

careers.ucr.edu | (951)827-3631

All About Internships

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Agenda

- **What is an internship?**
- **Why are internships important?**
- **How to find internships?**

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COMMUNICATION



PROFESSIONALISM



CRITICAL THINKING



TEAM WORK



NACE®

CAREER READINESS COMPETENCIES

Obtaining requisite competencies that broadly prepare college graduates for a successful transition into the workplace.



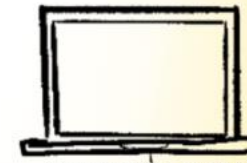
EQUITY & INCLUSION



LEADERSHIP



CAREER AND SELF-DEVELOPMENT



TECHNOLOGY

What You'll Learn Today

At the end of this workshop, you will be able to...



**Describe an internship
experience**



**Explain why internships
are important**



**Identify methods of finding
internships**

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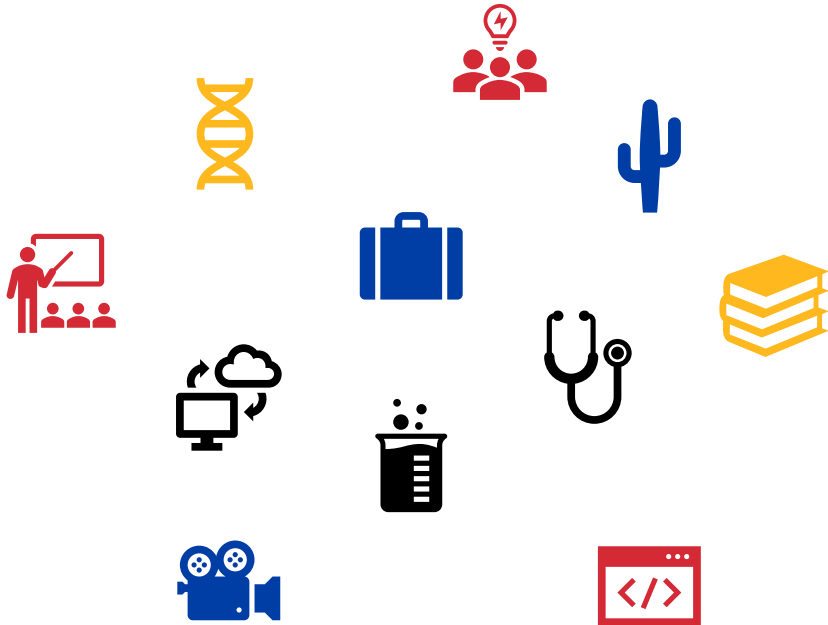


What is an internship?

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What is an internship?



“An *internship* by any other
name...
... would be just as
awesome of an experience”

-Scottie, the poet





What is an internship?

Criteria to be considered an internship on Handshake

- Must be a learning experience that provides the opportunity to **apply knowledge gained in the classroom**
- The skills/knowledge must be **transferable** to other settings
- The experience has a **defined beginning and end**
- There are clearly defined **learning objectives/goals related to the professional goals** of the student
- There is **supervision by a professional** with educational and/or professional background in the field of the experience
- There is **routine feedback** by the experienced supervisor
- Resources, equipment, and facilities are **provided by the employer** to support learning objectives/goals



What is an internship?

Internships

Paid or unpaid (by industry)

Credit or no credit

Short-term

Part-time or full-time

Co-ops

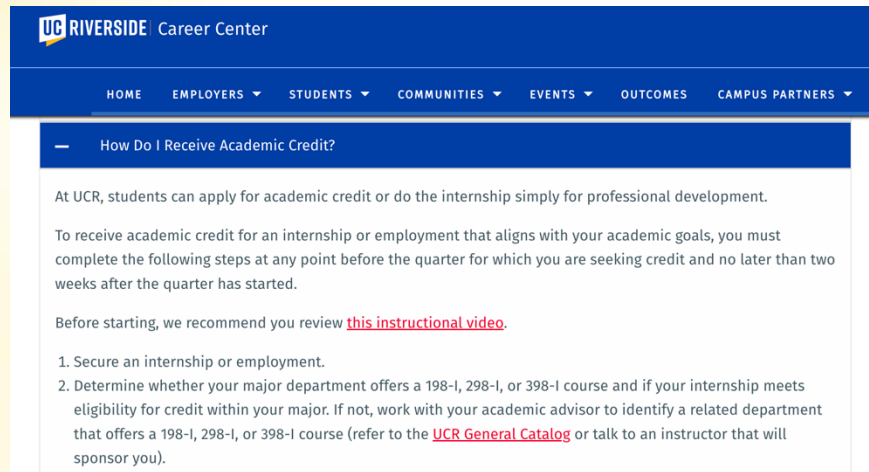
Paid

May have to take 1 or more quarters off

Longer-term

Typically full-time

How to Secure Academic Credit



UC RIVERSIDE Career Center

HOME EMPLOYERS STUDENTS COMMUNITIES EVENTS OUTCOMES CAMPUS PARTNERS

How Do I Receive Academic Credit?

