

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:

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 can they 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

CONSULT YOUR ADVISOR AND CAREER OFFICE

Consult your **academic advisor** about the possibility of academic credit and when would be the best time in your program to do an internship. They may also have ideas or contacts for you to start your search. Also, your school's [home career office](#) may also have additional resources for you.

4

CONSIDER INTERNSHIP OPTIONS



Compensation: paid or unpaid



Eligibility: with or without academic credit



Expectations: Some programs are structured and competitive, while others may be individualized to you and your skills

5

START SEARCHING FOR OPPORTUNITIES

Start searching on Handshake, LinkedIn, and industry job boards. Research interesting employers and if they recruit interns. Attend career events and info sessions. Lastly, 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.



Career Center
University of Missouri

Lower Level
Student Success Center

(573)882-6801
[career.missouri.edu](#)
[career@missouri.edu](#)



FEATURED INTERNSHIP RESOURCES

HANDSHAKE

<https://missouri.joinhandshake.com/>

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://cel.missouri.edu/clip/>

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.

MISSOURI INTERN CONNECT

<https://www.mointernconnect.com/>

Connect with valuable internship experiences in Missouri through this free site promoting in-state opportunities.

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

INTERNJOBS <http://www.internjobs.com>

VAULT <http://www.vault.com>

LINKEDIN <https://www.linkedin.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, 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>
Check out more resources at <https://career.missouri.edu> > Resources tab