Preparing for an Internship Search

Do a little planning below; then discuss your goals with your Career Advisor for resources tailored to you. To learn what counts as an internship see careers.uiowa.edu/students/benefits-internship.

What are your top motivations for an internship?
Rate the following with 1 being your top goal and 10 being the one of least importance.

- Apply Skills Learned in School
- Gain Professionalism
- References
- Build Your Resume
- Leadership Development
- Skill Development
- Career Exploration
- Network
- Try out a Career Field
- Gain Industry Knowledge Firsthand

Get Ready for Your Internship Search
What do you hope to learn specifically from the internship?

What kind of responsibilities, projects, or tasks would you like to have?

Consider Your Priorities
Think of a Plan A & B
(You can have plans all the way to Z!)

<table>
<thead>
<tr>
<th>Summer or School Year?</th>
<th>Plan A</th>
<th>Plan B</th>
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<tbody>
<tr>
<td>Home, Iowa City, or Other?</td>
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<td>Housing/Cost of Living</td>
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<td>Paid or Unpaid?</td>
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<td>Full-time or Part-time?</td>
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<td>Size of Organization?</td>
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<td>Find Your Own or do a Fee-based Program?</td>
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<td>Eligible for Course Credit?</td>
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Did you know?
Students who participated in multiple internships averaged 10 or more applications when searching, and started looking & applying their sophomore year (Looksharp). For Hawkeyes, 48% percent of interns take approximately six months to land an internship. Apply early and often.