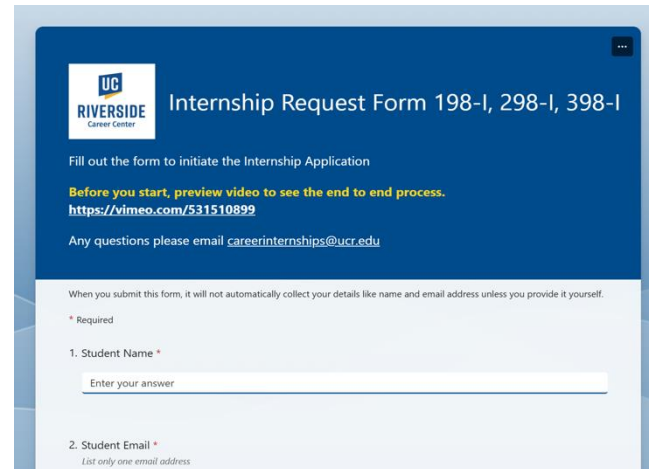
At UCR, students can apply for academic credit or do the internship simply for professional development.

To receive academic credit for an internship or employment that aligns with your academic goals, you must complete the following steps at any point before the quarter for which you are seeking credit and no later than two weeks after the quarter has started.

Before starting, we recommend you review [this instructional video](#).

1. Secure an internship or employment.
2. Determine whether your major department offers a 198-I, 298-I, or 398-I course and if your internship meets eligibility for credit within your major. If not, work with your academic advisor to identify a related department that offers a 198-I, 298-I, or 398-I course (refer to the [UCR General Catalog](#) or talk to an instructor that will sponsor you).

Visit the Career Center Website



UC RIVERSIDE Career Center

Internship Request Form 198-I, 298-I, 398-I

Fill out the form to initiate the Internship Application

Before you start, preview video to see the end to end process.
<https://vimeo.com/531510899>

Any questions please email careerinternships@ucr.edu

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

* Required

1. Student Name *

Enter your answer

2. Student Email *

List only one email address

Complete the Internship Form



Verify enrollment*
*Summer Session enrollment has additional fees



Why are Internships Important?

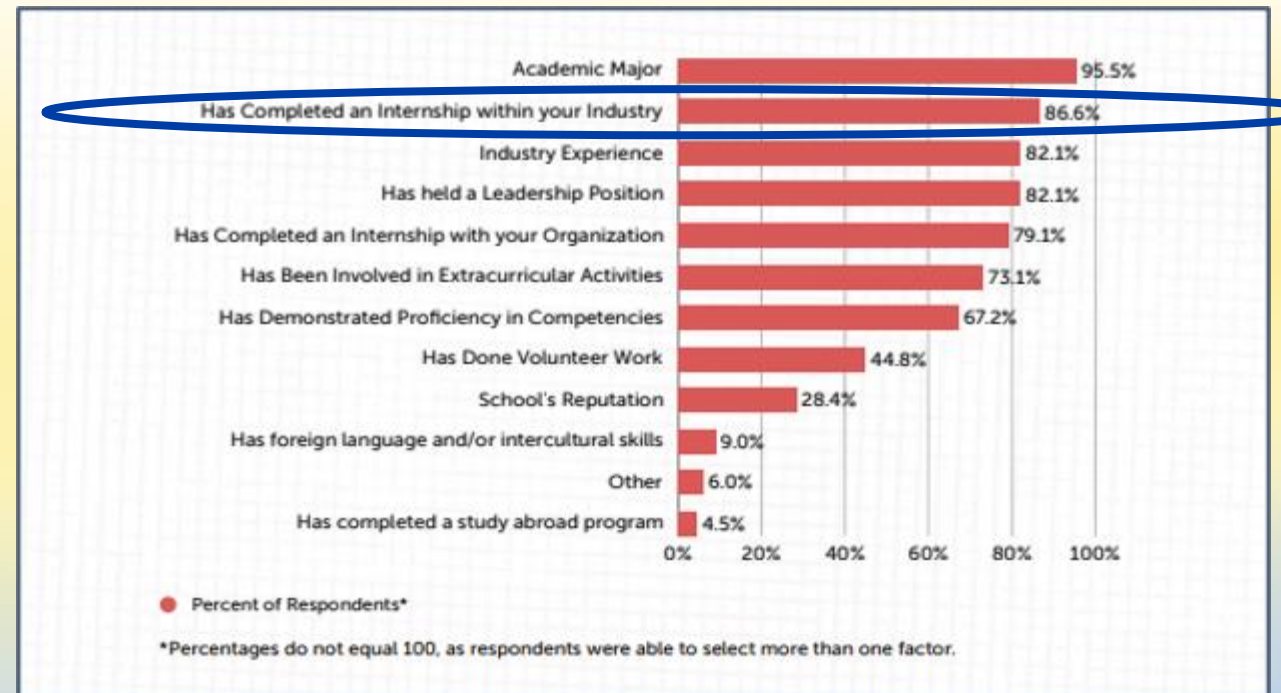
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Why are internships important?

