

Tufts Career Center FAQ of the Week

Which is better for me to do in the summer – research or an internship? How do I find these experiences?

Good news: either is a great way to gain experience/skills over the summer! If you're struggling to decide between different options, think about which kinds of [career competencies](#) you'd like to use and strengthen. Perhaps one opportunity is better equipped to facilitate that process. *And remember:* you can always do research one summer and shoot for an internship the next. Your undergrad years are a great time to try lots of things and see what you like/don't like about different work environments.

As for how to find internships, we recommend reading through our [Find an Internship page](#) and then scheduling an [appointment with a Career Advisor](#) to continue your momentum. You can also find lots of great ideas through [industry-specific resources in Careers A-Z](#), as well as the [TIP \(Tufts Internship Profiles\) database](#), where fellow students share details about their internships. For Tufts research options, think about reaching out to professors in your department and visiting their web pages to look for opportunities. Ask older students who they've worked with and what the day-to-day tasks were. Watch department emails for advertisements as well. Beyond Tufts, you can visit university sites and the [REU \(Research Experiences for Undergraduates\) site](#) and get a feel for what others are researching. [Visit our drop-in hours](#) for quick tips on writing a "cold email" to ask about research opportunities in the event that you can't find a specific job posting.



Explore



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