guide to

INTERNSHIPS

INTERNSHIP BASICS

Internships are a form of experiential learning that integrate knowledge learned in the classroom with practical application in a professional setting. An internship can help you:

1. EVALUATE INTERESTS AND GOALS
2. GAIN HANDS-ON EXPERIENCE
3. NETWORK WITH INDUSTRY PROS

IDENTIFY YOUR INTERESTS AND STRENGTHS
What are your strengths, interests, skills, and values? How they can play a role in your internship search? Consider taking an assessment like CliftonStrengths or Focus 2 to help with this process.

GET PREPARED
Finalize your resume and cover letters, practice interviewing, review your LinkedIn profile, and connect with your department’s career services office.

CONSIDER INTERNSHIP OPTIONS
Internships vary greatly: they can be paid or unpaid, with or without academic credit, last for a varied amount of time, and some can lead to full time positions. Some internship programs are structured and competitive, while others may be individualized to you and your skills.

CLARIFY YOUR GOALS, PRIORITIES, AND OBJECTIVES
What fields interest you the most? What kind of experience do you want to get? Will you consider an unpaid internship if you need experience, or do you need income? Determine what you need and want from this experience ahead of time to help you better target opportunities.

START SEARCHING FOR OPPORTUNITIES
Start investigating online using HireMizzouTigers.com, LinkedIn, and industry job boards. Research interesting employers, whether they have a formal internship program or not. Small organizations can offer wonderful experiences as well! Attend career events and info sessions, and consider becoming a student member of a professional association to learn about unadvertised positions.

USE YOUR NETWORK
Talk to your friends and peers for their advice and potential leads. Reach out to faculty and department advisors as many have established relationships with alumni and organizations that hire interns. Be as specific as possible about what you are looking for when speaking with others.

Career Center
University of Missouri
Lower Level
Student Success Center

(573) 882-6801
career.missouri.edu
career@missouri.edu

MU
FEATURED INTERNSHIP RESOURCES

HIREMIZZOUTIGERS.COM
 https://www.HireMizzouTigers.com
HireMizzouTigers.com, powered by Handshake, is where to post your resume and search for positions listed by employers who are seeking Mizzou students and alumni.

INTERNSHIPS USA
 http://cei-internship.squarespace.com/student-login/
Find internship listings from 3,000+ companies and organizations in a variety of industries. Username: Missouri
Password: MizzouTigers

CIVIC LEADERS INTERNSHIP PROGRAM (CLIP)
 https://clip.missouri.edu
Get involved in government and non-profit work by serving the State of Missouri in publicly funded offices and receive academic credit. Contact 207 Lowry Hall, 884-5744.

OFFICE OF UNDERGRADUATE RESEARCH
 https://undergradresearch.missouri.edu
Coordinates research internships that are available across campus in a variety of academic disciplines. Contact 150 Life Science Center, 882-5979.

MU CAREER SERVICES OFFICES
 https://hiremizzoutigers.com/career-offices/
Consult with your Career Services office of your academic school or college for additional support.

FACULTY / DEPARTMENTS
Talk with faculty and advisors, check bulletin boards, and read department emails for announcements about internships. Some employers will notify specific faculty/staff, especially if they are seeking certain majors or skill sets.

GENERAL INTERNSHIP SEARCH ENGINES

GENERAL INTERNSHIP LISTINGS
INTERNSHIPS.COM  http://www.internships.com
INTERNWEB  http://www.internweb.com
INTERNJOBS  http://www.internjobs.com
VAULT  http://www.vault.com

INTERNSHIPS ABROAD
GO ABROAD  https://www.goabroad.com/

NON-PROFIT INTERNSHIPS
IDEALIST.ORG  https://www.idealist.org/

LIST OF RESOURCES
MIZZOU CAREER TOOLS  www.career.missouri.edu, click Resources tab on menu

Did You Know...
Nearly TWO THIRDS of employers hire college grads with relevant work experience.
In fact, there is a good chance you could get hired where you are interning: 50-65% of interns are converted into FULL TIME HIRES.

next steps: Talk with a Career Specialist for one-on-one assistance: https://career.missouri.edu/connect
Check out more resources at https://career.missouri.edu > Resources tab