



## 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:

**EVALUATE**  
INTERESTS AND GOALS

**GAIN**  
HANDS-ON EXPERIENCE

**NETWORK**  
WITH INDUSTRY PROS

## STEPS TO SEARCHING FOR INTERNSHIPS

- 1 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.
- 2 GET PREPARED**  
Finalize your resume and cover letters, practice interviewing, review your LinkedIn profile, and connect with your department's career services office.
- 3 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.
- 4 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.
- 5 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.
- 6 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.

## 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.idealists.org/>

### LIST OF RESOURCES

MIZZOU CAREER TOOLS [www.career.missouri.edu](http://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