

## Frequently Asked Questions

### In what year of college should I consider an internship?

Do not wait until you are a graduating senior to consider taking an internship course--explore the idea as a sophomore or junior.

### What is the process if I want credit for an internship?

Contact a professor in your major or academic advisor and let them know you are interested in an internship for credit.

### Can an internship be non-credit?

Yes! Any internship experience is valuable to your resume and career preparation.

### Can I participate in more than one internship during my college career?

Yes! We recommend that you participate in as many internship as possible during your college career.

### Are internships paid or unpaid?

Both. Some are paid and others are not. Many non-profit organizations are unable to pay their interns; however, non-profits can offer very good site training.

**Have more questions?**  
Check out the FAQ section on our website!

## How to find an internship

- Visit the Office of Internships website
- Students can log on to the Internship database at [www.app.calstates4.com](http://www.app.calstates4.com) with CSUSM ID & password.
- On the database, search for opportunities specific to a topic or major by entering keywords in the "Opportunities" tab
- Consult with your professors or academic advisor
- Use your social and professional networks
- Attend the CSUSM Internship Fair
- Research companies and organizations in your field of interest

*Contact us! We're here to help!*

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California State University  
SAN MARCOS

## A Quick Guide to Internships



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## What is an internship?

An internship is an **approved and supervised** work experience that meets specific student learning goals related to an academic field of study.

This work-learning partnership between a student, the University and a community/industry partner supports a student's course of study and/or professional objectives. On-site work or projects are combined with reflective academic assignments to help students **learn by doing**.

Internships can come in many forms:

- ◆ for credit or non-credit
- ◆ paid or unpaid
- ◆ full-time or part-time
- ◆ on or off-campus.



## Benefits of internships

- Gain valuable work experience
- Engage in networking opportunities
- Build resume and confidence
- Create a competitive edge
- Determine if the job/field is right for you
- Learn time management
- Apply academic information to real-world situations
- Experience how to be a team player
- Learn to communicate with various audiences
- Handle conflict and pressure in the workplace effectively
- Be exposed to diverse groups of individuals
- Enhance people and customer service skills

## Statistics

- ◆ **66%** of employers stated that relevant work experience is as important as a strong academic performance<sup>1</sup>
- ◆ **85%** of employers surveyed reported that hiring interns was a positive experience, while
- ◆ **86%** of surveyed students reported having a positive internship experience<sup>2</sup>
- ◆ **48%** of graduates reported that participating in an internship related to their coursework "prepared them well for life after college"<sup>3</sup>

<sup>1</sup> "Internships May Be the Easiest Way to a Job in 2013." *Forbes*, 6 Dec. 2012.

<sup>2</sup> "Internships.com Survey Reveals the Increasing Importance of Internships." *PRWeb*. 06 Dec. 2012.

<sup>3</sup> "Recent Grads More Likely to Have Had Useful Internships." *Gallup.com*, 13 Nov. 2014.