Finding a great internship can be tricky. There are many companies that offer internship programs, but not all are equal. How do you decide what will be a good experience?

The National Association of Colleges & Employers (NACE) defines an internship as:
“An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering for career paths; and give employers the opportunity to guide and evaluate talent.”

Good internships incorporate the following:

Orientations & Handbooks
Orientations provide an opportunity to make sure that the team and interns are all on the same page. A handbook can help provide extra support and answer commonly asked questions. You will want to know what type of training and orientation to expect.

Real Work Assignments
Interns should be doing work related to their area of interest that is challenging and is seen as valuable. Make sure that there is a plan to utilize your skills and there is ample opportunity for you to learn new skills. Of course, in some industries you will be restricted by lack of necessary training/licensing, in those cases, try to make sure that you will have the opportunity to observe.

Team Involvement & Inclusion
An important piece of a successful internship is feeling that you are a valued part of team. Try to get an understanding of events you will be able to participate in. Attending important meetings, agency events and other programs will give you a better perspective of the company culture and help you feel included.

Mentoring
You should have a direct supervisor to whom you report. Good mentors help you acclimate to the culture of the company and are trusted sources of information. If there is no specific “mentoring” program, try to learn how you will be supervised and who will be your “go to” person; how will you acquire certain professional development skills?

Networking
What opportunities are there for networking and building professional connections? Will you have access to other staff, departments and/or leadership teams? Be sure to seek out other Denisonians at your company and in your city!

In the end, it’s up to you.
While the above are important, your experience is dependent on you. Take advantage of your time to learn as much as possible about the industry and company whether you see yourself there in the future or not. Ensure your coworkers see you as a team player, be willing to stretch yourself, speak up for yourself, ask for projects, be enthusiastic, ask questions and handle feedback in a professional manner. In the least, your employer can be a reference when you apply for future positions.
WHAT MAKES A GOOD INTERNSHIP?

Begin Your Search:
My.denison > Campus Resources > Knowlton Center for Career Exploration > Web Resources

Handshake
Find opportunities with organizations that have a relationship with Denison, including alumni and parent connections!

Be sure to keep Summer on the Cuyahoga in mind—these positions are exclusive to only a few select Universities including Denison. This is a cohort-based program with housing included. [http://denison.joinhandshake.com](http://denison.joinhandshake.com)

LACN
A consortium of 29 liberal arts schools with internship and job postings, this platform is internship-heavy and includes a variety of positions across industries and locations.

Idealist
A job board focused on service and non-profit internships across job functions ranging from marketing, to program planning, to research and web development, to education. There are great options here and around the world! [http://www.idealist.org](http://www.idealist.org)

Going Global
USA City Guides contain career and employment resources for the 40 largest metropolitan areas in the USA. Included in this database are: job search resources, employment outlook, professional networking groups, cost of living, major employer listings by industry sector, non-profits and volunteer opportunities.

Visit My.Denison to create an account

Meet with a Coach
Looking for some assistance with your search, or help polishing your application materials? Make an appointment with a Career Coach! We can help you search for positions, discuss interests, look for alumni connections, and review resumes and cover letters.

Don’t know where to start? That’s okay! Make and appointment to get the conversation going and leave with some next steps!

Schedule on Handshake, call (740) 587-6656, or visit the Knowlton Center in Burton Morgan 205

Stipend Funding
Stipend applications will be available at the beginning of Spring Semester.

More questions? We can help! (740)587-6656 or career@denison.edu

DENISON Austin E. Knowlton Center for Career Exploration