



Why Should I Get an Internship? How Do I Find One?

An internship is an opportunity to gain first-hand experience in an industry you may want to enter. It offers you the chance to “taste test” a prospective career and build valuable contacts. And it leads to positive career outcomes after graduation.

According to a study by National Association of Colleges and Employers (NACE), “participation in multiple internships in college helps students to secure employment or enter graduate school within six months of graduation.”

Why Do an Internship?

- Build your resume with professional experience, which employers want even for entry-level positions.
- Learn how a workplace operates and how leadership is structured.
- Gain professionalism by establishing critical skills like communication, teamwork, and decision making.
- Develop your network – those connections will likely help you land a job after graduation.
- See what you like and don’t like about a role or company. A takeaway from an internship may be that you want to do something else – that is a valuable insight too.

How Do I Find a Publicly Advertised Internship?

- The first step is to contact your school’s career center to schedule an appointment with a career counselor or advisor.
- A career advisor will guide you through the various resources the career center offers for navigating the internship search process.
- Tailor your search according to industry or occupation through specialized sites.
- Use [LinkedIn Job Search](#) to uncover insights such as whom you know at a company, providing an edge in your job search.
- Search more broadly on general sites including [Indeed](#), [SimplyHired](#), and [ZipRecruiter](#).
- Target specific openings listed on organizations' websites.
- Peruse professional association journals and listservs.

How Do I Find a “Hidden” Internship?

- Share your interests with friends, relatives, professors, instructors, and other influential people who may alert you to openings or refer you to hiring managers.
- Meet new people at career-related events and networking receptions.
- Connect with friends and colleagues through professional networking sites such as LinkedIn.
- Create a new internship by submitting a proposal to an employer.