

Tips from our Internship Specialist



“Students needs 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 the 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 advisor to see if credit is provided 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 graduated and didn’t do an internship you have options! Consider volunteering, finding a mentor, participating in professional organizations, etc.

Contact your WAIV counselor for more advice.

Looking for an internship? Check out [Aztec Career Connection!](#)



United Spinal Association

SOUTHERN CALIFORNIA CHAPTER!

The mission of the Southern California Chapter of the United Spinal Association is “To be THE resource hub for individuals, families and friends with SCI or related diseases by providing relevant information related to adaptive sports, recreation, peer mentoring, social events, issues related to health and wellness as well as political policy at both the State and Federal level.” Our primary goal will be to gather information on all of the current programs, resources and services available in the four county area of coverage. We want to have all of this information available to the disabled community in one central location which will be our website. www.scchapter.org