

WHAT IS AN INTERNSHIP?

- University Career Services defines an internship as a work experience related to your major or career goals.
- Internships allow students to acquire essential practical skills by being exposed to the world of professional work. While an internship may involve work like making copies and filing, the experience should not ONLY be that type of administrative work. Otherwise, it would not be considered an internship.
- An internship may be: full or part-time, paid or unpaid, during fall, spring, summer, or year long

WHAT ARE THE BENEFITS OF AN INTERNSHIP?

- Provides you with a competitive edge in today's job-market.
- Gives you exposure to an industry or career path of interest and helps you make career decisions.
- Allows you to make contacts and develop a network of professionals (who might also serve as references).
- May lead to a clearer sense of career objectives and increased motivation for school.
- Develops your professional and personal skills.
- Over 60% of new hires have some form of internship experience.

WHAT ARE THE REQUIREMENTS FOR PARTICIPATING IN AN INTERNSHIP?

- **Non-Credit Internships:** The only qualifications are those set by the employer. There are no college restrictions.
- **Academic Department Credit Internships:** Can vary greatly by department.

HOW DO I EARN CREDIT?

- As noted above, departments vary greatly regarding opportunities, eligibility, and requirements. Check with your academic department for more details. Only credit offered by academic departments can fulfill the Experiential Education requirement or count toward your degree in other ways (i.e. elective, etc.).
- However, not all academic departments offer credit for internships or may have policies that prevent you from doing so. In that instance, if your company is requiring you to earn credit, see a UCS counselor to explore the option of SPCL 500, a non-degree credit, pass/fail course that can be used to satisfy your company's requirement.

SHOULD I STUDY ABROAD IN THE SUMMER OR DO AN INTERNSHIP?

- There is no "correct" answer to this question. You should analyze your options and explore all possibilities. For example, perhaps there is a way to study abroad and also do an internship abroad. Or perhaps you could study abroad during the academic year and do an internship in the summer, or vice versa.