

## Internships (Soc 195) Information

### Sociology Department Internship Coordinator:

Internship Coordinator: Ellen Berg | Email: [berge@csus.edu](mailto:berge@csus.edu) | Office: Amador Hall 453A  
Please reach out to the Internship Coordinator with any questions about Soc 195.

### What is an internship?

An Academic Internship is a supervised work-learn placement in a setting outside the classroom. Some placements are on-campus, but most are off-campus. Internships are intended to provide students with opportunities to apply the skills and knowledge gained in their college coursework.

### Benefits of doing an internship:

- Gain the knowledge, experiences, and skills needed in the job market or when applying for graduate programs.
- Get to know the values and norms emphasized in the occupational community.
- Apply your sociological knowledge in the “real world” while earning academic units.

### Internship requirements:

- Complete the minimum required hours at the internship site
- Attend seminar meetings with the Internship Coordinator (Dr. Berg)
- Meet with your assigned Faculty Advisor
- Keep field notes
- Write up final report/poster

### Steps to get an academic internship in sociology:

#### NOTE: Start planning early.

Sometimes, students cannot secure an internship right away and may need to contact several internship sites before securing an offer. Also, some agencies may require an interview or a training session before your internship begins. **More and more agencies do background checks on interns -fingerprinting, reference checks, etc. This will take time, sometimes more than a month.**

### **Before the Semester Begins:**

**Step 1:** Do some research about possible internship sites

1. Visit the Community Engagement Center website to explore community partners contracted with the University - [Sac State's Community Partners](#) or
2. Check the Sociology Faculty Internship list (below).

**Step 2:** Find 3-5 possible sites that interest you. These can be paid or unpaid internships.

**Step 3:** Determine how many units of SOC195 you would like to take (1 unit = 45 hours per semester, 2 units = 90 hours per semester, 3 units = 135 hours per semester).

**Step 4:** Contact the Internship Coordinator (Dr. Ellen Berg) with the list of possible internship sites, and she will verify whether each site has an active agreement with Sac State.

**Step 5:** Once the current contracts with Sac State are verified, contact each site directly to learn more about the specific process to apply/sign up for an internship. Apply to your top 1-2 choices.

Consider sending your resume, explaining why the internship would contribute to your future career goals, and how many hours you are seeking over the semester (45 hours if you register for 1 unit, 90 hours if you register for 2 units, and 135 hours if you register for 3 units). Please note that some organizations may have a standard application form for volunteers/interns to complete.

### **By the end of the first week of the semester:**

**Step 6:** Send an email to the Internship Coordinator (Dr. Ellen Berg) with verification of your internship offer. Dr. Berg will send you the registration form for Soc 195.

**Step 7:** Return the registration form to Dr. Berg. She will process the registration form, assign you to a Sociology Faculty Advisor and add you to the Soc 195 Canvas site.

**Step 8:** Once added to Canvas, review the syllabus and mark your calendar to attend the SOC195 seminar meetings (about 3 per semester).

**Step 9:** Once you have access, log onto CEC Connect and complete orientation and paperwork.

**Step 10:** Now, you are ready to begin interning at the Internship site.

The following is the list of internship sites that have accepted Sac State Sociology majors for an Academic Internship in recent years, but you can certainly explore other organizations on the Community Partner List.

AANHPI Center*	My Sister's House
ASI	CSUS, Project Rebound
California Homebuilding Foundation	Project Optimism
California Rural Legal Assistance*	PRO Youth & Families
California Mobility Center	Robert's Family Development Center
Center for Race, Immigration, and Social Justice*	Sacramento Children's Home
Francis House Center	Sacramento County Probation Department
Grant Union High School	Sacramento County Sheriff
Green Light Go	Sacramento County District Attorney's Office
Happy Tails*	(Sacramento Regional) Family Justice Center
I-CAN Crime Victims Assistance Network	California State University, Sacramento - Career Center
International Rescue Committee*	Sacramento State Institute for Social Research
Jumpstart	Wind Youth Services
Nopal	

### Pre-Arranged Internship Sites

Following is the list of internships available at community organizations with direct connections to Sac State Sociology Faculty. You may apply for these internships directly following the instructions below. When you receive an official acceptance letter/email verifying that you will be starting an internship next semester, forward it to Dr. Berg.

**AANHPI Center – affiliated with the CSU (Positions are filled for Spring 2026. If interested, contact Dr. Berg about Fall 2026)**

Information	Students will be working with the research analyst who conducts applied research on Asian American, Native Hawaiian, and Pacific Islander students in CSU system.
Location	Sac State Downtown Campus 304 S Street, Sacramento, CA 95811
Units/Hours	3 units (135 hours over semester/9 hours weekly)
Number of Interns Accepted	2
Point of Contact	Dr. Ellen Berg ( <a href="mailto:berge@csus.edu">berge@csus.edu</a> )

Note	Students must be driven and demonstrate strong proficiency in statistics and/or research methods. Students must be also independent and reliable. Students should take SOC101 or SOC102 prior to the internship and do well in these courses.
How to Apply	Contact Dr. Berg.

### California Rural Legal Assistance, Inc. (CRLA) - *Remote option available!*

Information	<a href="#">CRLA Internship Description_SP26</a>
Location	In-person internship in Stockton, CA Remote internship available
Units/Hours	1 unit (45 hours over semester/3 hours weekly) 2 units (90 hours over semester/6 hours weekly) 3 units (135 hours over semester/9 hours weekly)
Number of Interns Accepted	Open until filled
Point of Contact	Dr. Amalia Perez-Martin ( <a href="mailto:a.perezmartin@csus.edu">a.perezmartin@csus.edu</a> )
Note	Students are recommended to enroll in SOC 159 Sociology of Law taught by Dr. Perez-Martin if they intern at the CRLA.
How to Apply	Send a resume and cover letter to CRLA Pro Bono Department – Jose Torres Alvarez via email at <a href="mailto:probonosupport@crla.org">probonosupport@crla.org</a> .

