INTERNSHIPS
WHAT, WHY, & HOW?

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
#HireHighlanders  #UCRCareerReady

951.827.3631 • HTTP://CAREERS.UCR.EDU
<table>
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<th>Internship Target Log</th>
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