

Internships

What is an Internship?

An internship is an opportunity to explore careers and build professional skills in a learning-centered, supportive environment.

THE BENEFITS OF INTERNSHIPS

- Gain valuable work experience and insight into a career of field of study
- Clarify future career goals
- Build professional skills and become more marketable
- Network with professionals in the industry.

Internships can be part- or full-time, short- or long-term, for credit or not for credit, paid or unpaid. Some opportunities are formally advertised, while others are found by word of mouth and networking.

DID YOU KNOW?

Recruiting for summer internships occurs February through April, while some industries begin recruiting as early as September! That said, you should **begin preparing an entire calendar year before you intend to begin your internship!**

CHECKLIST - HOW TO LAND AN INTERNSHIP

First Year: Prepare

- Many (not all) internships seek a junior- or senior-level candidate with certain skillsets. Gain experience during your first year at PLU through leadership activities, student organizations, volunteering, and an on-campus job, or part-time job.

- Discuss your internship goals with Alumni & Student Connections, and your Academic Advisor. Is there a better time to complete an internship? Can you receive credit for your experience?
- Explore LuteLink and LinkedIn to begin informational interviews; they are a great way to gain insight into your desired career field and discover what internship opportunities are available to you.

Second Year: Start Searching

- Start introducing yourself to companies and organizations to learn about opportunities! PLU brings employers to campus through Career Fairs, info sessions, and panels.
- Find an internship to explore options within your career field. If not an internship, locate another opportunity like volunteering or part-time employment to gain transferable skills.

Third Year: Act Timely

- Identify what you want in a workplace. What type of culture or environment would best suit you?
- Consider locating an internship that will allow you to deepen your expertise in a specific area and connect with professionals.

Fourth Year: Reflect and Decide

Now that you've acquired an internship experience, it's time to decide how to leverage it when pursuing full time opportunities. How will you discuss your internship to potential employers?



Alumni & Student Connections

Nesvig Alumni House • 253-535-7415 • career@plu.edu
Pacific Lutheran University • 12180 Park Avenue South, Tacoma, WA
98447-0003

www.plu.edu/alumni-student-connections

Thinking of doing an internship?

Schedule an appointment with a Career Advisor through our [Opportunities Board](#).

Internships Continued

KEY TERMS

Faculty Sponsor - The PLU faculty member that oversees the learning portion of your internship.

Learning Agreement - The method of recording your internship information, learning outcomes, and how you'll be evaluated.

Internship Supervisor - The individual on your internship site that oversees your work and evaluates your progress.

PLU Opportunities Board - The online portal where you can search for internships and submit your Learning Agreement.

Learning Outcomes - What do you expect to learn at your internship? Determine these with your faculty sponsor and internship supervisor.

"An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering for career paths, and give employers the opportunity to guide and evaluate talent."

-National Association of Colleges and Employers

DID YOU KNOW?

You can receive academic credit for completing an internship! Most majors encourage you to take an internship for credit, while some even require it. Even if your major does not offer internship credits, AICE 276/476 are available as general electives.

HOW CAN ALUMNI & STUDENT CONNECTIONS HELP?

- Resume and cover letter writing assistance;
- Internship search strategies;
- Mock interviews;
- Registering for academic credit.

10 EXAMPLES OF INTERSHIP SITES!

Crystal Judson Family Justice Center

Degrees of Change

Earth Economics

J.P. Morgan

RET Physical Therapy

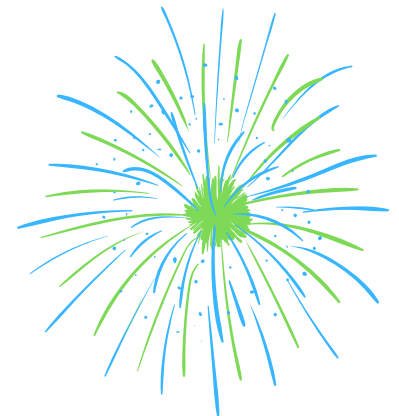
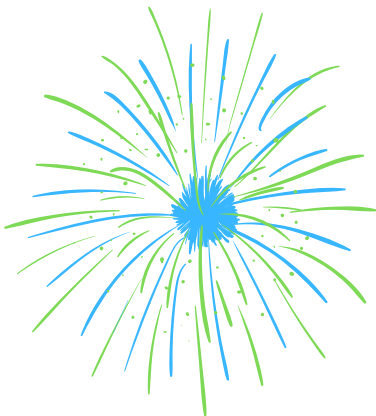
Russell Investments

Seattle Children's Theatre

The Seattle Times

VSG Marketing

Washington State Department of Social and Health Services



Alumni & Student Connections

Nesvig Alumni House • 253-535-7415 • career@plu.edu
Pacific Lutheran University • 12180 Park Avenue South, Tacoma, WA
98447-0003

www.plu.edu/alumni-student-connections

Thinking of doing an internship?

Schedule an appointment with a Career Advisor through our [Opportunities Board](#).