



The importance of interning.

Internships are a great way to build up your résumé, expand your knowledge, and gain access to the job world. As a future professional, internships allow you to get real world experience in your area of study, usually under the supervision of a career counselor and the guidance of a professional.

Interning makes you more marketable, and many recruiters now expect résumés to have internships listed.

Internships may be full- or part-time, paid or unpaid, national or international, with or without college credit. As a student, you can work with your advisor to plan your internship around your class schedule. Or you can find an internship posted on **RAMTRACK** that suits you.

If you're trying to decide if a major, career path, or certain company is right for you, explore the pros and cons through an internship to then make a more informed decision. Paid internships help with living expenses. However, unpaid internships show recruiters your dedication and help you stand out above the competition. Keep in mind that more than half who intern are offered permanent jobs, often ahead of non-interns.

How to be a successful intern.

Internships work two ways: You get to assess the employer and business, and the employer gets to evaluate your abilities and compatibility. Whether or not you're getting paid, treat an internship as though it were a permanent position – be on time;

dress appropriately; be considerate, enthusiastic, and committed. NEVER complain.

Learn the employer's needs and problems and help solve them. Express your capabilities, creativity, and efficiency. Contribute new ideas, perspective, and energy. Internships are great opportunities to gain greater insight into the field in which you'd like to develop a career. Take on responsibilities and show that you're the ideal employee.

Let's make a wager.

For businesses, internships are a cost-effective way to get work done. Interns often work for little to no pay in exchange for work experience and/or college credit. For some, these benefits and the possibility of gaining a future job at the end are worth the effort. Few people will give up such an opportunity by objecting.

However, an intern should not be taken for granted. There are federal regulations and ethical guidelines that address fair labor (See: "Internships: Paid vs. Unpaid"). Depending on the company and conditions, pay scales range from zero to minimum wage to maybe even \$15 an hour or more. Talk to a career counselor for more guidance and to find internship leads.

- Find out if you will be paid and, if so, how much. Some students cannot afford to intern only for college credit.
- Ask what your responsibilities will be. Hours vary by industry and duties can range from business-related to tedious.

Internships: Preview the Real World

Getting the experience you need to find the job you want.

Simply put:

Internships enable you to get your feet wet in the area you're interested in pursuing long-term:

- You gain work experience that looks great on a résumé.
- You're able to network with professionals.
- You increase your chances of being hired in the future.
- Apply early to beat out the competition from the summer/graduating crowd.
- You'll be in a position for a better transition from college into the "real world."

-- Keep in mind that interning is no job guarantee.

The many benefits.

Interning offers more benefits than just work experience: There's a better chance of getting a higher starting salary; you'll gain new contacts while networking; you may have a smoother transition from college life to the business world after graduation; and you'll probably get exclusive insight on upcoming job openings and opportunities.

Internships better prepare you for future job interviews and build up your résumé. You'll enter the "real world" with more confidence and initiative. Hopefully, you'll also gain greater problem solving abilities, communication skills, and teamwork awareness. All of these are marketable skills for any job seeker.

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