Internships are an important way to gain professional experience. In fact, the vast majority of employers have internship programs and a majority of interns (50-60%) 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 determining 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.

Academic Departments: Many departments frequently post or share advertisements for intern positions. Begin your search process early and check back frequently! Click the link for a list of all academic divisions on campus.

Create your own opportunities: Research organizations where you are interested in interning, whether or not they have a formal internship program. Although many large employers have more formalized programs, small organizations can also offer wonderful experiences.

Explore professional organizations: Campus “branches” of professional organizations in your field (e.g., Society for Human Resource Management) can put you in contact with unadvertised positions.

Utilize the Chambers of Commerce: They generally maintain online, searchable lists of companies that can help you identify good leads for possible internship opportunities.

**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, 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, go to [http://career.missouri.edu/jobs-internships/](http://career.missouri.edu/jobs-internships/)

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

- [http://www.internships.com](http://www.internships.com)
- [http://www.backdoorjobs.com](http://www.backdoorjobs.com)
- [http://www.internweb.com](http://www.internweb.com)
- [http://www.getthatgig.com](http://www.getthatgig.com)
- [http://www.internjobs.com](http://www.internjobs.com)
- [http://www.vault.com](http://www.vault.com)
- [http://www.idealist.org](http://www.idealist.org)
- [https://www.looksharp.com](https://www.looksharp.com)

**Print Resources:** Ellis Library features some internship resources including company directories and internship books.

**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, 573-884-5744.

**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, 573-882-5979.

**MU Career Services Offices:** Check with the Career Services office of your academic school or college to speak with staff about internship opportunities. A listing of all career services offices can be found at [www.HireMizzouTigers.com](http://www.HireMizzouTigers.com).

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

**Job Search Engines:** Review the Job Search Series Handouts to identify job search sites in specific career fields or simply try a Google search. In addition, many employers link to internship opportunities on their web sites.