

INTERNSHIPS

An internship is a practical work experience that allows students to participate in preprofessional work that may or may not be related to their career interests. The Office of Career Services strongly encourages all students, particularly those with little or no work experience, to take at least one internship prior to graduation. Almost two-thirds (64.2%) of employers responding to a national Experiential Education Survey said that they pay new, permanent, full-time hires with internships or co-op experience an average of 8.9% more than their inexperienced counterparts.

Why take an internship?

- They provide an opportunity for students to challenge themselves, expand their horizons and to explore a career field of interest.
- They provide an opportunity for students to prepare themselves for the work force and ease the transition into regular postgraduate employment.
- They may function as a trial period that could lead to a full-time job offer upon completion.
- They provide an opportunity to develop contacts for future employment.
- They serve as an example of related experience on a resume.

Are internships paid?

- Some internships are paid and others are non-paid. Students may receive college credit for both non-paid and paid internships.

What are the eligibility requirements?

- You must be a matriculated student with a minimum cumulative gpa of 2.0 and be registered with the OCS with an approved resume on file.
- You **must have received credit for Coop 101 or SD 120.**
- To receive credit you **must register for Coop 111, 211, 311 or 411 during the registration period for each semester for which you do an internship.** These are to be taken in sequence, allowing you to receive credit for four (4) semesters of internships.
- If you do not wish to receive credit for the internship, but do want a referral from the OCS you must meet the first two requirements.
- Individual internships may require specific prior course work, gpa and/or class standing.

Are internships available for any major?

- **Yes.** All students, regardless of their major, are urged to take at least one internship.

How and When should I start?

- You may start by registering with the OCS in room 3E03 during your first semester at York.
- Register for Coop 101 as early as your second semester at York. This will allow you to become eligible for an internship as early as your sophomore year.
- **Please note:** You may receive a waiver *of the prerequisites* for Coop 101 (not the course) in our office 3E03.