10 Things To Do To Land a Psychology Internship
TIP #1: Create an Internship Spreadsheet
Internship Spreadsheet

[Google Spreadsheet]

PSYC Internship Search

<table>
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<tr>
<th>A</th>
<th>B</th>
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</thead>
<tbody>
<tr>
<td>Organization Name</td>
<td>Mission Statement</td>
<td>Representative's Contact Info</td>
<td>Email sent?</td>
<td>Application completed?</td>
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[Link to Internship Search Spreadsheet Template]
Click the link above and create your own copy of the spreadsheet to track your internship application progress!
TIP #2: Visit the PSYC Internship Sites Organizational Directory
Internship Directory

Link to PSYC Internship Directory
TIP #3: Identify 12-15 Organizations to Narrow Your Search
PSYC Undergrad Internship Directory Search Strategies

Identify which subfield in psychology you would like to intern with (e.g. Counseling/Clinical Human Services, Education, Research, Human Resources/IO, or Social Justice/Advocacy.)

Once you identify a subfield, browse through the options and add 12-15 organizations that jump out to you to your spreadsheet. This will allow you to track any progress you make with your outreach or application, and keep you organized.
TIP #4: Review Roles Student Interns held at Prospective Internships
Explore Student Intern Roles

Research the functions or roles a student performed in their internship with these resources:

Read UMD students’ Testimonials
Click [HERE](#) to read about PSYC internships previously held by UMD undergraduate students.

Read Internship Site Reviews
Click [HERE](#) to learn about internship overviews and valuable lessons learned in potential internships.
TIP #5: Review the PSYC Internship Workshop
TIP #6: Review Professionals and Organizations from the PSYC Career Exploration Night
TIP #7: Review and Update your Resume
TIP #8: Create a LinkedIn Profile
TIP #9: Use a Keyword List to Identify Target Internships
TIP #10: Follow the PSYC E-News Blog for Internship Postings
Benefits of an Internship Infographics

How much are you paid per hour?

Follow the link in the graph to modify its data and then paste the new one here. For more info, click here
Benefits of an Internship Infographics

Are paid interns happier?

- Paid: 42%
- Unpaid: 31%
- Paid: 25%
- Unpaid: 30%

It's the fifth planet from the Sun and the largest.

It's the eighth and farthest-known solar planet.
Benefits of an Internship Infographics

Are internships still worthwhile?

- **College credit**
  It's the eighth and farthest-known solar planet from the Sun

- **Skills**
  It's the fifth planet from the Sun and the largest in the Solar System

- **Experience**
  Mars is the fourth planet from the Sun and is actually a cold place

- **Network**
  Mercury is closest planet to the Sun and the smallest of them all

- **Right industry**
  Venus is the second planet from the Sun and has very high temperatures
Benefits of an Internship Infographics

Why intern in an IT company?

- **In-depth training**
  It's the fifth planet from the Sun and the largest in the Solar System

- **Skilled trainers**
  Mercury is the smallest planet in the Solar System and the closest to the Sun

- **Assess their abilities**
  Mars is the fourth planet from the Sun and is actually a cold place

- **Gain real experience**
  Venus is the second planet from the Sun and has high temperatures
Benefits of an Internship Infographics

Certifications
Mars is the fourth planet from the Sun and it's a cold place

Experience
It's the fifth planet from the Sun and the largest of them all

Industry skills
Venus is the second planet from the Sun
Benefits of an Internship Infographics

Internship statistics

- Relevant work experience
  - 63%
  - Mars is the fourth planet from the Sun and it’s a cold place

- Have at least 1 internship
  - 87%
  - It’s the fifth planet from the Sun and the largest of them all

- Increase odds of full-time job
  - 57%
  - Venus has a beautiful name, but also high temperatures
Top 3 most wanted benefits

**Scholarship**
It’s a gas giant with a radius of about nine times that on Earth

**Paid holiday**
It’s a dwarf planet, a ring of bodies beyond the orbit of Neptune

**401(K)**
Mercury is the smallest planet in the entire Solar System

For more info, click here
Benefits of an Internship Infographics

- Help employees to grow as mentors
  - Mercury is the smallest planet in the Solar System and the closest to the Sun

- Allow companies to fill entry-level positions
  - Pluto is a dwarf planet, a ring of bodies beyond the orbit of Neptune

