

ANDREA STEFTENAGEL

From Green and Gold to Blue and Gold: Andrea's Path to Becoming a Clinical Psychologist

Graduate: Class of 2001 Occupation: Clinical Psychologist By Lee Uebelhor, Spring 2010

Only one month after her high school graduation, Andrea Stenftenagel began her lengthy college career at Holy Cross College in Notre Dame, Indiana. After a year of courses at Holy Cross, her high school dream came true: acceptance into the University of Notre Dame. In January, 2005, Andrea graduated magna cum laude from Notre Dame with a bachelor of arts in psychology. She was then hired at Notre Dame as a research assistant and project coordinator at the Center for Children and Families.

While working at Notre Dame, Andrea began applying to clinical psychology graduate programs. In August of 2006, she began graduate training at the University of Indianapolis. She then received her master of arts in clinical psychology in May of 2008. Andrea is currently a doctoral student at the University of Indianapolis. To obtain her degree, she must complete a 2,000 hour accredited internship. Andrea has been accepted by an internship at the Children's Hospital of Michigan in Detroit, Michigan; this internship will last from September, 2010 until August, 2011. Although Andrea will not finish her internship until August of 2011, she will graduate in May of 2011 with a doctoral degree in clinical psychology.

Highlighted by numerous sports events, volunteer activities, and other extracurricular activities, Andrea thoroughly enjoyed her high school career. Although Andrea won sectionals in volleyball and track, she still believes that her greatest achievement in high school was her ability to balance academics, sports, volunteer activities, and personal time. Andrea's involvement in cheerleading, student council, National Honor Society, and many other clubs helped her gain leadership skills and responsibility.

Andrea's lengthy, but influential college career has had a tremendous impact on her view of life. Notre Dame's diversity gave Andrea a better knowledge of other countries and cultures. While at Notre Dame, Andrea worked in the Notre Dame Ticket Office and worked as a waitress at Bonefish. Andrea's job at Bonefish gave her the opportunity to meet many famous celebrities including Joe Montana and Vince Vaughn. Amid work and school, Andrea still found time to travel to London, England and Vienna, Austria.

Currently, Andrea spends half of her week taking classes and the other half completing clinical work at Riley's Children's Hospital. She consults with developmental pediatricians, nurses, and social workers. Andrea also provides individual therapy and developmental evaluations for children from the ages of two to ten. As a certified examiner/co-investigator for The Newborn Follow-up Study-a national research project-Andrea administers assessments to children that were prematurely born between the ages of 18 and 22 months. Throughout her clinical studies, Andrea has been exposed to multiple childhood disorders including ADHD, autism disorders, posttraumatic stress disorders, and many other developmental complications.

When Andrea was asked if she had any words of wisdom for current Forest Park students, she shared a Henry David Thoreau quote and her own thoughts:

“Go confidently in the direction of your dreams. Live the life you have imagined.’

I think it is important to enjoy life and seek out experiences that make you happy! You truly can achieve your dreams! Regardless of what others think or say or what speed bumps you hit on the way, hard work, enthusiasm, and determination will prevail. Live the life you have imagined!”