The OSU Extension internship program was established in 2007 to provide college students an opportunity to work in a local county Extension office. With the exception of one year (2019), the program has successfully placed interns with the ultimate goal of recruiting for future employment in Extension upon graduation. The experience provides hands-on learning in the broad spectrum of Extension through assisting with events and activities, learning about policy and procedure, developing and delivering programs, and more.

The 2022 Program hosted five interns, four of which were undergraduate students and one a graduate student. The interns brought a variety of interests into their experience and developed creative projects to demonstrate their ability to plan, organize, deliver, and evaluate an activity. Projects included:

- Livestock Auction Workshop for 4-H’ers – Allison Pitmon, Hughes/Seminole Counties
- Equine Internal Parasite Research Project – Holly Detrick, Alfalfa County
- Farm Journey 2050 Workshop for 4-H’ers – Jebidiah Stubbs, Grady County
- Leadership Training for 4-H Camp Counselors – Kaylee Pittenger, Tulsa County
- Gateway to the Globe webinar series with in-person wrap up meeting – Moriah Donica, Oklahoma County

Interns submit a written report about their project and a video highlighting their Extension internship experience. The outstanding intern, Holly Detrick, is featured on the OSU Extension Internships website at this link. [https://extension.okstate.edu/internships/index.html](https://extension.okstate.edu/internships/index.html)

Interns also experience what it is like to complete a self-appraisal and performance appraisal with their supervisor at the conclusion of the program. Compiled results of these appraisals provide the following insights to their experience.
Intern self-appraisals revealed they gained the most knowledge and/or skills in the following areas:

- Ability to manage travel and programming budget
- Understanding of OSU Extension policy and procedure
- Knowledge of the responsibilities of educators and the types of programming they provide
- Understanding of the importance of providing equity, access, and opportunity in Extension programming

Interns reported a variety of strengths they brought to the program which included communication skills, time management, and their previous knowledge of Extension. One intern noted they had no previous knowledge of Extension and came in with an open mind to learn about the agency through participating in as many activities as possible. Three of the five interns also noted that the most valuable part of the internship was learning about Extension from the educator’s perspective and how they develop programs. Extension looks quite different from a participant viewpoint than it does from an employee viewpoint.

The performance appraisals conducted by the supervisors with interns revealed one common theme of a strong work ethic and willingness to do anything asked. Other strengths mentioned were communication skills, willingness to learn, and previous knowledge of Extension. Supervisors also noted some areas to work on which included taking initiative, working on overcoming shyness, avoid perfection, and don’t be so hard on yourself.

Recruitment will begin in September 2022 for the Summer 2023 internship program. Details are posted at this link. [https://extension.okstate.edu/internships/index.html](https://extension.okstate.edu/internships/index.html)