- Increase team’s output at low cost
  - It’s a gas giant with an average radius of about nine times that on Earth
Benefits of an Internship Infographics

Percentage of industries that hire MBA interns

- **76%** Finance/accounting
- **71%** Healthcare
- **65%** Products/services
- **63%** Technology
Benefits of an Internship Infographics

5/10 students
Find out if it's the right career
Mercury is the closest planet to the Sun and the smallest in the Solar System

$28,000
Average salary without an internship
Mars is the fourth planet from the Sun and is actually a cold place

$34,680
Average salary with an internship
It's a gas giant with an average radius of about nine times that on Earth
Benefits of an Internship Infographics

Tips to get the most out of your internship

- **Get advice from coworkers**
  Mars is the fourth planet from the Sun and a cold place

- **Make an impression**
  Earth is the third planet from the Sun and where we live on

- **Find a mentor**
  Saturn is composed mostly of hydrogen and helium

- **Learn as much as possible**
  It's the fifth planet from the Sun and the largest of them all

- **Set a future plan**
  Venus is the second planet from the Sun
Benefits of an Internship Infographics

Are internships overrated?

Job offers percentages

- 58% Interns
- 30% Non-interns

Transition from college to career

- Fifth in line from the Sun, it’s, by far, the largest planet in the Solar System—more than twice as massive as all the other planets combined
- 2.5 months Interns
- 6.3 months Non-interns

Pluto is now considered a dwarf planet

Mars is the fourth planet from the Sun
Benefits of an Internship Infographics

Certifications
Mars is the fourth planet from the Sun and is cold

Experience
It’s the fifth planet from the Sun and the largest

Industry skills
Venus is the second planet from the Sun

Merchandising
Pluto is now considered a dwarf planet

Bonus
Earth is the planet where we all live on
Benefits of an Internship Infographics

76%
Acceptance rate
Mars is the fourth planet from the Sun and it's actually a cold place

66%
Retention rate
It's a gas giant with an average radius of about nine times that on Earth

67%
Internship offer rate
It's the fifth planet from the Sun and the largest in the Solar System

85%
Satisfaction rate
Venus is the second planet from the Sun and has a beautiful name
Benefits of an Internship Infographics

What can you get from an intern as a company?

1. Identify new talent
   - Mercury is the smallest planet in the entire Solar System

2. Receive extra help
   - It’s the fifth planet from the Sun and the largest in the Solar System

3. Gain fresh perspective
   - Venus is the second planet from the Sun and has high temperatures
## Benefits of an Internship Infographics

### What companies offer to their interns?

| Offer paid internships to active students | It’s the fifth planet from the Sun and the largest of them all | 52% |
| Offer unpaid internships to active students | Mercury is the smallest planet in the Solar System | 28% |
| Offer paid internships with no requirement of student status | Earth is the third planet from the Sun and where we live on | 11% |
Benefits of an Internship Infographics

- **You get your dream job**
  Mars is the fourth planet from the Sun and is a cold place

- **Proper resume creation**
  Earth is the third planet from the Sun and where we live on

- **Professional skills development**
  Saturn is composed mostly of hydrogen and helium

- **Strong professional network**
  It's the fifth planet from the Sun and the largest of them all

- **Master in time management**
  Venus is the second planet from the Sun and has a beautiful name
Benefits of an Internship Infographics

Intangible benefits of an internship

Career experience: Mercury is the smallest planet in the entire Solar System.

Build a network: Mars is the fourth planet from the Sun and is a cold place.

Career trial run: It's the fifth planet from the Sun and the largest of them all.

Build confidence: Venus is the second planet from the Sun and has a beautiful name.
Benefits of an Internship Infographics

- **Scholarship**: Mercury is the closest planet to the Sun and the smallest of them all.
- **Vacation**: Mars is the fourth planet from the Sun and is actually a cold place.
- **Medical**: It's the fifth planet from the Sun and the largest in the Solar System.
- **Tuition**: Venus is the second planet from the Sun and has high temperatures.
Benefits of an Internship Infographics

What advantages have an internship program for your company?

- **New ideas**
  Mars is the fourth planet from the Sun and is actually a cold place.

- **Increase productivity**
  Mercury is the closest planet to the Sun and the smallest of them all.

- **Identify potential hires**
  It's the fifth planet from the Sun and the largest in the Solar System.

