

Tips from an Internship Specialist



“Students need to address two big questions when applying for an internship:

1) What skills, experiences, abilities, etc. can I offer to this internship?

2) What am I hoping to learn?

Often when I help students apply for internships, they don't stop to critically reflect on why this particular internship is going to help them in their career development. Internships are a two-way street in that they are meant to be a working *and* learning experience. Employers do want to hear about your qualifications, but they also want to know what you hope to gain by working for them.”

-Jeanette Meliska-Romero, WorkAbility IV Internship Specialist

Determining Your Ideal Internship

Obtaining an internship is a great way for students to improve their resumes, as well as gain hands-on experience in their field of interest. Before accepting an internship, it is important to consider some parameters:

1) Paid vs. Unpaid

Although working without pay may seem daunting, it is important to understand that you will gain essential training, valuable work experience, and noteworthy connections.

2) Credit vs. Not-for-Credit

Check with your college to see if they provide credit for approved internships so you can gain work experience and course credit simultaneously.

3) Term-Time vs. Summertime

Although most internships are available only in the summertime, some are offered throughout the academic year. It is best to ask yourself, “Will I be able to handle an internship along with my normal work load at school?” and “How many hours can I devote to an internship?”

Search and apply for internships months before you plan to do one. If you have graduated and did not do an internship, you have options! Consider volunteering, finding a mentor, participating in professional organizations, etc.

Contact your WAIV counselor for more advice.

<http://www.wetfeet.com/advice-tools/internships>

Looking for an internship? Begin your search on [Aztec Career Connection!](#)



Qualcomm 2012 Disability Mentoring Day

Save the date for the 2012 Disability Mentoring Day!

It will be held on **Monday, November 12th** at the Qualcomm Campus here in San Diego. Qualcomm's Disability Mentoring Day is an on-site job mentoring event that is designed to connect students with disabilities with career professionals in their field of study. In order to attend this unique opportunity, you must:

- 1) Be a currently enrolled student with a documented disability at SDSU
- 2) Schedule an appointment to meet with your WAIV counselor to apply for the event

If you have any questions or are interested in attending this event, please contact your WAIV counselor and apply today! Stay tuned for more details in the upcoming NewsWAIV newsletters.