

The Internship Program

"Learning in Action"

What is an Internship?

An internship is an opportunity to integrate career experiences into your college education. In a professional setting, an internship will give knowledge and skills related to your career goals by participating in strategic, supervised work.

Why Intern?

Most employers and graduate schools are looking for students with internship experience. Internships will give you a competitive advantage in the job market. Interning will provide the entry-level skills, training, and relationships necessary to better prepare you for your career path.

Benefits of Interning

- **Gain Valuable Work Experience:** Acquire effective hands-on experience.
- **Competitive Advantage in the Job Market:** Provides you the experience and skills to become more marketable upon entering the workforce.
- **Job Opportunities:** Internships are the number one way employers find new staff. Internships are often an extended interview for a full-time position.
- **Networking:** Offers you the opportunity to establish a professional network.
- **Career Exploration:** Offers you the chance to explore career options and decide if it is the right career for you.
- **Apply Classroom Knowledge:** Gives you the chance to enrich your college curriculum and earn academic course credit.
- **Gain Confidence:** Getting experience is a great way to build your confidence and build your resume.

How to Get Started?

Set up an advising appointment with VSU Career Services. A career advisor will assist you in finding an internship by discussing your goals and help you create an internship search strategy.

Attend workshops and information sessions to find out more about interning and how Career Services can assist you.

Attend a Career Expo. VSU Career Services sponsors five Career Expos. The Career Expos help students and employers connect in a meaningful manner that can assist students in obtaining internships and experiential learning opportunities.



Career Services

Location: Foster Hall, 2nd Floor, Room 202

Office Hours: Monday-Friday, 8:00 a.m. - 5:00 p.m.

Daily Walk-In Hours: Monday – Thursday, 2:00 p.m. - 4:00 p.m.

Phone: 804.524.5211

www.vsu.edu/career-services

<https://vsu-csm.symplicity.com/students/index.php>

Frequently Asked Questions (FAQ)

Q. When should I start searching for an internship?

A. Start early! For summer internships, start your search in the fall. Search during school breaks (Thanksgiving, Christmas, fall and spring breaks). For fall and spring internships, apply as soon as possible to meet application deadlines.

Q. Where should I search for internships?

A. Visit www.vsu.edu/career-services, conduct Internet searches, check with your academic department and attend career expos and fairs.

Q. Who employs interns?

A. A wide variety of employers hire VSU students as interns. Local, national and international organizations post internship opportunities year round.

Q. Are internships paid or unpaid?

A. Internships can be paid or unpaid; however, this depends upon the employer and the career field. The key is to gain valuable experience.

Q. What if I do not have any experience related to my major or career goals?

A. That is okay and somewhat typical for college students. On your resume include employment even though it is not related to your major or career goals. It tells potential employers that you have work experience. Also, include college activities, honors and volunteer work.

Q. How to register for Academic Course Credit?

A. Consult with your academic department regarding specific guidelines or requirements to register for Academic Course Credit before applying and accepting internship offers.

Q. Am I guaranteed an internship?

A. No, applying for internships is a competitive process. Employers evaluate your resume and compare you to your peers at VSU, other colleges and universities. Students who possess high GPA's and appropriate extracurricular activities are more likely to receive internship offers.

COMMENT FROM A PREVIOUS INTERN

"The most valuable thing gained from my internship was that you should embrace each task with a positive attitude because it could always be a test to see if you could become a potential future hire. Also, do not be afraid to make mistakes because mistakes are just more lessons that need to be learned."

Senior – Sociology Major



"One Internship, Infinite Possibilities!"