

6 WAYS TO FIND AN INTERNSHIP

1) Careerolina

1. Access University Career Services' homepage at <http://careers.unc.edu>.
Click on the Handshake logo. On the next page, select the student log-in to your account.
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) Other websites

Searchable databases such as SimplyHired.com, Indeed.com, InternMatch, be very helpful in locating opportunities outside of Handshake. You can find these links on the UCS website under the Internship Search page.

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

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 meet ups, panels, fairs, etc.), activities/organizations, and previous work experiences. LinkedIn is also a powerful tool to find professionals within industries or organizations that you would like to connect with. Another great resource finding a list of organizations in all geographic areas is **ReferenceUSA** (<http://www.referenceusa.com/Home/Home>) which is on the UNC libraries page.

If you are unsure of what to say when contacting someone, please review the networking section of the UCS website and meet with a counselor to discuss the art of talking to professionals.

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/students> and visit our resource room in Hanes Hall.

6) UCS Job and Internship Fairs

UCS career fairs held during the fall and spring semesters provide a great networking opportunity for students looking for internships. Some summer internship application deadlines come during the fall semester! The purpose of the UCS Job and Internship Expo is to provide a forum for students to meet with employers who provide internships. Please check <http://careers.unc.edu/events> for exact dates, times, and locations of all fairs.