

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...



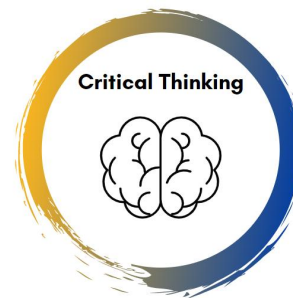
**Describe an internship
experience**



**Explain why internships
are important**

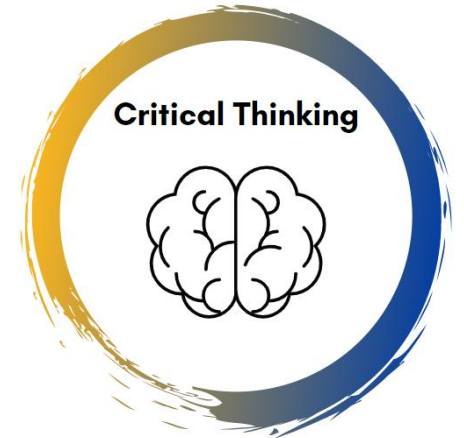


**Identify methods of finding
internships**





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

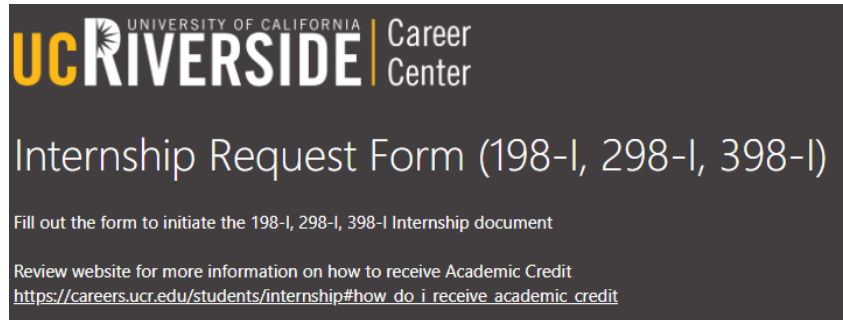
Typically full-time

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**

**Complete the Internship
Form**

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.**”

FIGURE 20: Influence of Attributes

ATTRIBUTE	2020 AVERAGE INFLUENCE RATING*
Has completed an internship with your organization	4.6
Has internship experience in your industry	4.4
Major	3.9
Has held leadership position	3.9
Has general work experience	3.6
Has been involved in extracurricular activities (clubs, sports, student government, etc.)	3.6
High GPA (3.0 or above)	3.5
Has no work experience	3.4
School attended	2.7
Has done volunteer work	2.7
Is fluent in a foreign language	2.2
Other	2.1
Has studied abroad	2.0

*5-point scale, where 1=No influence at all, 2=Not much influence, 3=Somewhat of an influence, 4=Very much influence, and 5

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

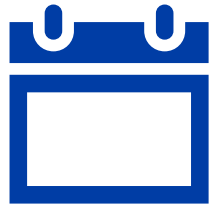
- Student organizations
- Jobs/Volunteer experiences
- Group projects



How to find an internship

Finding an internship

How are employers looking for interns?



Recruitment time

On average, employers start recruiting 5-8 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.

Finding an internship

Diversify your search!

Databases

Handshake
CareerShift
Internships.com
Undergraduate Research Portal
Industry-Specific
Portals/Websites

Direct application

Company websites
Research Experience

Networking

Share your interests
Faculty, friends, and family
LinkedIn
Social Media (groups &
pages)

Associations

E-newsletters
Career/Internship portal
Conferences

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

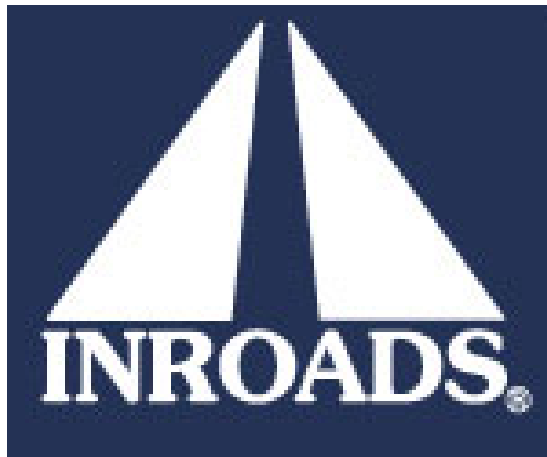
Internship Programs

UCDC UC Washington Academic
Internship Program



ACADEMY

Los Angeles
County
**Arts &
Culture**



H A C U

MOMA
MUSEUM OF MODERN ART®

**Television
Academy**
Foundation



CAA

UC RIVERSIDE
Career Center

BUNAC
Working Adventures Worldwide



Join the UCR Career Network, an online community for networking, mentoring, and job opportunities for alumni and students.

MENTORING

Matching process that connects current students with alumni or alumni with one another.

JOB SEARCH

Job board for those currently seeking employment or for alumni looking to hire other Highlanders.

NETWORKING

Discussion boards to meet and network with others who have similar career questions.

REGISTER AT [CAREERNETWORK.UCR.EDU](https://careernetwork.ucr.edu)



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



careers.ucr.edu • (951) 827-3631



#HireHighlanders • #UCRCareerReady