lab that develops, disseminates and applies novel, sophisticated image analysis tools for the use in neuroimaging studies. NIRAL's goal is to provide biomedical and clinical research groups with the means to

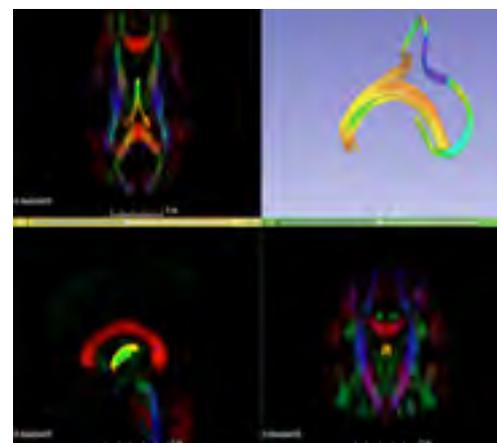
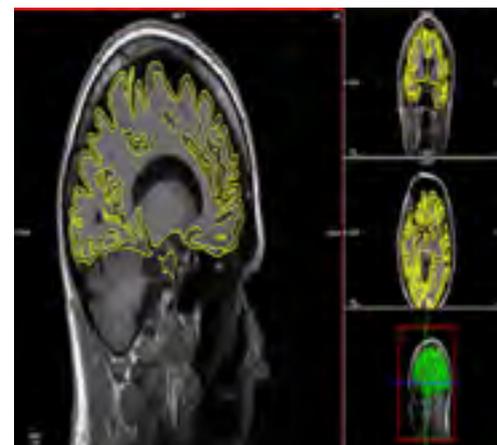
extract advanced measurements from MRI data, allowing the precise, accurate and robust quantification of brain morphometry, connectivity and functionality.

Giller in Action

Fall 2020 Gil intern, Avery Wall, integrated into UNC NIRAL's brain morphometry group and worked on quantifying the shape of subcortical brain structures in Alzheimer's disease (AD). She applied shape analysis tools and generated the crucial measurement needed to study whether those subcortical structures potentially provide an early diagnostic biomarker of AD or a disease progression biomarker.

Gil Mentor Advice

Dr. Styner has been a Gil mentor for several years and when asked what characteristics make an effective Gil intern, he said self-motivated, skilled and smart students that are well suited for conducting research, even if it's outside their previous field of study. Lastly, he added, "Gil interns are great!" We could not agree more!



FROM THE

Program Manager



Greetings all!

I am delighted to share a brief update on what has been happening in my professional and personal life over the past year. As always, working closely with Gillers to help them gain invaluable experiential learning opportunities continues to be the most rewarding aspect of my work. I have now been working for the Gil program for almost two years and have thoroughly enjoyed every second working with Dr. B, current Gillers, Gil alumni, and the Gil mentors. Prior to working for the Gil program, I was the Clinical Program Coordinator for the clinical psychology doctoral program, so I've been working in the Psychology and Neuroscience department for several years now. Although Davie Hall is not the pretti-

est, I sure do love the people that fill it!

Dr. B and I have been busy trying to find more ways to stay connected with alumni, finding new and interesting internship worksites in the psychology and neuroscience field, and keeping everyone engaged while being remote. Some of the fun work we've done this past year is recreating and now compiling the data from the Gil alumni survey. We also created graduation stoles for our Gil alumni to wear at graduation to showcase their fellowship as Gil interns. We cannot wait to see Gillers wearing their stoles at the next in-person graduation! Although this has not been an ordinary year, we are trying our best to ensure Gillers are having fun and soaking in all the knowledge they can, both at their worksites and in the class through Zoom. See me and my 'assistant' Izzy during a Zoom class in the lower right.

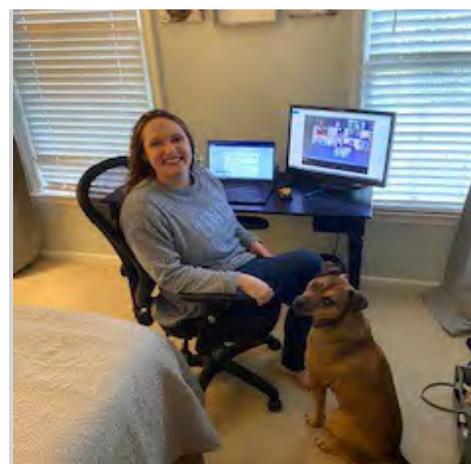
On a personal front, I had a busy year! I had a baby boy, Owen Ewing, on March 12, 2020! He has already rocked a few Tar Heel outfits and I am currently trying to find a way to create a Gil onesie! I also started graduate school in fall 2019 at Appalachian State University. I will graduate with a degree in Higher Education with a concentration in University Leadership in 2021. I am thrilled to be able to utilize the knowledge from my own classes into the Karen M. Gil Program.

I'm looking forward to another fabulous year with the Gil Program and am excited as it grows. Please stay in touch! Add me on LinkedIn, send me an email, set up a Zoom meeting or come visit me in Davie (hopefully soon!).

Warmly,

Chelsea Ewing

Gil Internship Program Manager



Let's Get Social

We want to connect with you!

 Find us on LinkedIn

 Visit our blog at gilinternshipblog.web.unc.edu

 Come see us on campus

p 919-962-4977 • e gilinternship@unc.edu • psychology.unc.edu/gil-internship/

