Sociology Works in the Real World
By Michael Rutkowski

We’ve all been there. You’ve just told someone that you’re majoring in sociology, and their response was “So, what are you going to do with that?”

The truth is, your education in sociology doesn’t prepare you for any one specific occupation like a degree in engineering or nursing would, but you should feel confident in knowing that BYU’s sociology program will equip you to succeed professionally after your graduation if you understand how sociology works outside of the classroom.

Recently, the department has developed Soc 301 – Applied Social Research Methods to help students bridge the principles they’ve learned during their studies to real world applications. Sociology provides an excellent blend of critical thinking skills and the capacity to execute sound research, but it isn’t always intuitive to some students how they can best communicate their abilities to potential employers.

In the course, students learn research methods in evaluation and assessment that are distinct from the research methods learned in Soc 300, and depending on the semester will have opportunities to be involved in small research projects for NGOs, businesses and civic organizations conducting surveys, focus groups, interviews, observations and program evaluations. (cont on pg 6)

Facebook and an ORCA Grant
By Wade Jacobsen

In 2007, during my junior year at BYU, I worked as a resident assistant at Wyview Park. I often noticed students there spending several hours each week playing video games or using Facebook and I wondered if it interfered with their studies.

The following year, I began working with Dr. Forste and presented my question to her. With her guidance and instruction, I turned my question into a research paper that has since been accepted for publication.

I began by reading the literature on electronic media and online communication. The more I read, the more I realized there was to read. Dr. Forste suggested I (cont on pg 4)
Internship: University Career Services
By Niki Weight

I discovered my internship through an information e-mail from Renata Forste that was sent out to all the sociology students. I know a lot of times students will ignore these e-mails, but you never know when they might have the internship you have been looking for. This internship was just that. After graduating from BYU, I plan on getting a master's degree in Rehabilitation Counseling, which entails working with those with disabilities and helping them become self-reliant. This internship allowed me to gain practical experience by interacting with students and career counselors. Working with University Career Services has helped me develop my interpersonal, networking, and self-marketing skills and techniques, as well as career documents expertise. At this internship my main focus is working with students to improve their resumes. We (the interns) are taught resume writing skills and after a couple weeks of practice, we work with students one on one to give them the knowledge to prepare the resumes for professional use and well as to help them gain basic knowledge prior to meeting with a career counselor for more in depth help. Working with my peers to help them improve has been a very rewarding experience for me. It has reassured me that I really do want to work directly with people to help them. The greatest reward for me is finding out that a student has taken the knowledge and applied it and seeing their improvement. Even better than this is when they are able to get the internship or the interview they were hoping to. This internship allows opportunities to work with others both the same as me and with those who are professionally trained in areas similar to what I want to go into. If a student is interested at with working with other people or learning about careers/employments (HR), this is a perfect internship to develop the necessary skills. I would highly recommend this internship to anyone.

Internship: Alpine Hospice
By Holly Anderson

Interning with Alpine Hospice has been one of the greatest experiences of my undergraduate career. Since I had been getting closer and closer to graduation I knew I should start looking into different internships that fit my career path. I had worked as a certified nurse assistant in nursing homes before so I knew that I wanted to do something where I could get social work experience in working with the elderly. I went to see Roberta Magarrell in the SWKT and she was extremely helpful in showing me the data base of internships and letting me see all the options I had. I made some phone calls and it didn't take long before I was accepted to intern and volunteer with Alpine Home and Hospice in Orem. Having this experience has solidified for me my decision to work as a social worker with the elderly. It also helped me in deciding to do the gerontology minor along with my sociology major. It has been so rewarding to make many good friends and be able to touch others lives and have my life be touched too. I mean, I enjoy classes, homework, tests and all that, but doing an internship has been an even more meaningful and significant experience. I wouldn't trade it for anything.
Internship: Empower Playgrounds
By Chris Owen

