

What is an Internship?

"...a form of **experiential learning** that integrates knowledge and theory learned in the classroom with **practical application and skills development** in a professional setting..."

- National Association of Colleges and Employers



Thousands can be found posted in **CSU's Handshake** website (colostate.joinhandshake.com) at any given time.

Many students have also found success **securing or creating** their own opportunities.



Internships are most common in the **summer**, but opportunities in **fall or spring** exist



Will I be Paid?

Most internships are paid - sometimes even well paid.

Experiencing financial barriers as you seek your internship?

Come to the CMC and ask about our **Professional Development Fund**. The fund helps students to purchase **professional clothing, transportation, or even housing during their internship experience.**



Am I Qualified?

Employers may expect that interns bring some academic knowledge to the role but limited experience in the field, if any. As a result, **you don't have to know everything going in**. Expect that training will take place and ask for support when you need it.



The **CSU Career Competencies** consist of **skill areas** employers look for in students.

You will likely grow in these areas over the course of an internship:

**Leadership | Verbal & Written Communication | Digital Proficiency
Career Development | Global Context | Critical Thinking / Problem Solving
Personal Accountability | Self-Reflection | Inclusive Teamwork | Creativity**



How Would an Internship Benefit Me?

Interning allows you to **"try a career on for size"** before you commit to it.

- ⇒ National statistics show that students who have participated in an internship are **15 to 20%** more likely to receive a job offer upon graduation.
- ⇒ Get **academic credit**—contact your **academic advisor** or the **internship coordinator** for your concentration to learn how!



How Do I Find an Internship?

Events



Employers that attend CSU events are eager to meet **YOU!**

The COB hosts career fairs and other events each semester to connect you to internships.



Handshake



Handshake is the #1 internship platform for CSU students.

TIP: Try adding "fall" or "spring" as keywords in your search when seeking internships during the school year



People



Reach out to alumni, friends, or family who may have connections in your field. They may know of internship opportunities.

TIP: Sign up for the Flash Mentoring Program and use LinkedIn to grow your connections



Companies



Create a list of companies you would like to work for or admire. Go to their careers page on their website to search for student programs like internships or part-time jobs.



Vault

Narrow your search by looking at Vault's internship lists tailored to particular value areas!

TIP: Access Vault's subscription for COB students at <https://bizcolostate.firsthand.co>



Timeline



- Many companies begin recruiting for **summer internships in September**, so starting your search in the **fall semester** can be particularly effective.
- Opportunities are also available through the **spring semester!**
- **Some industry timelines are very specific** – connect with a career counselor to strategize your search.