

UMBC Intern Final Presentation

Krismina Kattel

Internship Overview

Business surveying

03

04

Monthly webinar reflection and strategy session

Created DPDs

01

02

Lead weekly sessions



Interviewees

01

Toni Massimo - Meaningful Community Services Team Member
Fun fact: Toni enjoys woodworking and spending time with family, friends, and her dog.

02

Mallory Legg - Kennedy Krieger Institute Employee
Fun fact: Mallory has a sweet, snuggly 14 year old pug and an energetic 6 month old german shepherd

03

Dr. Stacy Johnson - Kennedy Krieger Institute Employee
Fun fact: Dr. Johnson's husband pursued an MD/PhD and that is what I plan to do as well.

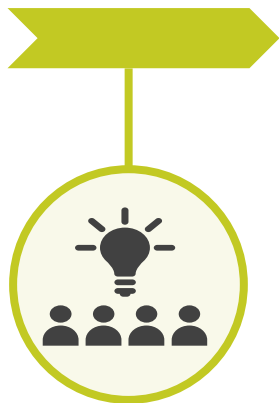
04

Alexey Good Farasidakis - Meaningful Community Services Parent
Fun fact: John is the game show king!

05

Griffin - Meaningful Community Services Community Member
Fun Fact: Griffin is O positive & Griffin is interested in working in the construction field.

Overarching Themes



The power of team
collaboration



The importance of
a positive attitude



A sense of community
that promotes growth

Interview Project Conclusion



01

Every individual I interviewed gave me an opportunity to hear a fresh perspective.

02

I was able to get a better understanding of the Kennedy Krieger Institute and Meaningful Community Services.

03

The personal reflections and experiences of each individual made me realize how everything is interconnected. Kennedy Krieger Institute is one big support system and everyone works together to achieve common goals.



Personal Reflection



01

There is only so much you can learn in a college classroom that will prepare you for the workforce. During my time interning with Kennedy Krieger, I have learned and grown professionally in ways that I wouldn't have been able to with just my college education. An internship is an opportunity to try new things and surprise yourself. Experiencing new opportunities helped me challenge myself. Even if I had no clue on how to do a certain project, I would still take it on. It was the perfect time for me to learn and grow. I also learned to never be afraid to ask questions or for help. At the beginning, I didn't know how to do many things. But, as an overthinker, I was always concerned about being annoying or bothersome. It did not take long for me to understand that my supervisor and team members were not only there to help, but they wanted to help. They wanted me to succeed. My experience with Kennedy Krieger Institute taught me that anyone can be a leader. The responsibility I was given strengthened my self-confidence and improved the quality of my output. That responsibility made me a better team member and a better worker in all aspects of my life.

02

From these interviews and my experience here at Kennedy Krieger Institute, I learned that a group of individuals has more power and impact than a single person. Collaboration and communication have a strong link, it enhances interpersonal relationships in the team which then improves communication. Not only does working towards the same goal instill team members with a strong sense of purpose, but collaboration also enables team members to play according to everyone's strengths.

03

Disability exists on a spectrum and some individuals need more help than others. Similar to any other group of people, there's not a one-size-fits-all approach, and small changes are more sustainable. I learned the importance of patience, persistence, grace and humility; the true meaning of courage, tenacity and displaying acts of kindness each and every day. I also learned to involve the individual in interventions. Although this population sometimes relies on others for assistance in some things, they're more likely to be willing to change if they get to be involved in the process.

Letter to Future Interns:

Dear Future Interns,

Congratulations on being part of Kennedy Krieger Institute! You will get the opportunity to work alongside a diverse group of passionate and hardworking individuals. Although the starting process may seem overwhelming at first, you will quickly be able to transition and grasp information. My first weeks on the internship consisted of navigating the onboarding process in a completely remote setting. However, despite the unprecedented nature in which I started my internship, I quickly found my footing and was able to turn an otherwise jarring situation into a learning opportunity. If I'm being honest, I had no idea what to expect when I first started at Kennedy Krieger Institute. Like many others, I was under the impression that all internships had the same stereotypical tasks: making phone calls and doing busy work. Luckily, I couldn't have been more wrong. What you should expect from the very beginning is that you'll be treated like part of the team. My experience with Kennedy Krieger Institute has been immersive and collaborative. The team provides great support and structure to make the onboarding and debriefing process easily digestible. You'll be well equipped for any task ahead so you will have the confidence to dive right in. You'll tackle an array of projects, sometimes all at once, that will create a truly valuable experience. I am truly thankful to have interned at Kennedy Krieger Institute, where I continually gained new knowledge and skills, while being a resource to the team as they juggled numerous projects. I have no doubt in my mind that the experience you will have at Kennedy Krieger Institute will be a great one. You will learn a lot, have many opportunities to put your skills into practice and make valuable connections. Just remember to be open-minded and take any challenges head on. You'll do great.

Best,
Krismina Kattel