Internships & Experiential Learning Opportunities

Career Services – UW1-160 – Student Success Center
(425) 352-3706 | career@uw.edu | www.uwb.edu/careers
What Is an Internship?

- Bridge between university experience and the work world
- Solves the “How do I get experience?” question
- Can be full-time, part-time, paid, unpaid, onsite, virtual, volunteer, or even a couple of hours a week
- Possibility for credit and built into your academic coursework
Unique UW-Bothell Internships:

- T-Mobile
  - Cybersecurity for Business, CSSE and IAS

- Washington State Legislative Internships
  - Open to any major
VALUE OF INTERNSHIPS

- Opportunity to explore
- More likely to land a job in your industry:
  51.7% of internships yielded a job offer last year
- Develop professional experience and connections
VALUE OF INTERNSHIPS

▪ Higher starting salary

▪ Greater job satisfaction with first job

▪ Advantage in getting into graduate school

From: InternMatch’s (powered by Looksharp) Report: The Biggest 2014 Internship Trends
**Why Network?**

**Employers Recruitment Methods**

- Promote Qualified Internal Candidates
  - Identify candidates informally through contacts, business associates, etc.
  - Recruit candidates from targeted professional organizations & schools
  - Interview candidates who made unsolicited applications
  - Employment services
  - Ads
- Contacts/Networking
  - Career fairs, univ. career cntrs. & professional orgs.
  - Targeted job search: Actively applying directly to employers of interest
  - Private & state employment services
  - Job listings and want ads

**Job Seekers’ Strategies**
Before you start searching...

Determine your internship goals:

- Specific career interests
- Type of organization (for-profit, non-profit, government?)
- Industry
What criteria is important to you to guide your search?

- Location
- Salary
- Hours/Flexibility
- Portfolio development & Skill building
- Culture/Mission/Values
- Mentorship
Search Strategy

• **Handshake**: One-stop shop for finding jobs and internships
  - Free and you can apply directly through the site

• **LinkedIn**: The world’s largest professional network
  - Company pages, groups
  - UW Bothell Students & Alumni

• **Fall & Spring Job & Internship Fairs**
  - Local, regional and national employers attend UW Career Fairs and events looking to connect with the UW's talent
Networking Opportunities

- Attend Career Fairs and Networking events
  - [www.uwb.edu/careers/events](http://www.uwb.edu/careers/events)
- Connect with alumni, classmates, professors on LinkedIn
- Get involved in a student organization
- Join a Professional or Networking Association

- [www.iloveseseattle.org](http://www.iloveseseattle.org) – Seattle Networking Guide lists events and mixers to connect individuals and groups based on fields of interest and goals
In the internship…

• Informational interview outside of your assignment
• Meet people in other departments, functions, and branches
• Meet alumni and other people in the city or area where your internship is located
• Create a portfolio of accomplishments
• Reflect on what you learned, the skills you gained and your next steps

NETWORK, NETWORK, NETWORK!
KEY TAKEAWAYS

• Set up your Handshake account, complete your profile and start searching for internships!

• Attend Career Fairs & Events
  Hundreds of local, regional and national employers attend UW Career Fairs and events looking to connect with the UW's talent.

• Join University of Washington Bothell LinkedIn to connect with students & alumni

Visit Career Services!
Student Success Center, UW1-160

* http://www.quintcareers.com/information_background.html
Questions?
Contact Career Services at uwbintrn@uw.edu