

# Internship, Co-op, and Job Shadow Program

## Why Should I Participate?

Observation and experience are closely intertwined. Job shadowing may lead directly to an internship or co-op, and both contribute to your future marketability as a job candidate. Participating in a co-op, internship, or job shadow experience can help you:

- Gain a greater understanding about your chosen field or explore a particular career path.
- Experience industry cultures and values.
- Apply knowledge, skills, and information learned in the classroom, and gain professional hands-on experience.
- Observe the day-to-day duties of a professional in your chosen field.
- Develop new skills and greater confidence.
- Build contacts for future jobs.
- Earn course credit through your academic department or university recognition (non-credit) on your FSU transcript through the Career Center.

## Still Not Convinced?

A study conducted by the National Association of Colleges and Employers (NACE) found that more than 700 companies rank interns as the most important source of new employees. Another recent study<sup>†</sup> found:

- 91% of the students who completed an internship earn a higher starting salary upon graduation than those who have not.
- 60% of internship students are offered full-time positions with their internship employers after graduation.
- Graduates who complete an internship are 38% more likely to receive one or more promotions in the same time period compared with graduates who did not complete an internship.

<sup>†</sup>National data from the Cooperative Education and Internship Association, Inc. (CEIA)



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Alternative format available.

## Find an Internship, Co-op, or Job Shadow Host

Currently enrolled, degree-seeking undergraduate and graduate students can use the following services to find co-ops, internships, work experience, or a job shadow host:

- **SeminoleLink:** Search the Career Center's online job database for internships, co-ops, part-, and full-time opportunities.
- **Student Employment Program:** Find part-time, temporary, or seasonal work through our Student Employment Program (SEP).
- **SpringWork:** Connect with a job shadow host and spend time with a professional in your career field or industry.
- **Career Expos:** Meet recruiters at Seminole Futures and other career expos that are seeking candidates for internship and co-op programs.
- **Career Center Library:** Research internship, co-op, or job shadow host options using information resources in our library.
- **GOINGGLOBAL:** Find international internship and job opportunities.

## Get Started Today!

- Contact your academic department or the Career Center and start your research at least one semester prior to the term you want to intern, or several weeks before you want to job shadow.
- Target your search to a specific industry, location, and type of experience.
- Check with your academic department and the Career Center for possible internship, co-op, or job shadow listings.
- Register for SeminoleLink *Plus!* services and begin searching for internship and co-op openings or job shadow hosts online.

## Questions?

For more detailed information about co-ops, internships, and other experiential learning programs, please contact us.

Drop by the Career Center at 100 S. Woodward Avenue (in the DSC), visit [career.fsu.edu/experience](http://career.fsu.edu/experience), or call 850.644.9775.