



Benefits of Internships

- 1) Gain work experience. Experiencing different roles in the career field and actively participating in them. Developing workplace skills.
- 2) Learn about the occupation or industry before committing to it.
- 3) Strengthen your resume. This is work experience you may add to your resume. This is extremely helpful if you do not have a lot of previous work experience.
- 4) Develop skills. These can be basic workplace skills or career centered skills. The internship experience will also help you identify soft skills that will help you in the career field.
- 5) Build your network. You may not get a job with the company your internship is with, but a connection made during your internship may help you get a different job.
- 6) Gain confidence. Internships allow you to use skills you have learned in the classroom in a safe environment where you are expected to make mistakes.
- 7) Leads to a job. It is not a guarantee but sometimes employers hire a former intern to a full-time position.

Sources and additional information:

<https://www.thebalancecareers.com/should-you-do-an-internship-525756>

<https://fremont.edu/8-benefits-of-an-internship/>

<https://theundercoverrecruiter.com/7-reasons-take-internship/>