All About Internships

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Agenda

• What is an internship?
• Why are internships important?
• How to find internships?
Obtaining requisite competencies that broadly prepare college graduates for a successful transition into the workplace.
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
What is an internship?
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?

**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
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
How to secure academic credit

Visit the Career Center Website

Complete the Internship Form

Verify enrollment*
*Summer Session enrollment has additional fees
Why are internships important?
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.”

NACE Job Outlook 2023
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
How to find an internship
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.

2020 Internship & Co-Op Survey Report, NACE
## Finding an internship

Use various searching strategies.

### Databases
- Handshake
- CareerShift
- Undergraduate Research Portal
- Volunteermatch.com
- Idealist.org
- LinkedIn Jobs
- Chegg Internships
- Parker Dewey
- Industry-Specific Portals/Websites

### Direct application
- Company websites
- Research Experience

### Networking
- Share your interests
- Faculty, friends, and family
- LinkedIn
- Social Media (groups & pages)

### Associations
- E-newsletters
- Career/Internship portal
- Conferences

Can’t find what you are looking for?
*Consider creating your own experience!*
Live Demo
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

UCDC UC Washington Academic Internship Program

INROADS
Preparing a new generation of leaders

BUNAC Working Adventures Worldwide

Los Angeles County Arts & Culture

ACADEMY

MOMA Museum of Modern Art®

Television Academy Foundation

NBCUniversal Internship Program

CAA Career Center

UC Riverside
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
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

Individual counseling appointments available
Schedule on Handshake

Drop-in Hours:
Mon. - Fri. (days & times vary)

View drop-in schedule on our website https://careers.ucr.edu/