How much is an education worth? I don’t mean how much it costs but how much value does it add to your life? Much more than a piece of paper with a shiny foil seal, our time in college should provide us with knowledge and experience that makes us better candidates for the careers we aspire to have someday; this is why an internship plays such a paramount role in earning a degree. My internship with Empower Playgrounds Inc. (EPI), a non-profit that installs energy generating playground equipment in Ghana, has been the lynch pin in my education and perhaps my future. It has allowed me to put to use the theoretical knowledge I have gained as an undergrad in sociology, and opened potential avenues of employment and interest that were previously hidden from view. My internship with EPI has added to the overall worth of my education and given me a career that I am passionate about. I strongly encourage everyone to seek out as many internship experiences as possible; it has made all the difference for me!

Internships: How to Get Involved

1. Make a list of possible careers that you are seriously considering.
2. From your list, pick the career that is most attractive to you.
3. Identify places you could intern that would give you insights into the career you have chosen. Visit Career Services in the WILK, the FHSS Internship Fair in February next semester, the FHSS or Sociology Internship offices or perform a search on Google to find places where you can intern.
4. Pick the place you would most like to intern.
5. Contact the Sociology Internship Office: soc.internships@gmail.com
   Internship Coordinator: Dr. Cardell Jacobson
   Contact: cardell_jacobson@byu.edu
   Internship Assistant: Chelsea Mazar
   Contact: chelseamazar@hotmail.com
6. Need Financial Assistance? Apply for the FHSS Internship Grant at http://fhssinternshipgrants.byu.edu/Main/Apply.aspx. To receive funding for a summer/spring internship, apply by the deadline: March 31, 12 noon

Tidbits about Interning with the Sociology Department:
- 42 hours of interning = 1 credit hour
- While you may sign up for 6 credit hours of internships, only 3 can be applied to graduation.
- This is a course. You will have several simple assignments and need to complete an internship research project.
Research: Facebook and an ORCA Grant cont.

By Wade Jacobsen

use the project to apply for an ORCA grant. She guided me through the steps of writing up a research proposal and applying for IRB approval. I also worked on developing a survey instrument to collect the data. Dr. Forste and I looked at several options for mail surveys but realized they would be expensive and require too much effort for the students. Instead, we decided to use Qualtrics online survey software, which was perfect for our needs because our sample would only include BYU students, all of whom we expected would have access to the internet.

Though the time-diaries would be tedious, we needed as many students to participate as possible to increase our sample size. This required funding for incentives, so I emailed the director of the bookstore and set up a time for to meet with him. He agreed to match the department’s contribution of $1000 toward gift cards at the bookstore to give away in a drawing to participants. I also contacted staff members at the Creamery and CougarEat who agreed to donate coupons for free food items, which could be distributed via email upon completion of the time-diaries.

I put up fliers about the study around the lobbies of on-campus housing. Dr. Forste and I met with the Office of First-year Experience who agreed to give us access to email addresses for all freshman and transfer students in their first year at BYU. We were granted IRB approval, and I received the ORCA grant. I spent many hours developing drafts of the survey and time-diaries and presenting them to Dr. Forste for approval. I sent many practice surveys to friends and family, and I used their feedback to fine tune our questions. Throughout all this, I had continued reading the literature on electronic and social media, and it occurred to us that another important outcome that should be studied was the time people spent with their friends face-to-face. This led to another research question, which we decided to examine using the data from the time-dairies.

After the data had been collected, the next step was to analyze it. I spent much of my time over the next few weeks in the survey lab analyzing the data in SPSS. There were many things I did not know how to do in SPSS. I found that the best way for me to learn and retain what I’d learned was to figure it out on my own, either through books, or the internet, or trial and error, before going to Dr. Forste. She and other faculty members were always very helpful.

