Internship Guide

What is an internship?

An internship is a learning experience that offers practical work related to a student's field of study or career interest.

Most internships should be paid. If you are looking at an unpaid internship, join us for a *drop-in* to learn more. Internships can also be for credit or not for credit (check with your academic advisor).

What are the benefits of having an internship?

CSU students who complete one internship are ***more likely to secure employment upon graduation***, **have higher starting salaries,** and more often land jobs in fields relevant to their majors.

An internship experience can help you determine if you are truly interested in that work or can help you eliminate a career path. Either way, that's progress. In addition, completing an internship allows you to build relationships with current employees who may become mentors or colleagues when you are ready for a full-time career.

How can I organize my search?

It can be helpful to organize your search to ensure you do not miss deadlines and to help you determine how much energy you will need to spend on the different internship applications. Consider using a table, like the one below, to help you stay organized.

Company	Position	Internship Dates	Location	Application Deadline	Application Link
XYZ. Inc	Intern	May 20th - Aug 10th	Denver	Feb 1st	www.xyz.com

The Career Center can help you with all questions related to internships and other career topics. To access drop-in hours or appointments visit our *website* or call 970-491-5707

What are recommended steps to land an internship?

1. Prepare a *Resume*
2. Write a *Cover Letter*
3. Consider Creating or Updating a *LinkedIn* Profile
4. Look for Internship Openings
   A. Start with *Handshake*
   B. Google displays internship postings from many different job boards including LinkedIn

What is Handshake?

Handshake is the online platform where employers post job and internship openings. You can also schedule with a Career Educator and sign up for employer events.

Build Relationships with Potential Employers

Check the *Events tab* for employer events such as Career Fairs, Lunch & Learns, and other networking opportunities. Give employers a chance to get to know you. This can make a significant difference in the hiring process!

Be Prepared for Interview Questions

Attend a *drop-in session* to find out how to prepare for an interview and consider scheduling a mock interview appointment. Also check out our *interview resources*.

Looking for scientific research?

Research openings across the US

Research openings at CSU

Looking for internships outside of the US?

Check out *Interstride* for global opportunities