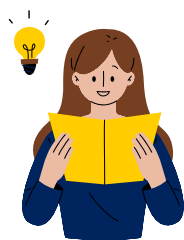


WHAT SHOULD A STUDENT DO TO GET AN INTERNSHIP?



REFLECT

- Ask yourself the following questions:
 - What field(s)/industry interests you?
 - When do you want to do an internship? What quarter(s)?
 - What would you like to get out of your internship?
 - Experience, academic credit, networking, etc.
 - What kind of experience do you already have (including your courses)?
- How can you [connect with professors](#) with a background in your career interest? Can you visit their office hours?



RESEARCH

- Depending on your major, what programs can you apply for and when will you be eligible?
- Research internship postings- what kinds of qualifications are they looking for?
- Start a conversation with professors, peers, [Career Center](#), etc.
- What kind of career development resources are available for students in your major or with your career interest?
 - [Research professional associations](#) that professionals in your industry may be involved in. They may have resources specific to undergraduate students and may offer a discount on their membership fees and event registrations for currently enrolled students.
- Consider reaching out to alumni through [Tritons Connect](#)



PREPARE TO APPLY

- Utilize resources available to you (i.e. [Triton Career Guide](#)) to prepare templates of your materials: resume, cover letter, [curriculum vitae](#), personal statement, etc.
 - The [Writing Hub](#) and [LATS Program](#) can assist students with cover letters, personal statements and professional writing projects
- Practice [mock interviewing](#) with a friend or use [Big Interview](#)
- Ask for revisions on your materials



APPLY & ENGAGE!

- Tailor your application based on each posting
- Consider if you want to or need to get academic credit - look into if your major has an internship course or an [AIP course](#)
- Be present at your internship! Think about goals you can set for yourself (i.e. [Professional competencies](#) you want to practice).
- Consider how you can network at your organization. It's a great opportunity to do an [informational interview](#) as well!
- After completing an internship, consider how you will add it to your resume or how you would talk about it in a grad school application, interview, etc.