Writing the research paper was another long process. I wrote several drafts and got feedback from faculty members and others whenever I could. I also presented the results at the Fulton Conference and to the different departments who had helped us in the project. Dr. Forste and I submitted the paper to one journal, but it was not accepted because our article wasn’t a good match for the journal. We then sent it to Cyberpsychology, Behavior and Social Networking and were asked to make a few small revisions and resubmit. All of this took several months, but the article was finally accepted for publication in October 2010, during my second year as a graduate student. You can find the results of the study in the article at http://www.liebertonline.com/doi/pdfplus/10.1089/cyber.2010.0135.
As a sophomore in the sociology department I was given the opportunity to work as a research assistant for Professor Charlie Morgan. My life goal has been to work in the field of adoptions; this opportunity to participate in Charlie’s research project on International Adoptions would be the perfect chance for me to work toward that goal. I hadn’t thought much about the importance of the project and was just enjoying interviewing people about their adoption experiences and increasing my own knowledge through the research. I hadn’t imagined that the research we were doing was worthy of a presentation at a major sociology conference where many professional sociologists presented. Charlie, on the other hand saw the potential. He encouraged me along with a graduate student also working on the project to prepare a presentation highlighting an area of the study that most interested us. Our love was in the relationship between an adoptee’s identity and their religion. After many hours of discussion and analyzing data we had a presentation ready and were selected to participate in the annual PSA conference held in Oakland, California. The experience of participating in PSA gave our team something to work toward and a deadline for the research we do. Having this extra motivation helped us improve our work and gain confidence in it. In the end I gained a greater confidence in my ability to converse with other researchers and contribute to the field of sociology. I know that I have a greater understanding of adoptions and will be able to bring something unique to the field when I graduate.

Since SOC 404 or 405 are required courses, use the project you do for one of these as your research project for PSA. Talk to Dr. Morgan (404) and Dr. Burraston (405) for more information.

RESEARCH ASSISTANT
- Ask your professors if you can help them with projects they are working on.
- Read emails from the department chair, Dr. Renata Forste, detailing research opportunities.

ORCA GRANTS
- Have a question? Research it! Find a mentor and apply for an ORCA grant. Visit the ORCA website at orca.byu.edu/. You can also use an ORCA grant to help you do a more substantial research project to fulfill the requirements for your internship.

INTERNERSHIP RESEARCH PROJECT
- If you can make your project substantial enough, you can ask Dr. Cardell Jacobson for research credit hours. Basically, if you do an internship, you can get internship credit hours, research credit hours for the research project, and get an ORCA grant to do it. Hit two birds with one stone and do an internship.
As a result of these projects, students are able to develop a portfolio of examples of research they have conducted personally to bring to job interviews, so they don’t just talk about what they can do, but can show their future employer how skilled and experienced they are firsthand. The ability to demonstrate the value of your education is essential to securing employment in a difficult economy, and can often be what separates recent graduates that find good employment from recent graduates that struggle in the job market. Because Soc 301 focuses on hands-on learning and class research activities are driven by the needs of the types of organizations you may someday wish to work for, it can’t help but be clear how your education leads directly to practice, and it becomes easy to talk about just how useful sociology is in so many ways.

Just think, the next time you’re asked the question “So what are you going to do with sociology?” after taking Soc 301 you can say “Do with it? Why don’t I show you what I’ve done with it right now?”