Because it is an influential attribute for employers

“... when employers have **equally qualified candidates**, they choose the candidate with internship experience. Candidates who have completed an internship with a hiring organization have a slight edge over those with internship experience in a given industry, but.” **both attributes show the highest influence ratings in choosing one candidate over another.**”





Why are internships important?

You have the opportunity to apply your skills!

Technical Skills

What are they?

- Objective
- Easy to prove

Examples

- Social media
- Languages
- Computer
- Programming (software)

How to get them

- Training
- Coursework
- Certifications

Transferable Skills

What are they?

- Subjective – your personal approach
- Proven over time

Examples

- Communication
- Team Player
- Leadership
- Responsibility

How to get them

- Student organizations
- Jobs/Volunteer experiences
- Group projects



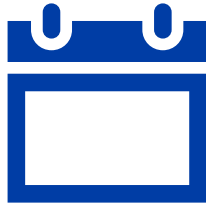
Finding an Internship

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Finding an internship

How are employers looking for interns?



Recruitment time

On average, employers start recruiting 5-8 months before the internship program starts.



Search methods

Career fairs, information sessions, and posting opportunities online are the most popular and most effective methods for employers.



Selecting top candidates

Between equally qualified candidates, students who have held a leadership position, major, and involvement were more likely to be chosen.



Finding an internship

Use various searching strategies.

Direct

application

Databases

- [Handshake](#)
- [Undergraduate Research Portal](#)
- [Volunteermatch.com](#)
- [Idealist.org](#)
- LinkedIn Jobs
- Chegg Internships
- [ParkerDewey](#)
- Industry-Specific Portals/Websites

- Company websites
- Research Experience

Networking

- Share your interests
- Faculty, friends, and family
- LinkedIn
- Social Media (groups & pages)
- Career Fairs!!

Associations

- E-newsletters
- Career/Internship portal
- Conferences

Can't find what you are looking for?
Consider creating your own experience!

Live Demo

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Finding an internship

Tap into your network.



FRIENDS/ FAMILY

Classmates
Friends
Parent/Guardian
Family Friends

UCR PEERS/ ALUMNI

Student
Organizations
Campus Events
Workshops

FACULTY/ STAFF

Academic
Department
Previous Course
Professors
Club Advisors
UCR Staff

PREVIOUS EMPLOYERS

Supervisors
Mentors
Co-workers

EVENTS

Career Fairs
Panels
Info Sessions
Social Events
Networking Events



Finding an internship

Internship Programs



ENROLL IN EXCEL + NOW!

Start anytime during your undergrad degree, **go at your own pace**, and **earn recognition** for the valuable career readiness skills you're already building on campus.

- Pick your Competency

IE: Career and Self Development, Technological Literacy, and MORE!

- Upload and Track Progress
- Earn Competency Badges
- Highlight Your Skills to Employers

Students enrolled by 10/31 will be entered into raffle to win a \$25 UCR dinning gift card.



Excel.ucr.edu

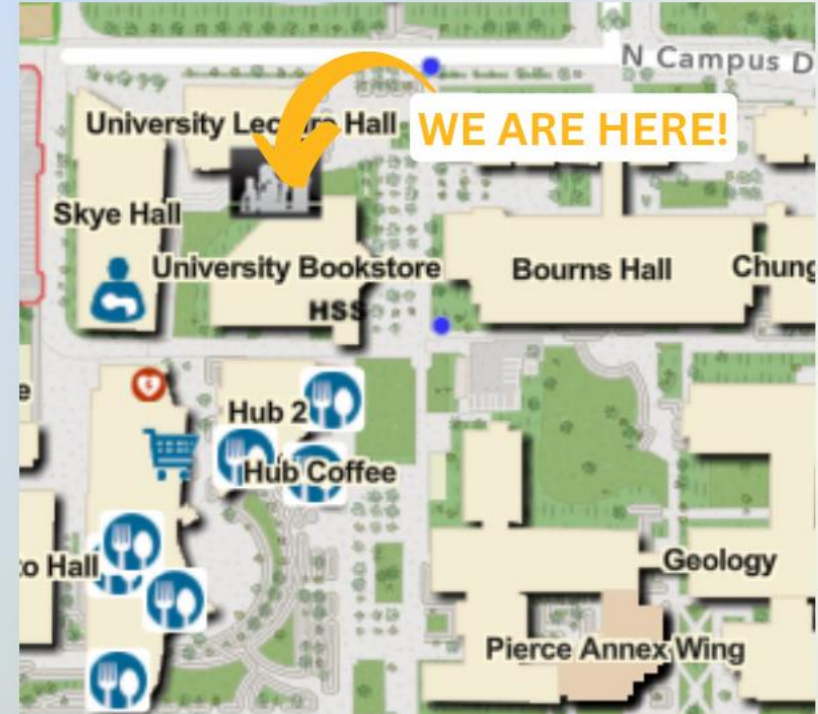
location

ENTRANCE IS ACROSS FROM ARC AND UNIVERSITY LECTURE HALL, UNDERNEATH THE BOOKSTORE

hours

8 AM - 5 PM MONDAY-FRIDAY

website home *drop in hours*



connect with us!



INSTAGRAM

@UCRCAREERCENTER



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QUESTIONS

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Post-Workshop Survey

