It is estimated that 23% of today’s undergraduate\(^1\) and 34% of graduate\(^2\) students in the US are parents. To address these needs, Boise State does provide family apartments, child care, and a lactation room, and while the campus does host a few family friendly events there are no programs for fathers. With rising expectations on fathers it is important that programs, education and activities are put in to place aid fathers cope with daily stresses. Understanding the barriers that fathers face while attending school and work is the first step in building effective programs for fathers.

**Introduction**

Boise State Health Services provides a variety of medical, wellness, and counseling services for all students, faculty, and staff. Available medical services include: primary and urgent care, specialty care, reproductive health, and medication. Wellness services includes: massage, health coaching, and employee wellness. A variety of health topics and resources are also available such as men’s health, nutrition, and stress management.

**Health Services on Campus**

The main responsibility of my internship was to research fatherhood programs and literature related to student fathers in order to understand their needs. I created a survey that was distributed to student fathers on campus as well as through Facebook. From the research and survey results I developed an annotated bibliography that was used to develop an outline for a fatherhood resource guide.

**Internship Overview**

The survey focused on stressors and challenges fathers face being a college student and/or being employed. Assessing how fathers reduced their stress and what resources/activities they thought would be helpful to participate were also key points. Participants were asked to fill out the survey when dropping off their child at the Children’s Center or given an online link via FaceBook. A total of 18 student fathers completed the survey.

**Research & Needs Assessment**

**Results**

Graph 1 shows the main sources of stress that student fathers face.

**Resources/Activities Fathers Want**

Graph 2 indicates which activities or programs student fathers feel would be most useful to relieve stress and be more involved.

**Summary**

This internship improved my research skills and gave me an opportunity to perform a needs assessment for student fathers that could be used in building future fatherhood programs at Boise State. Being involved in the early stages allowed me to see how programs begin. My advice for someone doing a similar internship would be to have patience and keep communicating your ideas with others.