

Students applying for the MSW Program must have completed a minimum of 250 hours of volunteer/paid work experience in a human service field. These hours could include face-to-face or remote contact with individuals/families/communities in need. Populations served may include: children and youth, people of color, individuals navigating mental or physical disabilities, homeless, LGBTQIA, immigrants/refugees, or other populations that are impacted by health or social disparities. Please be specific about your duties/activities, including the dates and hours of your experiences in your application to the MSW Program.

**Micro level practice experience:**

- Social service experience with individuals, families, and/or small groups to support self determination, enhancing overall functioning, and quality of life.
- Including delivering food to impoverished families, connecting children/families to community resources, providing case management, crisis intervention services, outreach efforts, etc.

**Mezzo level practice experience:**

- Working with groups or organizations, such as community behavioral health agencies, hospitals, schools, churches, shelters, or other businesses to aid with institutional change.
- Including organization at the community level, facilitating support groups, assisting with program evaluation, etc.

**Macro level practice experience:**

- Working at a policy level within organizations or communities to promote social and economic justice, advocating for human rights, or empowering marginalized communities.
- Including advocacy work, conducting research, leadership roles within profit/nonprofit or governmental agencies.

**Organizations to consider completing your human service experiences include:**

American Cancer Society - <https://www.cancer.org/involved/volunteer.html>

American Red Cross - <https://www.redcross.org/volunteer/become-a-volunteer/urgent-need-for-volunteers.html/?icid=surge&imed=display&isource=lightbox>

CASA - <https://nationalcasagal.org/advocate-for-children/be-a-casa-gal-volunteer/>

Big Brothers/Big Sisters - <https://www.bbbs.org/get-involved/>

Hospice Foundation of America - <https://hospicefoundation.org/Volunteer>

Meals on Wheels - <https://www.mealsonwheelsamerica.org/americaletsdolunch/faqs>

RAINN - <https://www.rainn.org>

YMCA- <https://www.ymca.org/get-involved/volunteer>

\*Students with a BSW from a CSWE accredited institution do not need to account for this requirement, as this was fulfilled in your BSW Field Education as required for graduation.