---

**Skills: Sociology Works in the Real World cont.**
By Michael Rutkowski

---

**Develop Marketable Skills:**
Do Well in Required Courses & Take Advantage of Courses that Focus on Developing Skills

<table>
<thead>
<tr>
<th>Course</th>
<th>Name</th>
<th>Is the Course Required?</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAT 121</td>
<td>Intro to Statistics</td>
<td>Yes</td>
</tr>
<tr>
<td>SOC 300</td>
<td>Methods of Research in Sociology</td>
<td>Yes</td>
</tr>
<tr>
<td>SOC 301</td>
<td>Applied Research Methods</td>
<td>No-Take to develop skills</td>
</tr>
<tr>
<td>SOC 307</td>
<td>Data Analysis, Presentation, and Management</td>
<td>Yes</td>
</tr>
<tr>
<td>SOC 310 &amp; 311</td>
<td>Foundations of Social Inquiry &amp; Contemporary Sociological Theory</td>
<td>Yes</td>
</tr>
<tr>
<td>SOC 404</td>
<td>Qualitative Research Methods</td>
<td>Required to choose either 404 or 405; Take both anyway</td>
</tr>
<tr>
<td>SOC 405</td>
<td>Multiple Regression Analysis and Social Science Computing</td>
<td>See Above</td>
</tr>
<tr>
<td>Excel</td>
<td>Free Courses from BYU I-Tech</td>
<td>Free skills course; 1-2 weeks</td>
</tr>
<tr>
<td>Qualtrics</td>
<td>Free Courses from BYU I-Tech</td>
<td>Free skills course; 1-2 weeks</td>
</tr>
</tbody>
</table>
Meet PEAT, the Project Evaluation Assessment Team. PEAT is a group of students and professors that care about and engage in effective development work through supporting and participating in evaluation research. As evaluators, we conduct research including collecting, analyzing, and interpreting information about an organization’s work. Our research assists organizations in improving future actions and developing stronger more effective programs.

PEAT was created by Professors Tim Heaton, Carol Ward and Ralph Brown from the Sociology department, and three student facilitators, Rilee Buttars, Alex Currit, and Jeff Swindle. We sent out 8 interns during the spring/summer semester to conduct evaluations for various NGOs in El Salvador, India, Mexico, Uganda, and Ukraine.

HELP expanded its work to India this year and PEAT intern Kiira Fox evaluated the implementation of various projects, including anti sex-trafficking initiatives, and the experience of the volunteers. Through her research, Kiira highlighted specific ways that HELP can succeed as a new organization in India. Her invaluable conclusions direct what the organization should and should not do in order to make a long-lasting impact in India.

HELP’s efforts in Uganda are well established; they have sent volunteer students there for over a decade. PEAT intern Rob Morello found a variety of leftover projects from previous interns, some of which had a lasting effect and others that did not. “There is such a need for improvement in development work,” Rob argues, and calls for all hands on deck, including his own. “This experience greatly improved my experience in qualitative research methods which will greatly improve my future research.” As a result of his experience, Rob is committed to making development better and hopes to become a professor and focus his research of effective aid.
OPENING SOCIAL

The Fall Opening Social proved to be a success. Themed “What Are Your Plans?,” John Whitney, Rachel Morrison, Becca Burgon, and Chris Owen were invited to display their plans for the future on posters. At the social, each was able to share their past work and hopes for the future with other students to inspire them and show them what can be done with their sociology degree.

SSA Activities this Semester

Everyone shared their own plans on blue strips of paper and put them in the blue box shown left. Read the slips around theses pages for ideas and insights into the possibilities for your future.

- Work for UN
- Get Tenure
- Play for the LAKERS
- Town Manager
Rachel Morrison: Field Study in Ghana, International Development, African Studies

John Whitney: Write Fiction, Doctorate Degree in Sociology

Becca Burgon: Internship with Help International, Musana Jewelry

Chris Owens: Empower Playgrounds

Rachel Morrison: Field Study in Ghana, International Development, African Studies

John Whitney: Write Fiction, Doctorate Degree in Sociology

Becca Burgon: Internship with Help International, Musana Jewelry

Chris Owens: Empower Playgrounds

Grad. School @ BYU/Ph.D Research/Professor

Social Work; Perhaps Adoption Agency

Grad. School

MSW with a focus on Gerontology

Dentistry!

