



How to Choose the Right Internship

1. Make sure it matches your interests and field of study

Knowing the career you plan to pursue can significantly benefit your internship selection. Often, you'll already know what career path interests you. Make sure the internships you decide between align with your passions and career goals. Is it a set of skills or specialized experience within a particular job sector? Knowing this ensures you'll be able to take the knowledge gained from the internship and apply it to your future profession.

Employers like to know that job candidates not only have the required education for their job openings but ample experience as well. Often, the only work experience entry-level job seekers will have is in the form of an internship. Make sure to choose one that complements your field of study and meets your overall objective. Ask yourself these questions:

- Why do I want this internship?
- What skills do I want to learn?
- Will this help me in my career advancement?
- Do I need to meet specific degree requirements?
- How much time do I want to devote to working at my internship?
- Do I want to work locally or travel somewhere else?
- What responsibilities will I have?

2. Verify your degree requirements

Many colleges require students to complete an internship commensurate with their field of study. Also, they might require you to have a certain GPA before starting an internship. Following these guidelines determines whether or not you receive your degree. Make sure to check with your college counselor before selecting an internship to verify you'll receive the proper credit to graduate.

3. Consider your stipend (if applicable)

Internships are usually unpaid, paid, or offer college credit. Make sure you understand the stipulations of each position you're considering. A paid internship might be a better option if you're moving to a new city for the internship and need a steady cash flow. For example, will

you need financial assistance if you need to move to a big city for an unpaid internship? Remember that future employers care more about the experience you gleaned than the money you received during your internships.

4. Consider the hours

If you're interested in an internship during the school year, it's important to consider the hours you are expected to work. For example, if a company requires you to work in the mornings but you have a class at 8 a.m., this internship opportunity might not be suitable for you. Make sure your academic schedule allows the adequate time you'd need to pursue an internship. If you are doing a summer internship, verify whether or not you'd be working part- or full-time. Choosing an internship based on your summer plans might become a determining factor.

5. Get to know the company

Students should not only have an opportunity to gain work experience, but they should also enjoy their place of employment. Considering which companies may offer an internship you might want is an important step when choosing the right one for you. Companies fall into the following categories:

- **Private sector:** Opportunities within this sector are run by individuals and companies rather than the local, state, or federal government. Most companies in the private sector hope to glean a profit.
- **Public sector:** The public sector is made up of organizations owned and run by the government.
- **Nonprofit:** Nonprofits are guided by their mission to support social organizations. They aim to provide public benefit and exist for the sole purpose of helping others.

Understanding each of these is key in determining where you'd like to intern. Ideally, the type of company where you would intern will fall under the same umbrella as your future employers.

6. Consider the location

Knowing the location of your potential internship is a common determining factor. If you plan on interning during the school year, it will behoove you to find an internship near your campus; this can help you avoid the potential commute stress.

On the other hand, if you're hoping to land a summer internship, you might prefer a change of scenery. Interning in a different city will give you a sense of the city's culture, but it can also help your networking endeavors should future employment opportunities in the same city arise.

Source & additional tips: <https://www.indeed.com/career-advice/finding-a-job/internships-for-college-students>