Internships are an increasingly important way to gain professional experience before graduation. In fact, the vast majority of employers have internship programs and nearly 57% of interns are converted to full-time staff upon graduation.)* Internships vary greatly from one organization to the next: interns typically can work in a paid or unpaid capacity, with or without academic credit, and for a varied amount of time (one to twelve months). As an intern you can gain valuable hands-on experience, while examining and planning your career interests.

Clarify your goals, priorities, and objectives. Are you willing to take an unpaid internship for the experience? What experiences are you seeking? If you have no prior experience, an unpaid internship may lead to paid experiences in the future. Just determine whether pay is expected in your field.

Use your network. Often the best sources of information are your departmental faculty and academic advisors. Many departments have established relationships with organizations that hire interns on a routine basis.

Keep using your network. Let people know you are seeking an intern experience, and be specific about what you’re searching for. Talk to friends who have been successful in obtaining internships themselves and ask what methods they used and found successful.

*2012 Internship & Co-op Survey from the National Association of Colleges and Employers

**MU INTERNSHIP RESOURCES & PROGRAMS**

HireMizzouTigers.com. If companies or non-profits contact Mizzou about hiring MU students for internships, they typically post those vacancies on the employment website, http://www.HireMizzouTigers.com. Go online to search positions and post your resume to employers.

Internships-USA. The Career Center subscribes to Internships-USA, an online database of internships sponsored by more than 2,800 employers nationwide. The access the site, login with Username: GoTigers and Password: UM201213

Other Internship Websites. There are a number of other websites with internship listings across the US, including:

- http://www.internships.com
- http://www.urbaninterns.com
- http://www.backdoorjobs.com
- http://www.getthatgig.com
- http://www.internjobs.com
- http://www.idealist.org
- http://www.internweb.com
- http://www.vault.com

Print Resources. The Career Center subscribes to the Internship Series which is a listing of internships according to region, state and major/interest (e.g., Green Internships, Media Internships, etc.). This series as well as other helpful titles can be found on the bookshelves under “Internships”. Also look through the resources at Ellis Library which include company directories and internship books: http://laurel.lso.missouri.edu/search/X

Civic Leaders Internship Program (CLIP). If you are interested in working in government, consider the CLIP Program where interns serve the State of Missouri in publicly-funded offices and receive academic credit. Contact 207 Lowry Hall, 884-5744, http://clip.missouri.edu

Office of Undergraduate Research. This office coordinates research internships that are available across campus in a variety of academic disciplines (not just science!). Contact 150 Life Science Center, 882-5979, http://undergradresearch.missouri.edu

MU Career Services Offices. Check with the Career Services office for your academic school or college to speak with staff about internship opportunities of which they are aware. A listing of all career services offices can be found at www.HireMizzouTigers.com.

Faculty/Departments. Talk with faculty and academic advisors and check bulletin boards in your department for announcements about internships. Some employers will notify specific faculty or staff members about internships, especially if they are seeking particular majors or skill sets.

Job Search Engines. Many job search sites exist that can help you find internships. Review the Job Search Series Handouts (organized by region and industry) or simply try a Google search. In addition, many organizations have a link to internship opportunities on their individual web sites.

The MU Career Center is here to assist you with career and major exploration, job search preparation, or after college planning. Come by the Career Center or visit our website at http://career.missouri.edu, and a Career Specialist would be happy to help you!