



Alternatives to Internships

We hear the word “internship” a LOT. However, it’s important to remember that your goal is to continue to build your skills and experience. Often that is done through an opportunity that is labeled as an internship, but that is not the only way to gain experience! See below:

Micro Internships

Micro internships are short-term opportunities that focus on completing a project for an employer. [Parker Dewey](#) connects employers and university students or new grads to work on entry-level, short-term projects. Candidates create a profile then search the listings on Parker Dewey to identify interesting projects and apply directly through the platform. Candidates are paid a flat fee per project. It’s free to create an account and apply to projects. International students must be eligible to work off campus through CPT, OPT, or a work visa to apply to Parker Dewey’s projects.

Temporary/Short Term Work

Staffing agencies are a place to look for part-time and/or short-term work. These agencies contract with an employer to recruit, screen, and assist with hiring new employees. Some positions are temporary for a few days, weeks, or months, but other jobs through can turn into permanent full-time jobs with the host employer. There are many types of staffing agencies. Here are some examples:

- [Campus Point](#) specializes in working with new college grads who are looking in Seattle or Portland for jobs or internships.
- [Boly:Welch](#) works with Portland job seekers.
- [Glassdoor](#) has a comprehensive list of staffing agencies to look in to.

Pro Bono Volunteering

Volunteering isn’t just about spending an hour or two at a local non-profit. There are non-profits looking for volunteers to help with professional projects ranging from developing marketing strategy to creating board recruitment plans. Both [Catchafire](#) and [Taproot Plus](#) post projects from non-profits that need help. Students create an account that lists their skills, browse projects, then apply with their availability and why they’re interested in helping. Although this is down on an unpaid basis, this is a great way to build skills, have a tangible work product to show on a resume, and build a network.

- Students can also propose projects that would add value. Be sure to do comprehensive research first! Some non-profits are seeing a huge demand for their services (e.g., healthcare, social services) while others are taking significant hits (e.g., arts and culture).

Build Professional Skills Through Online Platforms

Take this opportunity to learn outside the classroom. Is it time to level up? **UO students now have free access to LinkedIn Learning to take classes and earn badges or certificates.** Explore courses and certificates through Coursera, Udemy, or several other sites offering online learning and certification. This [Zapier article](#) provides suggestions for different options and discusses the pros and cons of the best-known platforms.