



Experiential Learning (Internships and Co-ops)

Career-related experience can come in different forms:

- A formal internship or co-op program offered by an employer
- A summer job, part-time or full-time
- A part-time job during the school year
- A volunteer position related to the career field you want to pursue

<p style="text-align: center;"><u>What is an Internship?</u></p> <p>An internship is typically one semester in length, is usually part-time (15-20 hours a week) during the school year, and can be part-time or full-time in the summer. Internships can be paid or unpaid. You can also be awarded academic credit for the internship if the experience meets the criteria set forth by your academic department.</p> <p style="text-align: center;"><u>What is a Co-op?</u></p> <p>A co-op is typically a full-time, paid experience in which you work for an organization for a semester or longer rather than taking classes for that period of time.</p> <p>Both internships and co-ops are designed to give you practical experience in your area of interest.</p>	<p style="text-align: center;"><u>Benefits of an Internship or Co-op</u></p> <p>The skills, knowledge, and maturity gained through exposure to a real work setting amplify the knowledge you are acquiring from the classroom. If you have spent your semester or summer seriously exploring career options, you will be at an advantage as you begin your post-college job search.</p> <p>Internships and Co-ops help you to:</p> <ul style="list-style-type: none">○ Gain valuable work experience before graduating○ Develop transferable skills○ Test a career field or industry○ Increase your professional networking contacts○ Gain confidence○ Make a difference in your community
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Academic Credit

The authority to grant academic credit for career-related work experience rests with each academic department. Check with your department to see if this option is available. If your department allows this, academic credit is usually earned by registering for an Internship, Field Study, or similar course, and it usually requires you to submit academic work, such as reports, to a faculty member, in addition to the employer's on-the-job requirements.

How to find an Internship

- Meet with a Career Services professional; call 977-2828 to schedule an appointment
- Frequently check internship listings on eRecruiting
- Check the internship binders in the Career Services resource library
- Attend career fairs
- Participate in On-Campus Recruiting (OCR)



Other On-Campus Resources

Numerous other on-campus resources are available for your internship search. Some examples are:

Debbie Opich

Internship Program Coordinator
John Cook School of Business
314.977.3824

Available to advanced business students (juniors and seniors).

Diane Stagg

Program Coordinator
Parks College of Engineering and Aviation
314.977.8208

Available to all Parks students.

Prof. Bill Tyler

Director of Communication
Department Internship Program
314.977.3190

Available to rising junior and senior communication students.

Other Faculty / Staff

Many other academic departments have a faculty member who coordinates internships. Check with Career Services or your department for the appropriate contact.

Helpful Web-Based Resources

For internships in the United States:

eRecruiting: slu.erecruiting.com

Get That Gig: www.getthatgig.com

Intern Web: www.internweb.com

Rising Star Internships: www.rsinternships.com

Wet Feet: www.wetfeet.com

The Washington Center: www.twc.edu

For internships abroad:

Wet Feet: www.wetfeet.com

Intern Abroad: www.internabroad.com

AIESEC: www.aiesec.org/exchange

Knowledge Exchange Institute:
www.knowledgeexchange.org/StudyAbroad.htm

Council Exchanges: www.ciee.org

Institute of International Education: www.iiepassport.org
(Select "internship" as the "Format" type in the "Advanced Search" option)

For internships with non-profit agencies:

eRecruiting: slu.erecruiting.com

Idealist, a project of Action Without Borders: www.idealists.org