## Finding Internships and Experiential Opportunities

<table>
<thead>
<tr>
<th><strong>Your Personal Contacts</strong></th>
<th>Talk about your interests and goals with friends, family, family friends, friends' families, professors, supervisors... be as specific as possible</th>
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</thead>
<tbody>
<tr>
<td><strong>Career Center Email Lists</strong></td>
<td>Sign up based on career interests through your profile in CareerConnections [<a href="http://careerconnections.duke.edu/">http://careerconnections.duke.edu/</a>]</td>
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<tr>
<td><strong>DukeConnect &amp; LinkedIn (Join Duke Alumni Group)</strong></td>
<td>Correspon with alums. Many are eager to hear from you! Ask for advice, not internships! [<a href="http://dukeconnect.com">http://dukeconnect.com</a>]</td>
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<tr>
<td><strong>Duke CareerConnections</strong></td>
<td>Search and apply for internships (and jobs) posted for Duke students [<a href="http://careerconnections.duke.edu/">http://careerconnections.duke.edu/</a>]</td>
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<tr>
<td><strong>UCAN and iNet</strong></td>
<td>Internship databases that pool opportunities from selective colleges and universities nationwide (liberal arts &amp; Ivy Plus)</td>
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<tr>
<td><strong>CareerBeam</strong></td>
<td>Industry and company research resources and tools and information on career planning, interviewing, and getting a job.</td>
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<tr>
<td><strong>GoinGlobal</strong></td>
<td>International career resources including international and domestic job/internship opportunities, professional culture guides, visa information, and more.</td>
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<tr>
<td><strong>Internship Series Online</strong></td>
<td>Collects 3,000+ internships that fit common interests of humanities and social science majors.</td>
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<td><strong>Career Fairs at Duke</strong></td>
<td>Seven or more career fairs each year. [<a href="http://studentaffairs.duke.edu/career/events">http://studentaffairs.duke.edu/career/events</a>]</td>
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<tr>
<td><strong>Employer Info Session</strong></td>
<td>Meet employers, learn about specific opportunities. See calendars on CareerConnections</td>
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<tr>
<td><strong>Internship Feedback Database</strong></td>
<td>See what other Duke students have to say about hundreds of internships in all fields at the Career Center website</td>
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<tr>
<td><strong>Sanford School Database</strong></td>
<td>Public policy, public service, political internships [pubpol.duke.edu/career/undergraduate/database.php] *Pub Pol majors, contact <a href="mailto:elise.goldwasser@duke.edu">elise.goldwasser@duke.edu</a> about internship requirements</td>
</tr>
<tr>
<td><strong>DukeList</strong></td>
<td>Research and opportunities on campus [dukelist.duke.edu]</td>
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### Examples of Experiential Programs Available through Duke
- **DukeEngage** – immersion service
- **Duke in LA: Arts of the Moving Image** – spring “study away” program with internship component
- **Duke in NY** – fall “study away” program with internship component [dukeinny.english.duke.edu/]
- **Hart Leadership Program** – research service learning
- **Pathways at Duke** – theological vocation exploration
- **Research fellowships** – e.g., Howard Hughes Research Fellows, Pratt Fellows
- **Stanback Internship Program** – paid internships in environment/conservation organizations

### Additional Sources of Valuable Experience
- Service learning through coursework
- Volunteer work
- Active involvement and leadership in student organizations and athletics
- Study abroad
- Residential advising
- Research assistantship with faculty
- Work-study and part-time jobs
Critical Information for International Students

Unless your internship is required by your curriculum, you will have to consider whether you want to use your OPT (optional practical training) time toward an internship. Please consult the Visa Services Office to learn more and weigh your options. [http://www.visaservices.duke.edu/]

Funding Your Experience

Several departments and divisions at Duke may have funds available to support students’ experiential learning. Inquire with your major or pre-major advisor, directors of undergraduate students in majors you are considering, other faculty, etc.

Some sources to consider:
- Career Center Internship Funding
- DukeEngage
- Duke Global Health Institute
- Hart Leadership Program
- Office of Undergraduate Research Support
- Office of Scholars and Fellows scholarship database

Develop a Plan B for funding: part-time jobs and living at home are both viable options. Build up your savings through a part-time job during the semester, at the beginning of the summer before your internship begins, or during the period of your internship (e.g., weekends). Many employers who cannot afford to pay interns are willing to consider flexible work arrangements to enable you to have a successful internship while earning money to pay for rent, transportation, and other necessities.

Tip: If you receive financial aid, contact your financial aid officer to discuss options that may apply to you to waive your summer earnings requirement.

Note: Some employers offering unpaid internships require course credit. Find out early if this applies to you! See below for more information on obtaining course credit at Duke.

Course Credit for Internships

Duke grants credit for internships that qualify as a part of academic programs (e.g., Public Policy Studies).

When an internship is not required by a student’s academic program, direct academic credit cannot be given solely on the internship experience; however, students may seek approval from the appropriate department for an independent study course that would include learning derived from the internship. Credit is then awarded by the supervising professor and will become a part of the student’s academic record. This arrangement has been successful for many students and is supported by the academic sector of the University. Because students must seek formal support from a supervising professor, considerable advanced planning is strongly advised.

Schedule an Appointment: 919 660.1050
Drop-In Advising: Undergraduate Mon-Fri 1-30-4:30PM, Graduate Students Tue-Wed 2-4PM