All About Internships
Agenda

What is an internship?

Why are internships important?

How to find internships
What You'll Learn Today

At the end of this workshop, you will be able to...

- Describe an internship experience
- Explain why internships are important
- Identify methods of finding internships
NACE CAREER READINESS COMPETENCIES

Obtaining requisite competencies that broadly prepare college graduates for a successful transition into the workplace.
What is an internship?
What is an internship?

“An internship by any other name…
… would be just as awesome of an experience”

-Scottie the poet
What is an internship?

**Internships**
- Paid or unpaid (by industry)
- Credit or no credit
- Short-term
- Part-time or full-time

**Co-ops**
- Paid
- May have to take 1 or more quarters off
- Longer-term
- Typically full-time
What is an internship?

Criteria to be considered an internship on Handshake

- Must be a learning experience that provides the opportunity to apply knowledge gained in the classroom
- The skills/knowledge must be transferable to other settings
- The experience has a defined beginning and end
- There are clearly defined learning objectives/goals related to the professional goals of the student
- There is supervision by a professional with educational and/or professional background in the field of the experience
- There is routine feedback by the experienced supervisor
- Resources, equipment, and facilities are provided by the employer to support learning objectives/goals
How to secure academic credit

Visit the Career Center Website
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Complete the Internship Form
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Verify enrollment*
*Summer Session enrollment has additional fees
Why are internships important?
Why are internships important?
Because employers care

“... when employers have equally qualified candidates, they choose the candidate with internship experience. Candidates who have completed an internship with a hiring organization have a slight edge over those with internship experience in a given industry, but both attributes show the highest influence ratings in choosing one candidate over another.”
Why are internships important?
You’ll develop skills!

Technical Skills

What are they?
• Objective
• Easy to prove

Examples
• Social media
• Languages
• Computer
• Programming (software)

How to get them
• Training
• Coursework
• Certifications

Transferable Skills

What are they?
• Subjective – your personal approach
• Proven over time

Examples
• Communication
• Team Player
• Leadership
• Responsibility

How to get them
• Student organizations
• Jobs/Volunteer experiences
• Group projects
How to find an internship
Finding an internship
How are employers looking for interns?

Recruitment time
On average, employers start recruiting 8 months before the internship program starts.

Search methods
Career fairs, information sessions, and posting opportunities online are the most popular and most effective methods for employers.

Selecting top candidates
Between equally qualified candidates, students who have held a leadership position, major, and involvement were more likely to be chosen.

2020 Internship & Co-Op Survey Report, NACE
## Finding an internship

Diversify your search!

### Databases
- Handshake
- CareerShift
- Internships.com
- Undergraduate Research Portal

### Direct application
- Company websites
- Research Experience for Undergrads (STEM)

### Networking
- Share your interests
- Faculty, friends, and family
- LinkedIn
- Social Media

### Associations
- Social media groups
- E-newsletters
- Career/Internship portal
- Conferences

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Can’t find what you are looking for? Consider creating your own experience!
Finding an internship
Who is in your network?

**FRIENDS/FAMILY**
- Classmates
- Friends
- Parent/Guardian
- Family Friends

**UCR PEERS/ALUMNI**
- Student Organizations
- Campus Events
- Workshops

**FACULTY/STAFF**
- Academic Department
- Previous Course Professors
- Club Advisors
- UCR Staff

**PREVIOUS EMPLOYERS**
- Supervisors
- Mentors
- Co-workers

**EVENTS**
- Career Fairs
- Panels
- Info Sessions
- Social Events
- Networking Events
Finding an internship
Internship Programs

UCDC UC Washington Academic Internship Program

INROADS

SEO Preparing a new generation of leaders

HACU Working Adventures Worldwide

BUNAC
Questions?
Location: We are located in the Career Center Plaza. Our entrance is the University Lecture Hall and the Surge Building, behind the UCR Campus Store.

Hours:
Mon. - Fri. 8 am to 5 pm
except Wed. 9 am to 5 pm

Individual counseling appointments available
Schedule on Handshake

Drop-In Hours:
Mon. - Thurs. 10 am-3pm
Fri. 10 am-12 pm