### Center on Race, Immigration, and Social Justice (CRISJ) - *On campus!*

Information	<a href="https://www.csus.edu/center/race-immigration-social-justice/">https://www.csus.edu/center/race-immigration-social-justice/</a>
Location	Library 67, Sacramento State *Note: Expect meetings with Community Partners in the Sacramento Region
Units/Hours	1 unit (3 hours per week) 2 unit (6 hours per week) 3 unit (9 hours per week) * For the duration of the semester.
Number of Interns Accepted	Approx. 5
Point of Contact	Manuel Barajas ( <a href="mailto:mbarajas@csus.edu">mbarajas@csus.edu</a> ) Ana Gutierrez ( <a href="mailto:arg37@csus.edu">arg37@csus.edu</a> )

Note	Students will meet once a week with a CRISJ coordinator at Library 67 to supervise/advance goals/outcomes (Fall meeting on Tuesdays at 3:00-4:00, Spring Wednesdays at 3:00-4:00) Activities may include event programming, research, communication, podcasting, web design, flyer/poster making, newsletter, advocacy...
How to Apply	Contact Dr. Manuel Barajas.

## Happy Tails

Information	<a href="https://www.happytails.org/">https://www.happytails.org/</a> <a href="https://www.happytails.org/volunteer/volunteer-opportunities">https://www.happytails.org/volunteer/volunteer-opportunities</a>
Location	6001 Folsom Blvd, Sacramento, CA 95819
Units/Hours	1 unit (45 hours over semester/3 hours weekly) 2 units (90 hours over semester/6 hours weekly)
Number of Interns Accepted	Open until filled
Point of Contact	Dr. Amanda Shigihara ( <a href="mailto:shigihara@csus.edu">shigihara@csus.edu</a> )
Note	Students are encouraged to intern in the afternoon on Wednesdays when Dr. Shigihara is available on site to help you adjust to the intern role there.
How to Apply	Fill out the application here: <a href="https://form.jotform.com/HappyTailsForms/vol-app-adults">https://form.jotform.com/HappyTailsForms/vol-app-adults</a>

## International Rescue Committee

Information	Farm and Garden Intern Volunteer at <a href="#">New Roots Farm</a> . For more information, read the document attached in the "How to Apply" section.
Location	West Sacramento
Units/Hours	1 unit (45 hours over semester/3 hours weekly) 2 units (90 hours over semester/6 hours weekly) 3 units (135 hours over semester/9 hours weekly)
Number of Interns Accepted	2 interns in Spring 2026
Point of Contact	Dr. Nitika Sharma ( <a href="mailto:n.sharma@csus.edu">n.sharma@csus.edu</a> )
Note	The New Roots encourages a pair of the two interns to attend the internship together if possible. The interns are encouraged to meet with Dr. Sharma to start the internship experience with her.
How to Apply	<a href="#">IRC NR Farm &amp; Garden Intern-Volunteer - OCT 2025.docx</a>

## Port of Sacramento Japanese School

Information	<a href="https://www.sacramento-hosyuko.org/">https://www.sacramento-hosyuko.org/</a>
Location	6000 J Street, Sacramento, CA 95819
Units/Hours	1 unit (45 hours over semester/3 hours weekly)
Number of Interns Accepted	Open until filled
Point of Contact	Dr. Aya Kimura Ida ( <a href="mailto:idaa@csus.edu">idaa@csus.edu</a> )
Note	This internship requires strong communication skills in Japanese language, and the interns are expected to communicate with the school's K-12 students, teachers, and parents in Japanese on site. The internship will take place from 8am to 1pm on Saturdays.
How to Apply	Contact Dr. Ida.

## The Intercultural Oral and Deaf History Project - *On campus!*

Information	<a href="https://www.csus.edu/faculty/y/yonemura/iodhp/">https://www.csus.edu/faculty/y/yonemura/iodhp/</a>
Location	On campus. Note: You may need to meet community partners in the Greater Sacramento Area.
Units/Hours	1 unit (3 hours per week) 2 unit (6 hours per week) 3 unit (9 hours per week) * For the duration of the semester.
Number of Interns Accepted	Approx. 5
Point of Contact	Dr. Ayanna Yonemura ( <a href="mailto:yonemura@csus.edu">yonemura@csus.edu</a> )
Note	The Intercultural Oral and Deaf History Project centers undergraduate student research. Students serve as the primary researchers, conducting in-depth oral and Deaf history interviews with narrators from diverse cultural and linguistic backgrounds.
How to Apply	Email Dr. Ayanna Yonemura your resume.

## Western Service Workers Association

Information	<a href="https://wswasacto.org/">https://wswasacto.org/</a>
Location	5040 Perry Avenue, Sacramento, CA 95820
Units/Hours	1 unit (3 hours per week) 2 unit (6 hours per week) 3 unit (9 hours per week) * For the duration of the semester.
Number of Interns Accepted	No limit
Point of Contact	Dr. Miguel Ruiz ( <a href="mailto:miguel.ruiz@csus.edu">miguel.ruiz@csus.edu</a> )
Note	They do not offer remote work. There are no qualifications. They do not require a background check. WSWA is 100% volunteer run from top to bottom.
How to Apply	Contact Jean Carrera Velazquez. WSWA Operations Manager 5040 Perry Avenue, Sacramento, CA 95820 (916) 456-1771