

INTERNSHIPS

What Are Internships?





Internships are hands-on, practical learning experiences typically associated with a specific occupational certificate or degree program. It can be both a career exploration opportunity as well as a way to apply what you've learned in the classroom in a "real world" setting. Interns may be paid employees or unpaid volunteers. An ideal internship will be both educational and productive, but the principal focus will be on education.

Why Should I Complete an Internship?

- An internship is a great way (and sometimes the only way) to get an inside glimpse of a company, an industry, and a particular occupation.
- Doing an internship *early* in your college experience can help in two ways: if you really enjoy your internship, it can inspire you to work harder in college and learn more so you can continue to work in that field. If you didn't enjoy your internship experience, you can shift your academic focus before committing a significant amount of time and money into preparing for a career that is not right for you.
- Doing an internship *later* in your college experience, or even after graduation, will help reinforce what you've learned and help you to integrate theory with practice
- An internship gives you an advantage in the job interview process; employers are more often expecting potential employees to have successfully completed an internship
- Internships allow you to develop a professional network. Most people get jobs based on networking and word-of-mouth
- Internships allow you to demonstrate your work ethic, professionalism and capability, and often lead to job offers

Mission of Mendocino College's Internship Program

The mission of Mendocino College's Internship Program is to provide students with access to real world job experiences while earning academic credit. Directed work-based learning experiences based on specific and measurable learning objectives help interns integrate academic learning with the realities of employment, and result in academic, professional and personal growth. Interns expand their academic learning by achieving skills necessary for success in the workplace such as self-motivation, initiative, resourcefulness, discipline, ability to work independently or as a team member, and receptivity to supervision and feedback. By understanding and responding to the work environment, interns develop effective time- and task management skills, improve their written and oral communication skills, and generally understand the inner workings of a business or agency and its relationship to its customers and the community.

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