Participating in an internship is beneficial in several ways:
  • Internships help students gain real-world experience and apply the knowledge you are learning in the classroom to a professional setting.
  • Internships give students the opportunity to “try on” different careers before graduation and determine if you have chosen the best field of study.
  • Internships boost students’ resumes and help you develop a professional network.

There are many different types of internships available (in-state vs. out-of-state, international, paid vs. unpaid, summer vs. fall/spring, full-time vs. part-time, for-credit vs. not-for-credit). Take time to consider which is best for you based on your career goals.

Some internships are paid or offer a one-time stipend upon completion; others are unpaid.
  • Remember that you may be able to earn academic credit for your internship.

Be sure to begin your internship search and application process during the semester before the semester in which you wish to complete the internship.
  • Check with your academic department to determine if the internship you are seeking qualifies for academic credit.
  • Visit Career and Talent Development (career.fiu.edu) to learn about internship and career fairs, workshops to hone your resume and cover letter writing skills, the Practice Interview Program, and more.

Take time to define your goals for an internship. Once you are hired, complete a learning contract with your employer outlining mutually agreed upon goals.

Once you are hired, meet with your internship supervisor regularly to discuss progress and constructive feedback.

Make sure to maintain a positive attitude during your internship and refrain from negativity and office gossip.
  • Remember that acting professionally is key to a good internship experience as well as your future career success.

Participate in team/department rotations during your internship, if possible, to get exposure to different types of work in your chosen field.

Be sure to ask questions and take advantage of every opportunity to learn.

After the internship, thank your supervisors and maintain the professional contacts you earned during the experience.

Visit your Career and Talent Development department to perfect your resume and cover letter writing skills for future job searches.

Sign up for Handshake, FIU’s online platform for internship and job postings and professional development opportunities.

Meet with your academic advisor or faculty mentor to reflect on your learning experience following the internship.

Be sure to report your internship to the university.