

Internships are Worth It!!

Internships, like everything else in life, are what you make of them. This is your chance to gain experience in the area of your academic and career interests prior to completion of college.

8 REASONS YOU SHOULD DO AN INTERNSHIP

1. Gain marketable experience in your career field.
2. Explore a chosen industry or field.
3. Clarify career goals and learning objectives.
4. Apply academic knowledge to a real life work environment.
5. Improve your communication skills and interaction with others.
6. Experience organizational culture.
7. Establish connections for your future career.
8. Acquire experience and references for your resume.

Internships "Pay" in Multiple Ways

According to a 2008 study conducted by the National Association of Colleges and Employers (NACE):

- Two out of three interns are offered full time positions.
- Employers use internships as a way of connecting with employers.
- Employers prize relevant work experience even if it's with another employer.
- Seventy percent of interns that are offered a full time position accept the offer.
- Besides a potential job offer, internships can pay in other ways-including actual compensation.
- In most cases, college students don't have to go far to find employers with internships.

Contact Career Services at 620-341-5407 or career@emporia.edu for more information about programs or services. Planning a campus visit? We would love to have you visit Career Services and meet our staff.

WHERE DO I LOOK FOR INTERNSHIPS?

- A. Check with the Career Services Center and your Hire-a-Hornet account at www.emporia.edu/careerservices for internship postings.
- B. Visit with faculty members and other business professionals in your network.
- C. Can't find one? Visit with Career Services to cultivate an internship to match your interests.

HOW DO I APPLY??

- Step 1** Determine your Track:--Departmental or Campus Wide.
- Step 2** Locate an appropriate internship site and secure a job description.
Propose ideas to department or Career Services.
- Step 3** Register with Career Services, complete all internship agreement forms and return them to Career Services.
- Step 4** Enroll for credit if applicable
- Step 5** Complete the internship.

You are on your way to a powerful resume!!

WILL IT FIT INTO MY SCHEDULE?

The average is 10 hours per week depending on how many credits you seek.

50 work hours = 1 hour academic credit

100 work hours = 2 hours academic credit

150 work hours = 3 hours academic credit

- Up to 6 credit hours may be assigned at the discretion of the instructor.

See how easy it is!

EVALUATION / GRADING

Although an internship is intended to provide you with practical work experience, it is also an academic course, during which you are expected to submit assignments regarding your work. These assignments are designed to maximize the internship experience and integrate your education with real world job. The final grade will be based upon the timely submission of the following items:

Resume and cover letter	20%
Bi-weekly journaling	30%
Employer evaluation	20%
Final reflection paper	30%

PAID - UNPAID

The national trend is that internships are completed without financial compensation; however, ESU does not prohibit financial compensation.

PERSONAL EXPENSES

Sometimes internships, especially ones offered during the summer, require a remote location and you are expected to find and pay for your own accommodations, meals, etc.