

DO YOU HAVE QUESTIONS ABOUT INTERNSHIPS? WE HAVE ALL THE ANSWERS!

WHAT IS AN INTERNSHIP?

An internship is a short-term work experience, in which people - usually students - can get some entry-level exposure to a particular field or industry. It's a combination of a learning experience and work.

Internships allow individuals to work on projects, learn about the field, make connections, and develop skills. Internships sometimes even lead to full-time job offers!

For these reasons, it's important to understand the ins and outs of internships.

What is an Internship?

Do Interns get Paid?

Searching for Internships

Tips to Keep In Mind

DO YOU HAVE QUESTIONS ABOUT INTERNSHIPS? WE HAVE ALL THE ANSWERS!

DO INTERNS GET PAID?

How much interns are paid varies widely. While some fields pay interns well, others are not paid at all.

Unpaid internships, while beneficial as a learning and professional experience, are unsustainable. Everyone should be paid for their work - no matter if they are an intern or a senior executive!

Fortunately, universities have created grants and other programs to help support you while you get the work experience you need.

To find grants or other scholarship resources, explore a university's career office, individual departments, or national scholarships like the [Benjamin A. Gilman International Scholarship](#).

What is an Internship?

Do Interns get Paid?

Searching for Internships

Tips to Keep In Mind

DO YOU HAVE QUESTIONS ABOUT INTERNSHIPS? WE HAVE ALL THE ANSWERS!

HOW TO LOOK FOR INTERNSHIPS

Knowing where to look is critical to applying for internships. You can search for internships in a few different ways!

Visit Job Sites: Websites like Indeed or LinkedIn have millions of job listings, including entry-level positions like internships. See our entire list of recommendations for applying to jobs [here](#).

Utilize your College Career Center: Most colleges have a career center, with a variety of resources you can use for your professional goals. Career centers have counselors who can help walk you through the entire internship process!

Using your Networks: Make sure to reach out to your friends, family, classmates, or folx within the [VT PoC Network](#)

What is an Internship?

Do Interns get Paid?

Searching for Internships

Tips to Keep In Mind

DO YOU HAVE QUESTIONS ABOUT INTERNSHIPS? WE HAVE ALL THE ANSWERS!

TIPS TO KEEP IN MIND AS YOU APPLY

There are a number of tips that can help you in securing an internship.

1. **Start looking early.** Larger companies start filling positions earlier than small organizations. If you're looking for a Summer Internship, it's best to keep in mind that applications could be due anytime between January and March.
2. **Get your cover letter and resume into tip-top shape** before sending in your application. See our Toolkits to writing a cover letter and resume [here](#).
3. **Prepare for your interviews!** Interviews can be nerve-wracking, but they're a great way to show who you are as a worker and a person! See our Interview Toolkit to get prepped on what to expect.

What is an Internship?

Do Interns get Paid?

Searching for Internships

Tips to Keep In Mind