Having three or more unpaid internships or having one paid internship experience increases the likelihood of full-time job offers before graduation by approximately 24% and 26% respectively. (Looksharp State of College Hiring 2015).

Did you know?

If you are looking to start your career in government, non-profits, arts, media, or PR (fields where internships are typically unpaid), you will want to do more than one internship to be a competitive candidate.

What does that mean for you?

Ready to Land an Internship

How do You Actually Find One?

• Use as many resources as possible
• Prepare: Do resume and cover letter reviews and practice interviews at the Career Center
• Network, network, network
• Apply to multiple internships

Checklist to Find Internships

Leverage your human capital

☐ Talk with Career Advisor for field-specific resources
☐ Ask older students in student organizations, part-time jobs, or classes for referrals
☐ Ask academic advisors, faculty members, or staff members for referrals
☐ Ask family and friends for referrals
☐ Ask relevant guest speakers in class or after events
☐ Consider programs
  □ Washington Center (through the Career Center)
  □ Des Moines Center (through the Department of Political Science)
  □ IES (through the Office of Study Abroad: domestic and programs abroad)

Use Online Resources

☐ Filter and Create Search Alert functions on HireaHawk.com
☐ LinkedIn.com
☐ General searching sites like Google, Indeed.com, and Wayup.com
☐ Internship ranking on Vault.com
☐ Careers.uiowa.edu job and internship listing links and Resources for Diverse Populations pages

Be Creative

☐ Send a letter of introduction to an organization that is not currently advertising for interns
☐ Submit an internship proposal to a company that does not have a formal internship program

Attend Events

☐ Attend a networking night
  □ Exploring Careers in Bioscience
  □ Journalism Speed Networking
  □ Networking @ Carver
  □ Tippie Tech
  □ Diversity Networking Night
  □ Meet the Firms
  □ Attend one or more Job & Internship Fairs
  □ Fall Fair
  □ Spring Fair
  □ Hire Big 10+ Virtual Fair on Careereco.com

Want your internship on your transcript? See options across campus at careers.uiowa.edu/students/reporting-credit-options