**WHAT IS AN INTERNSHIP?**
- Intended to help you explore the working world and clarify your career objectives.
- An opportunity to gain practical experience in an industry.
- Paid or unpaid, part-time or full-time, credit or no credit.

**WHY INTERN?**
- Learn more about a particular field, industry, or organization.
- Apply what you have learned in the classroom.
- Add valuable experience and skills to your resume.
- Make yourself stand out in a competitive job market.
- Network! Establish connections with professionals in your field.
- Receive possible academic credit and/or monetary compensation.
- May lead to a career opportunity.

**HOW DO I GET AN INTERNSHIP?**
- Attend an “Finding An Internship” workshop, or view at careers.ucr.edu.
- Learn from and network with intern employers at a “Now Hiring Interns” panel.
- Learn about internship opportunities from other students at the “Former Interns Tell All” Panel.
- Research industries and employers in the Career Center resource library or online at careers.ucr.edu.
- Utilize your network and social media to find or create internship opportunities.
- Search online at SCOTjobs, NACElink, CareerShift or company websites.
- Create a resume and cover letter, tailored to fit each position you apply for.
- Brush up on your interview skills using the Mock Interview Tool in SCOTLink.
- Meet with a Career Counselor or the Internship Coordinator for feedback on your resume, cover letter, and interview skills.

**I HAVE AN INTERNSHIP. NOW WHAT?**
- Protect yourself by documenting your experience. Pick up an Internship Documentation Packet from the Career Center.
- If seeking academic credit, meet with your academic advisor for course requirements and enrollment details.

**MAKE THE MOST OF YOUR INTERNSHIP**
- Be curious - this is a learning opportunity!
- Think of it as an extended interview – go above and beyond!
- Take on more responsibility - make yourself indispensable!
- Network - build connections and discuss your career goals with colleagues!

**SOCIAL MEDIA**

#successhasnolimit

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