Finding Internships in Handshake

What is an internship?
An internship is a form of experiential learning that allows students to apply their academic learning through hands-on experiences, develop or refine specific skills, and/or explore a specific industry or job sector.

Who are employers recruiting?

CLASS YEAR PREFERENCES

Employers could select more than one option for class year.

When do employers post?

By the Numbers

Internships Posted | 26,760
Paid | 94%

In Summer | 62%
1-2 Quarters Long On Average | 73

Screen By GPA | 62%

New Postings Every Day | 73

Summer | Academic Year

Up to 40 Hours | 10-15 Hours
Local, National, International | Usually Local

1 Data from July 1, 2022 to June 30, 2023
2 Average minimum GPA is 2.99
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Recruitment timelines
- Most industries do not have specific recruitment timelines
- The highest volume of summer internship postings come in during winter quarter
- Some industries (e.g., accounting, consulting, engineering, and finance) recruit heavily in fall quarter
- Many employers do "just-in-time" hiring for summer and year-round internships

How early do employers post?

<table>
<thead>
<tr>
<th>Summer</th>
<th>Academic Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>84%</td>
<td>65%*</td>
</tr>
<tr>
<td>More than 2 months before start date</td>
<td>More than 2 months before start date</td>
</tr>
</tbody>
</table>

*13% of all academic year postings are less than one month out

Remote Internships

20% of all internships in 2022-23 were listed as remote opportunities

Maximize Your Internship Search

- Complete your Handshake profile! Over 80% of students who fill out it out get an employer message.
- Use filters in Handshake to find relevant postings. Start with geographic region or opportunity type.
- Explore the "Curated Employers" to view opportunities highlighted by the Career & Internship Center.
- International students can filter by postings that accept CPT/OPT, will sponsor, and/or don't require US work visas. Employers may not use UW-specific terminology so be creative with search keywords and criteria.
- Be patient and inclusive! Check back with Handshake often - recruitment timelines are not 'one size fits all.'
- Many postings get less than three applications total from UW students. Be open to various opportunities and learn more about employers that are new to you.
- Not everything is in Handshake. We recommend using other search engines or going directly to company websites.

Top 10 by State

<table>
<thead>
<tr>
<th>State</th>
<th>Postings*</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>4,899</td>
</tr>
<tr>
<td>Washington</td>
<td>3,173</td>
</tr>
<tr>
<td>New York</td>
<td>3,107</td>
</tr>
<tr>
<td>Texas</td>
<td>2,485</td>
</tr>
<tr>
<td>District of Columbia</td>
<td>1,991</td>
</tr>
<tr>
<td>Illinois</td>
<td>1,827</td>
</tr>
<tr>
<td>Massachusetts</td>
<td>1,667</td>
</tr>
<tr>
<td>Colorado</td>
<td>1,415</td>
</tr>
<tr>
<td>Florida</td>
<td>1,330</td>
</tr>
<tr>
<td>Georgia</td>
<td>1,224</td>
</tr>
</tbody>
</table>

*Postings can be listed in multiple states
Postings available in all 50 states