

# Internships

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What do you want to be when you grow up? We have all been asked this question at some point in our lives. The truth is, most people don't have a straight path to their "dream career." Discovering your passions and working towards your professional goals takes time, exploration, and trial and error. Internships are a valuable way to invest in your future and set yourself up for success.

Here are a few ways internships are valuable for professional development:

1. **Gain Real-World Experience:** Translate your classroom knowledge into a hands-on experience and build practical skills, enhancing your resume and LinkedIn profile.
2. **Build Your Professional Network:** You'll work alongside experienced professionals and make connections that could lead to future job opportunities.
3. **Test-Drive Your Career:** Internships allow you to try out a career field before committing full-time and help determine if it fits you.
4. **Stand Out to Employers:** Employers value candidates who have gained practical experience and demonstrated initiative by pursuing internships.
5. **Source of Income:** While not all internships will offer financial compensation, we encourage you to seek paid opportunities because you add value to the company.

**Pro-Tip:** Engaging in meaningful conversations during an internship can lead to a more extensive professional network and future internships or full-time opportunities.

## Types of Internships

### Traditional Internships

Internships, considered a form of experiential learning, integrate knowledge and theory learned in the classroom with practical application and skills development in a professional setting. Traditional internships last 9-16 weeks and can take place during a semester or throughout a summer. These can be part-time or full-time roles and may be unpaid.

### Internships for Credit

Huntsman programs offer academic credit for completing internships. Some programs require an internship to fulfill graduation requirements, however, we encourage all students to complete at least one internship during their academic career regardless of earning credit.

If you want to learn more about internship credit, schedule an appointment with your academic advisor. They can guide you through the coordination and approval process. [Visit the Huntsman Internship page for more information.](#)

## Part-Time Roles

The title "intern" is not necessary for the benefit of work experience. Many students can gain relevant skills and industry knowledge through part-time roles. Seek positions that match your career goals.

## Micro-Internships

A micro-internship is a short-term, project-based internship typically lasting from a few days to a few weeks. They are a great option designed to provide opportunities to gain practical experience, develop new skills, and build a professional network in a shorter time than a traditional internship. Micro-internships can be remote, providing the flexibility to balance academic and personal commitments while gaining valuable experience.

Parker Dewy, which has partnered with Utah State University, is a platform that provides a streamlined process to search and apply for micro-internships and offers opportunities across industries and functional areas. The platform also allows you to work on multiple projects with different companies, helping you build diverse skills and experiences.

## Internship Search Strategies

It's essential to have effective search strategies and resources to help you land an internship or relevant part-time role. We have created a list of strategies and resources to increase your chances of finding a position in your field of interest.

Here are some quick tips to help you get started:

1. **Meet with your Career Coach:** One-on-one career development appointments guide internship search strategies, resume building, and interview preparation.
2. **Network with Huntsman School Alumni:** You have access to a vast network of alumni who can share valuable insights into the job market and may offer opportunities.
3. **Attend Events:** The Huntsman School provides many opportunities throughout the academic year to meet with employers and learn about your potential career path.
4. **Use Job Boards:** Check out the Huntsman Job Board, Aggie Handshake, and LinkedIn to search for internship or part-time opportunities.
5. **Customize Resumes and Cover Letters:** Tailor your application materials to each role you apply for by aligning your skills and experiences to match the job requirements.

## Networking

Networking builds and nurtures professional relationships with individuals and organizations, which can lead to internship opportunities. The Huntsman School of Business (HSB) allows you to expand your professional network through events such as the Career Expo, Mock Interview Day, and Global Learning trips. Remember to follow up with new connections after meeting them - send a personalized LinkedIn message, email, or text message to continue the conversation and stay in touch.

## Telling Your Story (aka the Elevator Pitch)

An elevator pitch is a 30-90 second introduction to share what you're professionally passionate about and is often your first opportunity to share your story during networking opportunities. Reflect on your knowledge, skills, and experiences to craft a compelling pitch and hopefully land an internship.

## Four Parts to Your Story

<b>Introduce yourself</b>	Share your name, background, interests, experiences, major, and relevant skills/qualifications. Focus on what is memorable about yourself and keep it concise.
<b>Communicate your goals</b>	Explain why you are interest in a particular industry, trend, or employer, and tailor your message to your audience. Be intentional in your approach.
<b>Tailor to your audience</b>	Have a foundational knowledge of the professional with whom you interact, including their company. Connect your goals or values in the organization.
<b>Outline your plan</b>	Share your short and long-term strategies for achieving your goals. Discuss what led you to this moment and inquire about specific internships or roles.

Following these four steps, you can effectively communicate your story and present yourself as a qualified candidate. Remember, you can work with your [Career Coach](#) to develop and practice your elevator pitch.

## Sample Elevator Pitch

"Hello, my name is Maxwell Toppham from Morgan, Utah. I grew up loving numbers and creating ways to make money independently. In high school, I went on a college exploration trip to USU. I knew I wanted to pursue a career in Finance and Entrepreneurship.

Since coming to the Huntsman School, I've been involved with the Investment Club and the Entrepreneurship Center. I have also spoken with a recruiter from Goldman Sachs and learned of the Global Investment Research division, which aligns with my love for studying equity, fixed income, and commodities markets.

I would love to intern in Salt Lake City or Dallas, but I am open to going where needed most."

**Pro-Tip:** Focus on your history, determine your strengths, and incorporate them into your story.

## Informational Interviews

An informational interview is an informal conversation you initiate, generally lasting 15-30 minutes, with a professional in your desired career path. Skillfully used, this is one of the most valuable sources to understand company values, position specifics and building connections.

These conversations before an internship help boost name recognition, provide an opportunity to demonstrate your experience, and are an excellent way to research the company. During an internship, information interviews with colleagues, both within and outside your department, expand your network at the company and can lead to future opportunities. You can conduct informational interviews throughout your career.

Informational Interview Quick Steps:

1. Arrange the interview, remember to be courteous, and explain your objective of gathering information
2. Prepare specific questions before the interview
3. Send a thank you email or handwritten note within 24 hours of your conversation

## Thank You Notes & Emails

Following up after an information interview is crucial. Sending a note or email demonstrates your professionalism. It is an excellent opportunity to remind a new connection of your conversation. Follow up promptly by sending your note or email 24-48 hours after meeting them. Keep it brief and make it personal.

### Sample Thank You Note/Email

Subject: Thank you for the informational interview

Dear [Interviewee's Formal Name],

Thank you for taking the time to speak with me yesterday. Our conversation was incredibly insightful, and I appreciate the opportunity to learn more about your experiences in the [industry/career].

I have a much better understanding of what it takes to succeed in this field. I also appreciate your willingness to share advice and candidly answer my questions. I will follow up on the resources and organizations you recommended, and I look forward to exploring them further. I'm also happy to keep in touch and let you know how my job search progresses.

Once again, thank you for your time and expertise. I enjoyed speaking with you and wish you all the best.

Best regards,

[Your Name]

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