THERE ARE MANY EFFECTIVE WAYS to find internships. The most successful internship-seekers devote time and energy to search using a variety of strategies and refuse to give up if at first they don’t find what they’re looking for. Below are some proven ways to locate internship opportunities.

**TALK TO PEOPLE**

**Contacts**
- **Fact** - 48% of respondents to our recent graduate survey reported that relationships with others directly helped them get their position. Also, a 2017 Payscale article stated that 85% of jobs are found through networking.
- **Advice** - Tell your friends and family members what you’re looking for and ask them to keep an eye out for you.

**Job & Internship Fairs**
- **Fact** - 83% of employers who responded to our survey said they extended an internship offer to a UW student they met at the 2017 Internship Fair. The offers were in an array of fields.
- **Advice** - Commit to attending at least one of the 20+ internship, job, and career fairs at UW this year.

**Other Employer Events**
- **Fact** - The Career & Internship Center hosted 50 employer visibility events in 2017-2018.
- **Advice** - Check our online calendar for Site Visits, Employer InfoSessions, Employer-Led Workshops, and Employer Panels.

**USE CAMPUS RESOURCES**

**Handshake**
- **Fact** - Employers posted 7,631 internships in our database last year! More than 80% of them were paid!
- **Advice** - Log in to your Handshake account at careers.uw.edu, set up your profile, and do some keyword searches in the Internship section.

**Academic Departments**
- **Fact** - More than 40 academic departments offer internship courses and even more than that provide students with internship resources and advice.
- **Advice** - Find out how your department disseminates internship information – listserves, blogs, Facebook, bulletin boards, etc.

**Carlson Leadership & Public Service Center**
- **Fact** - The Carlson Center is a great resource for students interested in nonprofit and public sector internships.
- **Advice** - Look into their Undergraduate Community-Based Internship Program, and other public service fellowships and awards.

**SEARCH ONLINE**

**Employer Websites**
- **Advice** - Look for internship info on the websites of employers of interest

**Internship Sites**
- hyreculture.com
- internships.com

**General Posting Sites**
- indeed.com
- idealist.org
- linkedin.com
- wayup.com

**Keyword Searches**
- **Advice** - Open a browser, type “internship”, and then type something else like an industry, a city, etc.
- Ex: “marketing internship Boston”

**TIPS:**
- **Advice** - Don’t spend all of your time searching online. **Diversify!**
- **Advice** - Don’t worry about trying all the strategies listed. Pick a few and do them well.
- **Advice** - Be patient. Finding the right opportunity usually takes a little time. Stay positive!