

Maximizing Your Internship Experience

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(951)827-3631

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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**





NACE CAREER READINESS COMPETENCIES



*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.



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

Extended Interview

Track your tasks

Update your resume

Be a Sponge

Find a mentor

Make connections (interns and professionals!)

Become an Expert

Go the extra mile

Plug In

Employee Resource Groups

Carpool

Intramural Sports



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 extent did I enjoy my experience?
What particular aspects did I enjoy? Not enjoy?



Jennifer

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



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