**Experiential Learning Resources**

*For Freshmen – Seniors at UNC Chapel Hill*

**Edited December 6, 2022**

Micro-Internships

Shortly defined, Micro-Internships are short-term, paid, professional work experiences, like those given to new hires or interns. One project can range from 5-40 hours in duration. All projects are paid, and most are remote, making them accessible to all students. They offer students a free opportunity to work with real companies to develop their skills while exploring career paths and job functions. Micro-Internships are facilitated via the Parker Dewey platform.

**Project Categories Include:**

* Research and Strategy
* Sales & Business Development
* Finance and Accounting
* Operations and Support
* Human Resources
* Marketing
* IT & Cyber Security

**Qualifications:**

* Must be 18 years or older
* No previous work experience required
* Open to students with CPT, OPT or a work visa

**Getting Started**

Once you register with Parker Dewey as a Career Launcher, you can review open Micro-Internship requests. This provides details of the engagement, including the expected deliverable, anticipated time commitment, due date, industry, and compensation. Simply click to apply and respond to any project-specific follow-up questions asked by the client. The company reviews incoming applicants and if selected, you will be notified of the next steps.

Forage Virtual Work Experiences

[Forage](http://theforage.com) is an online platform that provides free virtual simulations to experience work at top companies like JPMorgan Chase, Lyft, EA and BCG. These self-paced, immersive opportunities equip students with real-world skills, help provide a career advantage and connect students with Fortune 500 companies. All of the Forage programs are self-paced (taking between 5 to 6 hours to complete) ensuring that you can fit your participation flexibly around other commitments. Develop your skills and gain a real understanding of different roles and sectors by working through these self-paced modules, with tasks similar to those you would undertake during a traditional internship.

**Project Categories:**

* You can access the full course catalog [here](https://www.theforage.com/course-catalog).

**Benefits for you?**

* Sample what work is like at leading companies
* Discover career paths that you may not have previously considered
* Build confidence and gain skills to get you 'work-ready'

**Getting Started**

To access this resource, [create a free account with your school email](https://www.theforage.com/signup).

Job Location Development Program

The primary purpose of the JLD Program is to connect students with off-campus, part-time roles that are aligned with their **academic major and/or career goals.** All UNC students of any year including graduate students currently seeking off-campus job opportunities are invited to join, regardless of whether they are eligible for need-based driven financial aid or not. Each student will have the opportunity to work for a variety of industries and companies.

**Companies Included**

* [Click here](https://careers.unc.edu/students/part-time-jobs-experiential-learning/job-location-development-jld-program/jld-employers/) to find more information about the employers involved in the program.

**Benefits for you?**

* Covering expenses in college
* Connect your academic and career interests
* Gaining a larger network
* Leverage your experience for a future internship, full-time job, graduate school.

**Getting Started**

If interested, fill out [this survey](https://forms.office.com/r/g0ycq3jfWe) to gather your basic information. From there, you will be sent some preliminary requirements that are required to be part of the JLD Program. Email Kara Alves at kara.alves@unc.edu with any questions. Once those steps are completed, you will be enrolled in the program and can get connected to part-time job opportunities.

Certificate Programs

**Career Readiness Certificate ---** This certificate provides you with a foundation for career readiness. You will complete self-paced professional assessments, attend career workshops and exploration events, and receive hands-on professional development opportunities to give you the work experience you need. You will have the choice to pursue a paid micro-internship, a part-time job that relates to your career goals or major, or a UNC Internship credit-course (note: pre-requisites may apply for the UNC Internship credit course). This certificate will prepare you for a future summer internship, graduate school application, or full-time job.

***Learn more***

Review the list of requirements and more information on the website.

***Getting Started***

To officially sign up for this certificate, you must complete these preliminary requirements:

* Handshake profile completed 70% (take a screenshot for confirmation)
* Top 3 insights from Focus 2
* Top 3 insights from What Can I do With My Major
* Top 3 insights from CareerOneStop Interest
* Schedule a resume review appointment with a career coach

Attach the updated resume to a word document including the requirements listed above, and email it to Kelsey Williams at Kelsey.durham@unc.edu. You will then be officially enrolled in the certificate program, managed through Canvas.

**Professional Internship Experience Certificate ---** All undergraduate and graduate students in any School Year at UNC currently holding part-time jobs who are interested in enhancing their personal and professional development are eligible to participate in the **UCS Professional Internship Experience Certificate**. This program is primarily for students who want to enhance the relevance of their pre-professional college/graduate work experience to align with their academic major/degree and/or career goal.

**Learn More**

Review the list of requirements and more information on the website.

***Getting Started***

To officially sign up for this certificate, you must complete these preliminary requirements:

* Handshake profile completed 70% (take a screenshot for confirmation)
* Top 3 insights from Focus 2
* Top 3 insights from What Can I do With My Major
* Top 3 insights from CareerOneStop Interest
* Schedule a resume review appointment with a career coach

Attach the updated resume to a word document including the requirements listed above, and email it to Kara Alves at kara.alves@unc.edu. You will then be officially enrolled in the certificate program, managed through Canvas.