Finding Internships in Handshake

What is an internship?
An internship is a form of experiential learning that allows students to apply their academic learning through hands-on experiences, develop or refine specific skills, and/or explore a specific industry or job sector.

Who are employers recruiting?

Class Year Preferences

Employers could select more than one option for class year. In addition, less than 1% of employers screen applicants by UW school.

When do employers post?

By the Numbers

7,631 Internships
80% Paid

60% In Summer
1-2 Quarters Long On Average

27% Screen By GPA
95 New Postings Every Day

Summer
Academic Year

Up to 40 Hours
10-15 Hours

Local, National, International
Usually Local

1 Data from July 1, 2018 to June 30, 2019
2 Average minimum GPA is 2.98
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Recruitment timelines
- Most industries do not have specific recruitment timelines
- The highest volume of summer internship postings come in during winter quarter
- Some industries (e.g. accounting, consulting, engineering, and finance) recruit heavily in fall quarter
- Many employers do "just-in-time" hiring for summer and year-round internships

How early do employers post?

<table>
<thead>
<tr>
<th></th>
<th>Summer</th>
<th>Academic Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 2</td>
<td>75%</td>
<td>51%</td>
</tr>
<tr>
<td>months out</td>
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</tbody>
</table>

Where else do employers recruit interns?

of employers at the winter and spring career fairs are recruiting for interns

Top 10 by State

<table>
<thead>
<tr>
<th>State</th>
<th>Postings*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washington</td>
<td>2,393</td>
</tr>
<tr>
<td>California</td>
<td>1,822</td>
</tr>
<tr>
<td>New York</td>
<td>653</td>
</tr>
<tr>
<td>District of Columbia</td>
<td>585</td>
</tr>
<tr>
<td>Massachusetts</td>
<td>460</td>
</tr>
<tr>
<td>Oregon</td>
<td>456</td>
</tr>
<tr>
<td>Texas</td>
<td>334</td>
</tr>
<tr>
<td>Colorado</td>
<td>327</td>
</tr>
<tr>
<td>Illinois</td>
<td>283</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>158</td>
</tr>
</tbody>
</table>

Tips and Caveats
- Complete your Handshake profile! 60% of employers search for and contact students based on profiles.
- Use filters in Handshake to find relevant postings. Start with geographic region or opportunity type.
- Use 'Match Preferences' to find opportunities that line up with your profile.
- International students can filter by postings that accept CPT/OPT, will sponsor, and/or don't require US work visas.
- Employers may not use UW-specific terminology so be creative with search keywords and criteria.
- Be patient and inclusive! Check back with Handshake often - recruitment timelines are not 'one size fits all.'
- Many postings get less than 5 applications total from UW students. Be open to various opportunities and learn more about employers that are new to you.
- Not everything is in Handshake. We recommend using other search engines or going directly to company websites.