

Parent Guide to Internships

What is an internship?

Internships offer students an educational experience integrating academic studies with learning through productive work experiences in a field related to their major or career goals. An internship allows students to acquire practical skills by being exposed to the world of work. Students may participate in internships which are paid or unpaid.

Why should your student do an internship?

- Internships assist one with career decision making through on-the-job experience in a targeted field. Students who participate in internships tend to have a clearer sense of career objectives and increased motivation for school.
- Internships develop one's professional and personal skills. It improves self-organization, management, communication, and interpersonal skills.
- Internships improve after-graduation job prospects. Interns gain valuable work experience, confidence in the interviewing process, and professional contacts for future employment. Working as an intern helps begin the process of networking early and places student interns in continual contact with potential employers.
- Internships provide your student with a competitive edge in today's job market. Data shows that internship experience helps facilitate the transition from student to employee.

What are the requirements for receiving credit?

With departmental approval, students may receive fieldwork credit. The College requirements for receiving credit include:

- Students must have at least a GPA of 2.5 (2.75 for business students).
- Students must be at least a junior (earned 60 credits).
- Students need to be matriculated at SUNY New Paltz for at least one semester and must meet the departmental and/or employer requirements for credit.

How can the Career Resource Center assist students with finding an internship?

The Career Resource Center is a clearinghouse for internship information. Organizations, both local and elsewhere, notify us when they want to host interns. We maintain these listings on **Handshake**. The Career Resource Center can assist with identifying appropriate internship sites, putting together top-notch application materials, and preparing for the internship interview. They will advise students on how to have a successful experience once they have been accepted into an internship program. The Career Resource Center also has additional funding students can apply for, for students who have secured an unpaid internship.

Please encourage your student to visit the Career Resource Center to find out more details. We have drop-in hours Monday-Thursday, 12pm-4pm, or an appointment can be made if your student calls (845) 257-3265.