- **Create opportunity**
  Venus is the second planet from the Sun and has high temperatures.
Benefits of an Internship Infographics

1. Work experience
   Mercury is the smallest planet in the Solar System

2. Add skills to resume
   Venus is the second planet from the Sun

3. Making new contacts
   Mars is the fourth planet from the Sun and is a cold place

4. Potential full-time job
   It’s the fifth planet from the Sun and the largest of them all
Benefits of an Internship Infographics

What do students value in an internship?

- **Stipend**: 43% Not important, 48% Somewhat important, 9% Really important
- **Mentorship**: 93% Really important, 7% Not important
- **Actual work given**: 91% Really important, 8% Somewhat important, 1% Not important
Benefits of an Internship Infographics

Hottest sectors offering internships

- **52%** Management
  - Mars is the fourth planet from the Sun and is cold

- **25%** Engineering
  - Mercury is the smallest planet of them all

- **12%** Media
  - It’s the fifth planet from the Sun and the largest

- **10%** Design
  - Venus is the second planet from the Sun

- **1%** Others
  - Pluto is now considered a dwarf planet

Follow the link in the graph to modify its data and then paste the new one here. For more info, click here.
Benefits of an Internship Infographics

Internship recruiting calendar

Jan  Feb  Mar  Apr  May  Jun  Jul  Aug  Set  Oct  Nov  Dec

- Logistics
- Finances
- Publicity
- Technology
- All industries
Benefits of an Internship Infographics

Unpaid internships

Top 4 industries that rely on unpaid internships
- Fashion
- Entertainment
- Design
- Online media

Do unpaid internships pay off?
- **37%**
  - **Hire rate after internship**
  - It's the fifth planet from the Sun and the largest of them all

- **49%**
  - **Acceptance rate of internships**
  - Earth is the third planet from the Sun and where we live on
Benefits of an Internship Infographics

**Compensation**
Mars is the fourth planet from the Sun and is actually a cold place.

**Network**
It’s the fifth planet from the Sun and the largest in the Solar System.

**Experience**
Mercury is the closest planet to the Sun and the smallest of them all.

**New skills**
Venus is the second planet from the Sun and has high temperatures.
Benefits of an Internship Infographics

8 benefits of an internship

1. Valuable work experience
   - Mars is the fourth planet from the Sun and is cold

2. Explore career path
   - It's the fifth planet from the Sun and the largest

3. Edge in the job market
   - Mercury is the closest planet to the Sun

4. Develop and refine skills
   - Venus is the second planet from the Sun

5. Financial compensation
   - Pluto is now considered a dwarf planet

6. Field network
   - Neptune is the farthest planet from the Sun

7. Gain confidence
   - Earth is the planet where we all live on

8. Transition to full-time job
   - The Sun is the star at the center of the Solar System
Benefits of an Internship Infographics

Best places to do an internship

**Washington**
Mars is the fourth planet from the Sun and is cold

**Nevada**
It’s the fifth planet from the Sun and the largest

**Texas**
Venus is the second planet from the Sun

**Minnesota**
Mercury is the smallest planet of them all

**Pennsylvania**
Pluto is now considered a dwarf planet

**Georgia**
Earth is the third planet from the Sun
## Benefits of an Internship Infographics

**How to turn your internship into a full-time job**

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Don'ts</th>
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<tbody>
<tr>
<td><strong>Know your field</strong></td>
<td>Mars is the fourth planet from the Sun and is cold</td>
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<tr>
<td><strong>Be proactive</strong></td>
<td>It’s the fifth planet from the Sun and the largest</td>
</tr>
<tr>
<td><strong>Develop relationships</strong></td>
<td>Mercury is the smallest planet of them all</td>
</tr>
<tr>
<td><strong>Learn the rules</strong></td>
<td>Venus is the second planet from the Sun</td>
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Benefits of an Internship Infographics

- **Good references**
  Mars is the fourth planet from the Sun and is cold

- **Possibility of full-time job**
  It’s the fifth planet from the Sun and the largest

- **Build confidence**
  Venus is the second planet from the Sun

- **Job experience**
  Mercury is the smallest planet of them all

- **Discover career passions**
  Pluto is now considered a dwarf planet

- **Networking opportunities**
  Neptune is the farthest planet from the Sun