INTERN CHECKLIST



Basic Criteria: Minimum 2.5 overall GPA, at least 30 credits completed. Some departments have additional requirements. Transfer students need to complete one semester at SHU.

Internships are a minimum of <u>15 hours</u> per week for <u>at least</u> 10 consecutive weeks. The Career Center supports both credit and non-credit internships.

- 1. **Read, complete, and submit the required** Student Agreement. You only need to complete this once.
- 2. **Create a Resume!** Review the Career Guide and other resume samples. Sign up for a <u>Resume Writing Workshop</u>.
- 3. **Schedule an appointment** with your Career Advisor to have your resume approved. Call 973-761-9355 to schedule an appointment.
- 4. **Search and Apply!** Use Navigator, CareerShift, LiquidCompass, and other online websites to find and apply for internships.
- 5. **Practice Interviewing!** Schedule a practice interview with a career advisor, use the <u>Big Interview practice tool</u>, or attend an <u>Interview Skills Workshop</u>.
- 6. **Record Your Internship by submitting this form!** As part of the Seton Hall University Internship Program, you need to record your internship, <u>regardless of the source of the internship</u> or whether or not it is for academic credit.
- 7. **If you want to take an Intern Course to Earn Credit:** Meet with your Career Advisor to ensure that your internship meets the guidelines for your major.