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?
- Test out a potential career direction.
- 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?
- Learn from and network with intern employers at an “Employers Hiring Interns” panel.
- Research industries and employers in the Career Center resource library or online at careers.ucr.edu.
- Utilize your network to find or create internship opportunities.
- Search online at SCOTjobs, NACElink, or company websites.
- Create a resume and cover letter, tailored to fit each position you apply for.
- Brush up on your interview skills using Interview Stream.
- 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!

The Career Center is committed to guiding you through the internship process. Online resources are available at careers.ucr.edu.
Schedule an appointment by coming in or calling (951) 827-3631.

SOCIAL MEDIA
Get CONNECTED. Be in the know, keep up to date with the latest happenings and join discussions with alumni, company and career professionals. Find new and different content on each network with regular updates to keep you informed and entertained. No spam, just career info you want, when you want it.

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