

INTERNSHIPS

Through internships, students are able to gain experience in their fields of interest, which provides them with an idea if a job is right for them. Internships also establish vital connections between an individual and a company that can possibly aid interns later when looking for a job. Today the job market is ultra-competitive, and a completed internship is valuable on a résumé because it shows an employer that the potential applicant is serious about the job and has background in the field.

Here are some great tips on how to set up an internship:

Who:

Most internships aren't publicized, which means that students must create internships for themselves. This self-motivated action demonstrates that the student is willing to learn and is truly interested in the field of work that they are investigating. The best way to start looking for an internship is to contact local companies or organizations related to the field of study one is interested in. It is better to call or visit a potential employer in order to create a relationship--a relationship that cannot be achieved through e-mail.

There are some websites that focus on internships, however be aware that there may not be very many opportunities in Vermont. Check out Internshipprograms.com, GoAbroad.com, or Idealist.com

When:

Summer break is a great time to complete internships because students aren't worried about balancing school work, sports, or other activities.

The Burlington Free Press published a great article on Internships called "[Invasion of the Interns](#)". The article focuses on internships at the ECHO Science Museum, but it also explains the benefits that internships offer for high school and college students.

