



LAND AN INTERNSHIP

Do you want to excel in today's super-competitive job market? Then you better get an internship. One the best ways to land a great job when you finish school is to have internship experience. Employers seek interns who are enthusiastic, have good communication skills, a strong work ethic, a good attitude and the ability to take on new challenges. Since these qualities are often hard to assess and rate, completing the chart below will help you prepare for an internship interview.

Quality	Define the behavior	Give an Example to show you have it	Rate Yourself 1-5 (5 as best)
Enthusiastic			
Good Communicator	<i>A person who can clearly express his/her ideas in writing or speaking.</i>	<i>I write the monthly electronic newsletter for the campus culinary group on campus.</i>	4
Strong Work Ethic			
Good Attitude			
Able to take on New Challenges			

What are 2 or 3 things you are going to do to get an internship?

Find internship opportunities by contacting

PROFESSIONAL ASSOCIATIONS

in your field of interest

A RECENT STUDY FOUND THAT EMPLOYERS EXTENDED JOB OFFERS TO 70% OF THEIR INTERNS.

— NACE (NATIONAL ASSOCIATION OF COLLEGES AND EMPLOYERS)