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. <1% of employers filtered by UW school and only 9% filtered by major.

When do employers post?

19,107 Internships Posted

92% Paid

68% In Summer

1-2 Quarters Long On Average

15% Screen By GPA²

52 New Postings Every Day

Summer

Academic Year

Up to 40 Hours

10-15 Hours

Local, National, International

Usually Local

1 Data from July 1, 2021 to June 30, 2022
2 Average minimum GPA is 3.02
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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></td>
<td>83% More than 2 months before start date</td>
<td>45%* More than 2 months</td>
</tr>
<tr>
<td></td>
<td></td>
<td>before start date</td>
</tr>
</tbody>
</table>

*30% of all academic year postings are less than one month out

Remote Internships

40% of all internships in 2021-22 were listed as remote opportunities

Maximize Your Internship Search

- 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.

Top 10 by State

<table>
<thead>
<tr>
<th>State</th>
<th>Postings*</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>4,850</td>
</tr>
<tr>
<td>Washington</td>
<td>3,235</td>
</tr>
<tr>
<td>New York</td>
<td>2,634</td>
</tr>
<tr>
<td>Texas</td>
<td>1,729</td>
</tr>
<tr>
<td>District of Columbia</td>
<td>1,566</td>
</tr>
<tr>
<td>Massachusetts</td>
<td>1,350</td>
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<tr>
<td>Illinois</td>
<td>1,309</td>
</tr>
<tr>
<td>Oregon</td>
<td>924</td>
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<tr>
<td>Colorado</td>
<td>828</td>
</tr>
<tr>
<td>Georgia</td>
<td>813</td>
</tr>
</tbody>
</table>

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