

6 WAYS TO FIND AN INTERNSHIP



1) Careerolina

1. Access University Career Services' homepage at <http://careers.unc.edu>. Click on the Careerolina logo ("click the foot!"). On the next page, select the student login and enter your ONYEN and Password
2. If it's your first visit, complete the user profile. Then click on "Search jobs & internships"
3. Select "All Job/Internships/OCI positions"
4. Choose your area(s) of interest, select position type "*internship*," and then browse through listings.
5. Consider also searching by the "Advanced Search" and "Expired Positions" sections.

2) e-Leads

This is a searchable database of employers who may have internships for undergraduate students and new graduates with Liberal Arts degrees. **e-Leads** can be found on the UCS site at <http://careers.unc.edu>.

3) Alumni Advisor Network

A collaborative effort between UCS and the General Alumni Association, this system is an on-line database of Carolina alumni, parents, and friends who have volunteered to assist UNC students with their career exploration and planning. Many have indicated an interest in providing internships. You can access this system through the UCS website.

4) Networking/Creating Your Own.....with UCS' Help

Use all possible contacts to enhance your chances for finding an internship. These can include friends, family, co-workers, teachers, advisors, and contacts made through career programs (UCS career fairs, panels, etc.), activities/organizations, and previous work experiences. A great resource finding a list of organizations in all geographic areas is **CareerSearch**, which is available on the UCS site. If you are unsure of what to say when contacting a potential internship site, please review the networking section or consult the UCS Internship Coordinator to discuss the art of talking to professionals. (This is not cold-calling.)

5) Helpful Printed and Web Resources

The UCS website links to a wide array of resources that can help you find opportunities in specialized industries, geographic regions and more. See the Internship Search section at <http://careers.unc.edu> and visit our resource room in Hanes Hall.

6) UCS Career Fairs and UCS Internship Fair

UCS Career Fairs held during the fall semester provide a great networking opportunity for students looking for internships. The UCS Internship Fair is held in late January. The purpose of the UCS Internship Fair is to provide a forum for students to meet with employers who provide internships. Last year more than 60 employers from all employment areas participated in this program. Please check with UCS for exact date, time, and location.