

# Providence School Outreach

Summer 2017  
Intern

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## SPOTLIGHT INTERN: Itzel Morales

**Itzel Morales, Providence Health and Services, Geriatrics** gives advice to past and present interns.

Itzel graduated from Portland State University. During her senior year at PSU, Itzel took a program planning class, which directly correlated with the work she did during her internship at Providence. Throughout her educational journey Itzel gained insight into health issues, which has made her more passionate about the work that she does. Her college career prepared her well for the transition from student to a professional.

Itzel heard about the Providence School Outreach internship from the Portland State University School of Public Health. She was looking for an internship that used the skills that she had learned during her college career. She wanted something challenging, and something that she was truly interested in. Providence holds strong ethical values that resonated with Itzel's own beliefs, and seemed like the perfect place for her to explore what she is most passionate about.

Itzel was chosen to be an intern for the Senior Health Program Fall Prevention team. During her internship she worked on various projects, including creating a five state –fall management resource list. She created a document that will be shared with providers in the states of Alaska, California, Montana, Oregon and Washington. Itzel also worked on translating the Fall Prevention community presentation from English to Spanish. She presented this content to the St. Andrews Promotores de Salud (Spanish speaking community health workers).

Prior to her internship Itzel had an aspiration to help those in need. Throughout her internship she became more aware of the needs of the elderly population. From this experience she decided that she would work to help seniors and to use her bicultural background to help others. After her internship ended, Itzel was hired on with Providence, working in the Geriatrics department.





## CORE VALUES

“Our core values are Respect, Compassion, Justice, Excellence, and Stewardship, and we live these values every day. Our focus is on positive interactions and positive outcomes. “

As a Hispanic first-generation graduate, Itzel has had to overcome many obstacles throughout her educational journey. Itzel grew up in a small town where most of the population was predominantly white; she felt that she needed to keep to herself and often felt out of place. Itzel’s parents always encouraged her to try her hardest. Being a minority made Itzel feel that she had to try harder than others and do the best that she could, not only to prove a point to herself, but to others as well. In college, Itzel noticed that she was often the only Hispanic student in class. She has always struggled with writing, so during group assignments she feared that her writing was not up to the high standards that were expected. However, she learned to use that pressure to her advantage and presented the best version of herself to school and work everyday to achieve her goals. The internship opportunity with Providence proved to Itzel that with a little bit of hope, and a dream, it is possible to attain any goal. She can now face her fears with ease and perform to the best of her ability.

Itzel’s advice to current interns is to ask questions. When she started as an intern she always wanted to figure things out on her own, but she learned that supervisors love to hear intern questions. She also advises interns to take risks and to get out of their comfort zones. Looking back on her own internship, Itzel is happy that she pushed herself because she was able to grow. She believes that by pushing herself, she was able to see her own potential which

opened many doors for her as a professional. Lastly, she advises interns to network as much as they possibly can. Itzel was able to attend meetings where she met people from different departments, and she also conducted informational interviews that really helped her evaluate what she wanted and expected to do with her career.

**“Transitioning from college student to professional is challenging, but having a meaningful internship experience helps to alleviate the stress and prepare students for the workplace environment. “**