Change the world
SSA Activities this Semester

GRE INFO SESSION, GMAT/LSAT INFO SESSION, and OPPORTUNITIES NIGHT

Later in the semester, there was a GRE info session. Three graduate students, Tippy Morlan, Brian Harris, and James Phillips, prepared test-prep tips to share with undergrads while BYU Test-Prep presented an overview of the GRE. A few weeks later the GMAT/LSAT info session was held. BYU Test-Prep also presented at this meeting, and students were able to share helpful information with each other. The final activity for the semester was the Fall Opportunities Night, where Chelsea Mazar presented on internships (see page 3), Rilee Butters presented on PEAT (see page 7), and Angela Kraniski finished up with research opportunities (see pages 4-5).
Alumni Perspective
By Amanda Haslam

I will always be grateful for my rich experience as a Sociology student at BYU. Throughout my undergraduate experience, I always felt that the classes were richer, the course work more diversified and the professors a little more moderate than other professors at the University. When I saw my almost retired Sociology 100 professor tap dance on the lecture table in the SWKT to demonstrate that an object or a place has multiple meanings dependent on the context of the event, I knew I was in the right major. I soon discovered after leaving BYU that my Sociological experiences and discussions were more than just party facts I could use throughout my life to impress my friends with my understanding of social issues and demographic problems.

Since BYU, I have worked primarily in the world of education. My interest in education was sparked by the research I conducted in Mexico on the impact of economics on the educational system of Northern Mexico with Dr. Lynn England and Dr. Tim Heaton on the first Sociology study abroad program. This experience has peeked the interest of every job interviewer I have met with. I went on to earn my masters degree in Education from Harvard University where I was prepared by BYU to discuss Social and Moral Development, race relations and further my statistical analysis on program effectiveness with my Harvard peers. I have worked at Google and Kaplan developing curriculum and implementing my understanding of how children learn and how their demographic make-up impacts the way they learn and develop in their reading and writing. I recently got married this year, and have grown to appreciate Sociology of Family Relations, and even more so the perspective and mentorship I received daily from the professors I grew close to at BYU over 7 years ago.

Choose-to-Give

The Choose-to-Give campaign is an opportunity for students to give back. For the past few campaigns, there has been a $5 to $1 match, meaning that for every dollar a student gave, it would be matched by five by caring donors. Within the Sociology department, we use the money that is raised to support students as they sharpen their skills in PSA (see page ??) and PEAT (see page ??). Although it was not a competition this year, Sociology did the best out of all the undergraduate departments in the College of Family, Home, and Social Sciences (FHSS). Great job, everyone! Forty percent of students in the Sociology department gave to the campaign, up from the percentage who gave last year. College-wide, forty percent of all students in FHSS gave to the campaign, beating the 23% who gave last year by a long shot. Congratulations, everyone!
Classifieds: Job Sites for Students & Alumni

Human, Community, and Social Services

American Public Human Services Association @ http://www.aphsa.org/Home/home_news.asp
American Society of Criminology @ http://www.asc41.com/
American Association on Intellectual and Developmental Disabilities (AAIDD) @ https://aaidonline.aaid.org/careercenter/CC06JobPostingResults.aspx
Medical Group Management Association @ http://www.mgma.com/
National Rural Health Association @ http://www.ruralhealthweb.org/
National Organization for Human Services @ http://www.nationalhumanservices.org/

Project Coordinator
Leader needed to work for the Mediation Center, who agents for the Changing Together program. This program seeks to suppress gangs in North Carolina by working with law enforcement, the court, community members and social service organizations. The project coordinator would facilitate the communication between each of these different groups.

Qualifications
BA/BS or higher
2-3 years experience

http://www.jobtarget.com/c/job.cfm?vnet=0&site_id=366&t731=Facilitator&jb=7455612

Society for Healthcare Strategy and Market Development @ http://www.shsmd.org/
Society for Social Work and Research @ http://www.sswr.org/

Research Officer
The Research Officer will support the research needs of the Colorado Health Foundation, including philanthropy, public policy, communications and graduate medical education, provide research and analysis of important issues and effective solutions, and identify best practices and how they might be replicated in support of the Foundation's mission.

