

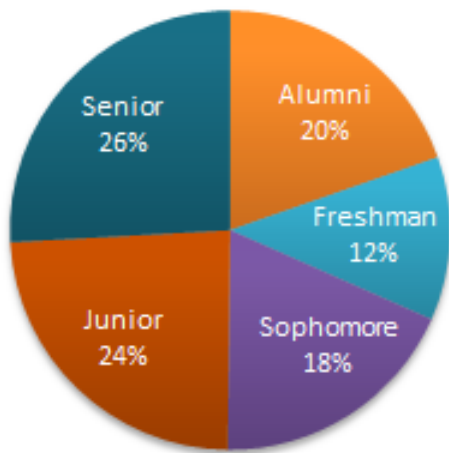
Finding Internships in Handshake¹

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.

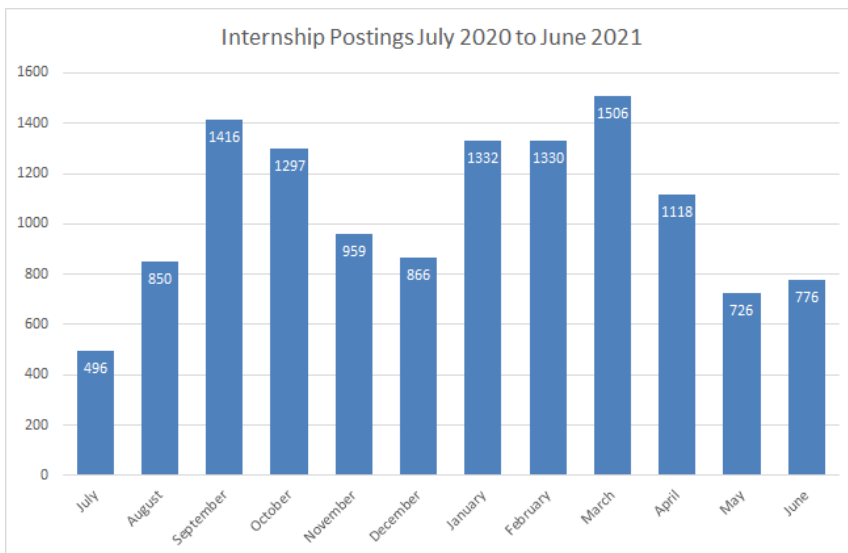
Who are employers recruiting?

Class Year Preferences



Employers could select more than one option for class year.
 <1% of employers filtered by UW school and only 9% filtered by major.

When do employers post?



¹ Data from July 1, 2020 to June 30, 2021
² Average minimum GPA is 3.03

By the Numbers

12,672 Internships

80% Paid

64% In Summer

1-2 Quarters Long On Average

20% Screen By GPA²

35 New Postings Every Day

Summer

Academic Year

Up to 40 Hours

10-15 Hours

Local, National, International

Usually Local

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Recruitment timelines

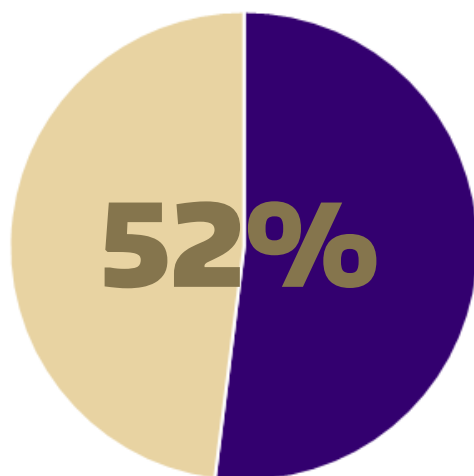
- Most industries do not have specific recruitment timelines
- The highest volume of summer internship postings come in during winter quarter
- Some industries (e.g. accounting, consulting, engineering, and finance) recruit heavily in fall quarter
- Many employers do "just-in-time" hiring for summer and year-round internships

How early do employers post?

Summer	Academic Year
77% More than 2 months before start date	43%* More than 2 months before start date

*32% of all academic year postings are less than one month out

Remote Internships



of all internships in 2020-21 were listed as remote opportunities

Top 10 by State

State	Postings*
California	3,371
Washington	2,203
New York	1,705
District of Columbia	1,183
Illinois	864
Texas	841
Massachusetts	765
Colorado	473
Oregon	470
North Carolina	441

*Can be listed in multiple states
Postings available in all 50 states

Tips and Caveats

- Complete your Handshake profile! Over 80% of students who fill out it out get an employer message.
- 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 three 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.