

INTRODUCTION TO INTERNSHIPS

An Essential Part of Your Education

The Benefits of an Internship

- An internship helps you narrow your career choices, solidify career goals, learn more about where you might want to work, or gain insight about a specific industry or career field.
- An internship is a way to “get your foot in the door” of an industry or a specific company. It provides you with the opportunity to make an impression that might lead to a full-time job offer, job referrals, mentors, or close professional contacts in your targeted field of interest.
- An internship can enhance your marketability. It develops and builds on your professional skills, demonstrates that you are familiar with the industry, and reinforces your demonstrated interest in the field.
- Internships come in many forms. They can be paid, unpaid, credit bearing or not for credit.
- If you have to work during college consider an internship or position that will increase your career related skill set or a job in an industry associated with your degree.

Important Statistics

- 58.90% of the respondents to the 2007 Salem State College Employment Survey reported that they participated in some sort of field experience. (Internship, Student Teaching, Practicum, etc.)
- Firms that use their internship program as a recruitment tool for full-time hires will draw, on average, 40 percent of their full-time hires from their pool of interns. (NACE)
- Consistent with the emphasis on using the internship program for recruiting full-time hires, employers are generally converting a greater percentage of interns into full-time employees than in previous years. The percent of interns converted to full-time employees has increased from 35.6 percent in 2001 to 50.5 percent in 2008. (NACE)
- Driving the higher conversion rates is the increase in the rate at which interns are receiving offers of fulltime employment. The percent of interns receiving full-time job offers as a result of their internships increased from 56.9 percent in 2001 to 69.6 percent in 2008. (NACE)
- There is some indication that full-time recruits coming out of internship/co-op programs are “more successful” as employees than those drawn from outside of the internship/co-op process. A greater percentage of these recruits remain employees of their original firms after five years than do non-intern/co-op recruits. (NACE)
- The average compensation for interns and co-ops increased nominally this year—2.1 percent for undergraduate interns. Average hourly compensation is just under \$16.50. (NACE) *(This figure will vary depending on industry. Many students interning are not financially compensated.)*

Famous Interns

Madeleine Albright - The Denver Post

Carl Bernstein - The Washington Star

Steven Bochco - Universal Studios

Bill Bradley - Capitol Hill, DC

Dick Clark - WRUN (Utica, NY)

Katie Couric- 3 Washington Radio Stations

Patrick Ewing - Capitol Hill, DC

Bill Gates - Congressional Page

Spike Lee - Columbia Pictures

Ronald Reagan - WOC (Davenport, IA)

Rob Reiner - Regional Theater on the East Coast

Brooke Shields - San Diego Zoo

George Stephanopoulos – Ohio Rep Mary Rose Oakar

Donald Sutherland - Repertory Theater (Nottingham, Chesterfield, Sheffield)

Kiefer Sutherland - Williamstown Theater Festival

Donald Trump - Trump Corporation (Construction)

Mike Wallace - Brookline Citizen

Sigourney Weaver - Williamstown Theater Festival

Oprah Winfrey - WTVF-TV (Nashville, TN)

Frank Lloyd Wright - With Representative Robert Stephens, Jr.