Qualifications
BA/BS or higher
Must have very strong organizational, research and writing skills, and a demonstrated capacity to collect and analyze data and synthesize technical information for broader audiences

http://www.jobtarget.com/c/job.cfm?t735=&vnet=0&t730=&max=25&t732=39379&t731=&site_id=646&jb=72902

Human Resources

American Arbitration Association: check your Re-

American Society for Healthcare Human Resources Administrators @ http://careers.ashhra.org/search.cfm
American Society for Training and Development @ http://www.astd.org/
American Staffing Association @ http://www.americanstaffing.net/
College and University Personnel Association for Human Resources @ http://www.cupahr.org/index.aspx
International Foundation of Employee Benefit Plans @ http://www.ifebp.org/
International Public Management Association for Human Resources @ http://www.ipma-hr.org/
National Association of State Personnel Executives @ http://www.naspe.net/index.cfm
## Classifieds: Job Sites for Students & Alumni

### Human Resources

**Society for Human Resource Management @**
http://www.shrm.org/Pages/default.aspx

**HR Associate**
Chemonics International is seeking an HR associate to coordinate and administer benefit plans, research and resolve problems by partnering with outside vendors, and assist in the research, design, development, and implementation of new benefits programs.

**Qualifications**
- BA/BS
- 1 year related experience

http://jobs.shrm.org/c/job.cfm?
t3960=&t732=&vnet=0&t730=&t731=&t737=&t734=
&t735=&str=126&t4085=
&t4343=&t3961=46099&
max=25&site_id=1612&
jb=7476818

**World at Work @**
http://www.worldatwork.org/waw/home/html/home.jsp

### Public Service

**American Federation of State, County and Municipal Employees @**
http://www.afscme.org/

**American Foreign Service Association @**
http://www.afsa.org/

**Civil Service Employees Association @**
http://www.csealocal1000.org/

**Government Finance Officers Association of US and Canada @**
http://www.gfoa.org/

**International City/County Management Association @**
http://icma.org/en/icma/home

**City Manager, Des Moines, Iowa**
Prepares the budget, recruits, hires, and supervises City staff and ensures that City Council policy direction is carried out and that City services are provided in a fair and equal manner.

**Qualifications**
- BA/BS
- Demonstrated successful experience as a local government manager or full assistant
- Leader with communication and team-building skills

http://jobs.icma.org/jobdetails.cfm?jid=12315

**National Association of Government Communicators @**
http://www.nagc.com/

**National Association of Regional Councils @**
http://www.narc.org/

**Society for Nonprofit Organizations @**
http://www.snpo.org/

**Social Research and Data Analysis**

**American Library Association @**
http://www.ala.org/

**American Society for Information Science and Technology @**
http://www.asis.org/

**Association for Research on Nonprofit Organizations and Voluntary Actions @**
http://www.arnova.org/

**Association for Operations Management @**
http://www.apics.org/default.htm

**AASHE**

**The Chronicle of Higher Education @**
http://chronicle.com/section/Home/5

Website Information was found in the following books:
- *What to do with your Psychology or Sociology Degree*, Princeton Review, Jay Wall, Lisa Vollmer and the staff of the Princeton Review
The Student Sociology Association (SSA) is a departmental organization established as a means for undergraduate and graduate students to interact with each other and the faculty. SSA represents all sociology majors; therefore, everyone in the major is automatically a member of SSA.

The primary aims of SSA are 1) to seek to create a sense of community and camaraderie within the Department of Sociology. We also 2) aim to enhance student awareness concerning post-graduation opportunities such as employment and graduate programs. Another goal, as mentioned earlier, is 3) to enable communication and networking within the Department between students, professors, alumni, and other relevant community members.

Dr. Ralph Brown is the faculty adviser for SSA, while Angela Kraniski is serving as the student president. We highly encourage other students to become involved members who actively participate in SSA! We also look forward to many more activities and socials with you throughout this academic year!

Other Ideas/Places to Look

Search Interior Design firms. They need people with research skills to collect data on their clients, like the client’s color and style preferences, activities within the home, and then assimilate that data into a program for the design of that clients home.

Search “sociology,” “research,” “evaluator,” “practitioner,” “analyst,” etc. on Craigslist @ http://craigslist.org/

Search Utah State Jobs @ http://jobs.utah.gov/