

PROFESSIONAL INTERNSHIPS



PennState
Abington

Exploratory Internships

WHAT IS AN INTERNSHIP?

An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering for career paths; and give employers the opportunity to guide and evaluate talent source.

-NACE

WHAT IS AN EXPLORATORY INTERNSHIP AND WHO IS ELIGIBLE TO PARTICIPATE IN ONE?

Exploratory internships allow students to earn credit while they explore various internship settings and experiences. All students with a 2.0 GPA or higher are eligible to earn credit for an Exploratory internship.

WHEN SHOULD I APPLY FOR THE INTERNSHIP?

We encourage students to begin searching for an internship at least one semester or 4-6 months prior to needing the internship.

WHEN WILL THE INTERNSHIP TAKE PLACE?

You can begin your internship once it is approved by a Faculty Internship Supervisor, is officially registered on LionPath, and you and your site supervisor agree on a start date.

HOW MANY ACADEMIC CREDITS AND HOURS ARE INVOLVED?

Students will earn 3 credits and must complete a minimum of 200 hours during the semester they are interning.

WHAT IS AN APPROPRIATE INTERNSHIP SITE?

Internships must take place in a professional setting, under direct supervision. Internship site supervisors must have experience in the specific field of study. Your internship cannot be directly supervised by a parent or guardian.

IS THIS THE ONLY INTERNSHIP I SHOULD COMPLETE WHILE I'M IN COLLEGE?

No, students are encouraged to experience more than one internship during college. Talk to your counselor to discuss your options.


INTERNSHIP DEADLINES

Fall : Early August
Spring: Early December
Summer: Mid April

Refer to
<https://www.abington.psu.edu/internship-application-process> for specific deadlines

IMPORTANT CONTACTS

CAREER & PROFESSIONAL DEVELOPMENT

 215-881-7529

 internships-ab@psu.edu

 abington.psu.edu/career-development

FACULTY INTERNSHIP CONTACT

Assigned individually

**CAREER & PROFESSIONAL
DEVELOPMENT**

Finding an Internship

TOOLS, RESOURCES, AND EVENTS

- <https://www.abington.psu.edu/campus-life/careers/students-alumni/online-career-tools>
- Career Guide
- Career Shift
- Nittany Lion Careers
- GoinGlobal
- Interviewing.com
- Campus Philly
- Internships.com
- Employer Websites
- Career Fairs
- Networking
- Professional Associations

ADDITIONAL INFORMATION

[abington.psu.edu/campus-life/careers](https://www.abington.psu.edu/campus-life/careers)

GETTING STARTED

Step 1 - Prepare

- Begin the internship planning process no later than **one semester before** the internship.
- Work with a career counselor to prepare your resume, cover letter, and references.
- Attend an Internship Planning Workshop to learn the process for registering an internship for academic credit.
- Meet with your faculty advisor to determine your eligibility to complete a required internship.
- Prepare for interviews by using Interviewing.com and/or participating in a mock interview with a career counselor.

Step 2 - Conduct an Internship Search

- Utilize the tools, resources, and events to the left to conduct a comprehensive internship search.
- Meet with a career counselor to discuss additional resources and strategies.

Step 3 - Secure and Register Your Internship for Credit

- Accept an internship offer.
- Visit <https://www.abington.psu.edu/internship-application-process> to access the letter template associated with your major.
- Provide your host employer with the letter template and request that it be completed, signed, and returned on official company letterhead.
- Submit your internship application and accompanying employer letter.
- Await approval from CPD and your academic department.
- **Internships must receive CPD and academic department approval to be registered for credit.**

NEXT STEPS

- Once approved, the internship course will appear on your roster in LionPath.
- Report to your internship site on the date established by your site supervisor.
- Complete all academic requirements as outlined in the syllabus and Canvas course.

SEEK ASSISTANCE EARLY & OFTEN!

The staff in Career & Professional Development are here to help you succeed. Please reach out early and often for help during this process. Contact or visit us:

206 Lares | 215 - 881 - 7529 | internships-ab@psu.edu | [abington.psu.edu/career-development](https://www.abington.psu.edu/career-development)

CAREER & PROFESSIONAL
DEVELOPMENT