

Internships Overview

Internship Application Essentials



WHAT IS AN INTERNSHIP?

Internships are short-term professional experiences focused on learning. You get to see how a job works behind the scenes, explore if you like a certain career, build skills, and develop professional connections. Internships are considered a Career Preparation activity.

WHY SHOULD I DO AN INTERNSHIP?



Identify career aspirations

Allows you to “test drive” careers of interest. Helps you see whether a career or industry is the right fit or not.



Develop skills

Get hands-on experience developing Future Ready Skills including communication, collaboration, problem-solving, initiative & self-direction, social awareness, and planning for success.



Build connections

Meet and get to know different professionals. Who you know matters and they will help open doors to future opportunities.

COMMON INTERNSHIP FAQ'S

>> When & Where Do Internships Happen?

- **When:** Any time of year but summer is the most popular time
- **Where:** In-person, hybrid (some days on site, some days remote), or virtual

>> When Should I Apply?

- Apply as a junior or senior (most companies require you to be 16+)
- Apply early for formal programs (i.e. applying in February for a June internship)

>> Do Internships Pay?

- Some internships are paid (i.e. salary at regular intervals, or stipend all at the end)
- Some offer a gift card or other types of compensation
- Some are unpaid, but you can explore other funding options

HOW WILL AN INTERNSHIP COUNT TOWARDS NAFTRACK CERTIFICATION?

Internships count as a **Career Preparation** activity and then your supervisor will complete the **Skills Assessment**. Other Career Preparation activities include clinical experiences, apprenticeships, and mentored industry projects.

NAFTrack

✓ **Enrollment** 
Enrollment in a NAF academy and career-connected program of study

✓ **Career Awareness** 
Student Participation in WBL Career Awareness Activity

✓ **Career Exploration** 
Student Participation in WBL Career Exploration Activity

✓ **Career Preparation** 
Student Participation in WBL Career Preparation Activity

✓ **Skills Assessment** 
Proficiency on employer-validated skill assessment after completing a Career Preparation Activity

