



ALLISON

SOCIAL WORK

ABOUT MY MAJOR

Social Work is a helping profession that works to improve the well-being of individuals, families, and children to ensure their safety. Social Work is a broad major. You can utilize Social Work in many ways and across many fields. It revolves around helping individuals improve their life and well-being by giving them the resources and support to get there.

CHOOSING MY MAJOR

I knew I wanted to work in a helping profession where I worked with other individuals. I originally thought I was going to major in Psychology, but I liked how broad Social Work was and all the different options I could do as a career.

MINORS & CERTIFICATES

I have a Mental Health minor. I felt like this would help me learn more about the concept of mental health for when I become a therapist. Mental health is important since it will be the focus of my career post-graduation. Many people do the Child Welfare minor as well. As a senior, I recommend looking at all of the different minors and taking courses from each to see which one works best for you and your career goals.

INTERNSHIPS

I'm interning at the Department of Health and Human Services. We work with ensuring children's safety from child abuse and neglect. With this internship I have so many opportunities to shadow different individuals, not just my supervisor. There are so many different workers that do their work using different styles and techniques, so you're able to observe how they are acting as social workers. You get to have real-world experience by going into clients' homes, meeting with clients, and working with substance use. Not only are you working with child abuse, but you get to understand how different factors influence child abuse.

CAREERS

I want to be a therapist. I will have to go to graduate school because you need to have a Master's Degree in Social Work in order to provide therapy. I also want to work with the population of those affected by sexual assault. You can work as an advocate with a Bachelor's Degree or as a sexual assault therapist with a Master's Degree. With a Bachelor's Degree, you can work in medical settings, working in a hospital or nursing home. You can also work with individuals who are homeless or have special needs. You can do other things like working with clients who have been affected by domestic violence and sexual assault, the child welfare system where you would work on the well-being of families, and safety planning.