

What is an Internship? : Any position paid or unpaid that allows you to gain valuable experience can be considered an internship.

Where Can I Look for an Internship?

- Check with your advisor, professors, and other people in your network and tell them that you are looking for an internship. Ask them about opportunities and for suggestions.
- Research possible companies or organizations that may offer internships. Many government organizations and companies offer summer and semester internship programs.
- Use Golden Hire Network at Hireorugrads.com to look for internships.

Other Details:

- Some internships can count for credit so check with your advisor to see if yours can be.
- Internships can sometimes be unpaid. Weigh the benefit the internship will have, a job after graduation or pivotal work experience, to decide if it is best to accept.
- Internships are all different some many be a year some may be shorter some are available in other cities, states and countries. Be open to all the options.

What do I do after I receive the Internship?

- Be teachable and come hungry to learn. Remember to fail forward when criticism is given.
- Try some [helpful tricks](#) to remember everyone's name.
- Give out your business cards.
- Offer to work on or lead projects, don't be afraid to show your skills and ask for responsibility.
- Don't be passive! Show the company have proactive you are to their needs.
- Be a professional in your dress and speech. Follow the companies dress codes and other rules.
- Keep in touch with everyone. Networking is invaluable to help you in the future.
- In your time at the organization pay attention to what things you enjoy doing and what drains you. Notice your strengths and what you were weak at, knowing these things about yourself will help you in finding your next opportunity.