

# INTERN NEWS

INTERNSHIP PROGRAM | NDSU CAREER CENTER

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**NEW** scholarships available for the Summer 2019 semester

### ADVICE FROM ALUMNI INTERNS

Real advice from NDSU alumni who took full advantage of their internships

### WHAT THE HECK ARE CAREER READINESS COMPETENCIES??

Learn more about the meaning behind those questions we ask you on your Mid-Term and Final internship evaluations



## NEWS AND NOTES

We made it! We are officially halfway through the Spring semester already!

We sincerely hope you are enjoying your time in your internships and co-ops. The rest of the semester will fly by, so remember to take advantage of any opportunities you have to expand your knowledge of the industry you're in and the connections you can make.

Here's to a great rest of the Spring semester!

- THE INTERNSHIP PROGRAM TEAM

## IMPORTANT DATES

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# IMPORTANT DATES

## >>WEDNESDAY, MARCH 20TH

Student Mid-Term Self Evaluation DUE

## >>WEDNESDAY, MAY 1ST

Final Student Self Evaluation and Final Employer Evaluation DUE

## >>MONDAY, APRIL 8TH

*Sexual Harassment in the Workplace Panel and Social*, Plains Room, MU @4:00pm

## >>THURSDAY, MAY 2ND

*Intern Night*, Great Plains Ballroom, Memorial Union @6:30pm

EST. 2019

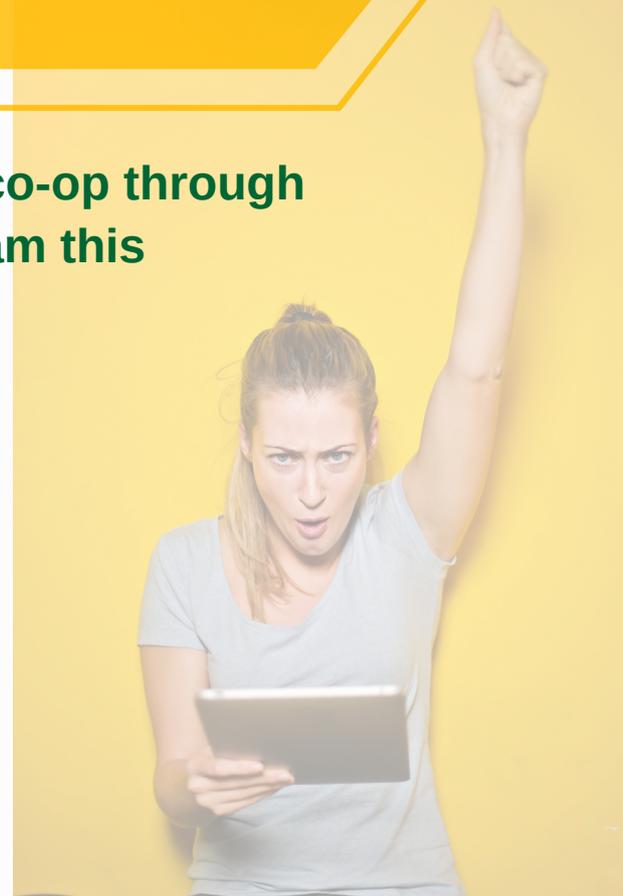
# INTERNSHIP PROGRAM SCHOLARSHIPS

Available NOW for the Summer 2019 semester

**Are you registering an internship or co-op through the Career Center's Internship Program this summer?**

If so, you may be eligible to apply for a scholarship award to help you offset tuition costs and other expenses associated with your internship experience.

Learn more about eligibility and the application process by visiting our website [HERE](#).



**Applications DUE on  
April 22nd!**

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# alumni ad·vice /əd'vīs/

The advice presented here is directly from our #AlumniSpotlight intern blog where NDSU alumni tell us about their career journeys and describe how their internship experiences helped them get to where they are today.

*If you could give any advice to a student in a current internship position, what would it be?*



**Simon Heitkamp '11**  
CNH INDUSTRIAL

"Be sure to take a step back and look at what you're learning, and what skills you are gaining. Take that information and be open with your manager or supervisor to see if there are opportunities to fine tune your internship. Overall, make sure you are getting the most you can out of the experience."



**Carrie McTargget '18**  
EIDE BAILLY

"Get to know the people who you work with...Do not hesitate to ask someone out to lunch that is in a career you hope to be in someday. They have years of experience and can share valuable insight on how to get to where they are. Also, the connections you make may help you as you begin to look for a full-time position."



**Philip Lonneman '17**  
DAKTRONICS

"Ask questions, don't be afraid to make mistakes, and willingly try to go above and beyond the expectations. Also, try to get your hands on a wide variety of projects to specifically determine where your interests lie."

# WHAT THE HECK ARE CAREER READINESS COMPETENCIES?

Allison Goossens

With the input from employers and recruiters from across the nation, NACE (the National Association of Colleges and Employers) found some major commonalities in what organizations and companies were looking for in their new student hires. As a result of this research, NACE developed a list of Career Readiness Competencies that have helped shape and guide the world of career development as we know it. From these competencies, students can begin to evaluate where their strengths lie and perhaps identify a few areas of growth they could focus on before heading out into the workforce. These competencies have also helped career centers and career professionals across the nation develop meaningful evaluations, workshops, and coaching strategies to help students develop these skills.

If you are currently registered in the Internship Program, you have come face-to-face with some of the Career Readiness Competencies on your Mid-Term and Final Self Evaluations. On those evaluations, we ask you to reflect on these skills and think about how you are utilizing these competencies in your internships and co-ops. Reflecting on these competencies can be very beneficial for students. Students can use these terms during the interview process, showing employers their ability to be self-aware and reflective of their own personal and professional development. So, as a refresher, here are NACE's 8 Career Readiness Competencies. You can also learn more about these competencies [HERE](#).

## >> NACE's Career Readiness Competencies <<



Critical Thinking/  
Problem Solving



Digital Technology



Career  
Management



Oral/ Written  
Communications



Leadership



Global/ Intercultural  
Fluency



Teamwork/  
Collaboration



Professionalism/  
Work Ethic

Don't forget to  
**SAVE THE DATE**  
for...

**INTERN**

The NDSU Career Center  
Presents the First Annual

*Intern Night*

THURSDAY, MAY 2ND  
6:30PM

GREAT PLAINS BALLROOM  
MEMORIAL UNION

**NIGHT**

A NIGHT TO CELEBRATE THE MANY  
ACCOMPLISHMENTS OF OUR INTERNS THIS YEAR.  
PROGRAM BEGINS AT 7PM  
PHOTO BOOTH, FOOD, PRIZES, AND MUCH MORE!

## What to expect...

- Dessert Bar
- Intern Gifts
- Photo Booth
- Drawings and Prizes
- Stories from interns, faculty, and Alumni
- Summer Scholarship winners recognized



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IT'S ACTUALLY...

## SEXUAL HARASSMENT IN THE WORKPLACE

PANEL DISCUSSION AND SOCIAL

Monday, April 8, 2019

Plains Room, Memorial Union

Panel begins at 4 p.m., social and refreshments to follow

MORE INFORMATION  
[career.ndsu.edu](http://career.ndsu.edu)

Would you like to be featured on our blog??  
Fill out the online submission form here:

**#NDSUINTERN SPOTLIGHT  
SUBMISSION FORM**

You can check out the blog posts on our  
website here >> [career.ndsu.edu](http://career.ndsu.edu).

*Questions?*

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