

Things I Wish I Knew

A Quick Guide to Intern Life at the NPTC – Great Lakes Region. The following tips were collected from people standing right where you are now!

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Where to Live

- It is really tough to find a decent place to rent in the Warsaw and Columbia City areas, so start (and move) early if possible.
- Avoid most apartment complexes in Columbia City and many in Warsaw unless you want to be neighbors with clients.
- In Warsaw, it's really difficult to get plugged into the community unless you are from or are friends with someone from Grace College, so you may have to travel to find a support system.
- I live in Lafayette, and I've liked it. There are some great restaurants and shops downtown.

Work Life

- Things tend to change a lot at Four County, so ask around if you need to know something. The front office staff and other therapists are helpful. Office space is tight; don't be afraid to take an office that you see is open even if it's not the space you usually use. You have to be somewhat aggressive to get an office.
- Try to arrange your schedule so that you can be in the office during the staff meeting.
- Get to know the client services staff—they're a great source of area information and great people!
- Set good boundaries at work. Don't be afraid to stand up for yourself and say no. Make sure you stand by your ethics, as sometimes others may ask you to do something unethical. Know that the supervisor at Bowen will support you.
- Don't be afraid to ask for opportunities you want. Bowen did a great job of trying to provide them.
- Starting a Facebook group can help with cohort cohesion and support.
- Remember that self-care is important, and you can't ignore it just because you're an intern!
- Always reschedule your missed supervision or even front load some extra hours in the beginning. If you fall behind in hours, it can be difficult to work around you and your supervisor's busy schedules.
- Block out your paperwork time in the beginning before your schedule gets filled up.
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Travel

- Bowen will pay for your mileage and Wednesday night hotel stay for didactics. Stay the night, it's fun!
- Take Bowen up on their offer to get a hotel room. It's a nice, comfortable room and really convenient. It's especially nice to have extra socialization time if other interns stay, too!
- Don't be afraid to call in and go in late or work from home if you're scared for your safety.
- Holiday Inn Express is good to stay at during didactics. (ask for the NPTC rate for a discount!)
- Staying the night – hang out with the other interns if they're able to stay late or overnight; work on dissertation.
- I would recommend having windshield washer fluid that has a very low freezing point (I think mine's orange), de-icer, and lock de-icer. Have some safety items in your car for the winter too (flashlight, blankets, water, food).
- If you're not familiar with tornadoes you should read up on basic tornado safety.
- You may want to check road conditions on these websites (especially in the winter):
 - <http://www.in.gov/indot/2416.htm> for road conditions and
 - <http://www.in.gov/dhs/traveladvisory/> for travel restrictions.
- If you live in Lafayette, Carroll county (around Delphi) has the worst road conditions in the winter.
- Leave lots of extra time when the roads are slick and snow covered in the winter.
- Read your site's mileage policy to make sure that you aren't missing something you could get reimbursed for.
- Audiobooks/podcasts are great for long commutes.

Pets

- Don't go to Pampered Pets for grooming! Boarding was fine, but not grooming.
- Paws and Claws was good for grooming.
- I took my cat to Pets and Vets and really liked them. They can be expensive for the more intense procedures, but for her general check up the price was similar to what I've paid in other places.

Places to Eat

LOGANSPOURT

- The Boardwalk Café in Logansport was "our" spot during didactics. They serve soups/salads/sandwiches and are affordable
- Avoid Buffalo Wild Wings – the service was terrible and slow; the food orders were messed up, too
- El Arriero – Mexican food
- Dhing's – Thai/Phillipino food
- Lin's Asian Cuisine – Asian

- Eating in Logansport I like the Sycamore, a local ice cream place. The Applebee's and Pizza Hut are good too. I also like Sherbette's and Happy Burger for local fast food.

WARSAW/WINONA LAKE

- Mad Anthony's - local brewery chain that serves pub food: <https://www.madbrew.com/home>
- Bennigan's - bar and grill chain that serves pub food: <http://bennigans.com/>
- American Table - family style restaurant; service is usually fast
<https://www.facebook.com/pages/American-Table-Restaurant/369691463418>
- Boathouse - on Winona Lake and is fine dining that's pretty affordable
<http://www.boathouseatwinona.com/>
- El Arriero - on Center Lake; Mexican restaurant, local chain; it's our favorite Mexican restaurant in town but it's just average <https://www.facebook.com/pages/El-Arriero-Mexican-Restr/231839806829397>
- The Korner Grill - fusion of Italian and Caribbean <https://www.facebook.com/pages/The-Korner-Grill/129247933760282>
- One Ten Craft Meatery - pricey and small portions but good; focus on fresh, local foods
<http://www.110craftmeatery.com/>
- Greeks Pizzeria - local pizza chain but it's a little pricey <http://www.greekpizzeria.com/>
- Cerulean Restaurant - Asian fusion; good but expensive even for lunch
<http://www.ceruleanrestaurant.com/home/>
- Noa Noa Wood Grill and Sushi Bar - seafood and sushi restaurant (but they have many other options, including quesadillas, sandwiches, etc.), their lunches are more affordable
http://noanoawoodgrill.com/Noa_Noa_Site/Hula_Off.html
- Redwood Firewood Grill - Aztec firewood grill; it's a little pricey <http://redwoodfirewoodgrill.com/>

OTHER

- Koze on Lina Rd in Ft Wayne is good for Thai.
- Sunspot Health Food store in Kokomo is great. Kroger is also good.
- In Lafayette, I like DT Kirby's (dive bar/sports bar feel and has a restaurant area), Sylvia's Brick Oven (pricier, handmade pizzas), Lindo Mexico (good Tex-Mex place, pretty cheap at lunch) and Lafayette Brewing Company (local brewing company with a variety of foods).

Things to Do

- There are tons of wineries. Ask about doing the winery tour, visit them all, and get a free glass!
- The lakes are beautiful.
- In Kokomo, the YMCA is great- they have classes you can take, and the gym part is never that busy.
- Max Fitness was a good gym.
- Bowen will reimburse some gym expenses and some gyms provide discounted rates to Bowen employees.
- There are a lot of downtown events in Lafayette, as well as at Purdue. Just check their websites.

- Plan regular outings with the other interns. The support from peers is really helpful. We had game nights, went out for dinner/drinks, and a sleepover that we scheduled on our own time.
- Being able to get together with the other interns near me was really fun. Sometimes we'd just meet at a restaurant or walk downtown. Having lunch together at work was good too. Logansport also has some fun local activities and parks (check the city website or newspaper).
- You may not have much time together during work. So, make time to do something with your fellow interns (i.e., dinner after group supervision, monthly get together).