Agenda

How can you get the most out of your internship experience?

The importance of internships

Day one of your internship

During your internship

Ending your internship

After your internship
What You’ll Learn Today
At the end of this workshop, you will be able to…

- Explain why internships are important
- Reflect on your preparedness and set expectations
- Evaluate the impact of your internship on your career
Obtaining requisite competencies that broadly prepare college graduates for a successful transition into the workplace.
Why are internships important?
Why you may want to maximize your internship

68% Interns offered full-time employment

66% Interns converted to full-time employee

5x Interns were 5x more likely to accept a full-time offer if they were satisfied with their internship experience

NOTE: Among employers who held an internship during the summer of 2020, approximately 72% did so virtually. Overall, most reported that the quality of their cohort’s work performance did not suffer but was consistent between in-person and virtual experiences.

NACE 2021 Internship & Co-Op Survey Report
Day one of your internship
Set your intentions

Academic
What do you want to learn?
Opportunities for research?
Do you need further education?

Professional
What skills do you want to develop?
How can you build your network?

Self-Discovery
What parts of the internship do you enjoy? Not enjoy?
What are you good at?
Where could you improve?
Be New!
During your internship
## During the internship

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<th>Become an Expert</th>
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<td>Find a mentor</td>
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<td>Update your resume</td>
<td>Make connections (interns and professionals!)</td>
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Ending your internship
Leave a lasting impression!

- Exit Interview
- Thank You Notes
- Ask for references
After your internship
After your internship

- Keep in touch
  Follow up regularly to maintain your network

- Update your documents
  Resume
  LinkedIn
  Handshake

- Leave a review
  Let other students know about your experience
How to: Reflect

**Academic**
To what degree was I academically prepared?  
Do I need to refocus on some areas to be better prepared for my next experience?

**Professional**
How do I talk about an internship I didn’t like?  
Is this something I would like to pursue further?

**Self-Discovery**
To what extend did I enjoy my experience?  
What particular aspects did I enjoy? Not enjoy?
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
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