

Applying for Internships

A guide for ENSP students

The ENSP Program has gathered information from students who have previously completed internships in order to create a guide for current students who are beginning to look for opportunities themselves.

We hope you find this information helpful as you begin your search!

Where do ENSP students find their internship experiences?

Most popular: ENSP blog, ENSP and UMD email announcements, Federal & Global Fellows Program (for those admitted to program)

Also: Career Fairs, professors, internet searches, peers, other departmental and College-level blogs, Maryland Center for Undergraduate Research database

What campus resources do ENSP students use during the application process?

Most popular: UMD Career Center (Careers4Terps, resume and cover letter reviews, mock interviews, 1-credit career courses), ENSP and campus career events, online resources

Also: Federal & Global Fellows Office (for those admitted to program), UMD Writing Center, advisors, career fairs

I've never had an internship before, so I don't have a lot of experience. What should I keep in mind when applying?

Start small, and apply for as many as you can.

Many skills that you develop in school, such as time management, communication, and writing are applicable to any job/internship. Be sure to highlight these skills and demonstrate the ability and willingness to learn.

Volunteer work is a good place to start. Give a few hours per week to an organization in a related field' this will be meaningful experience that can be added to your resume and job applications.

Be open to all opportunities even if it may seem like you are not interested. Bad experiences are still experiences—and are often the most rewarding!

How many internships should I apply for?

At least 10, especially if you do not have a lot of work experience. Many students with prior experience have applied for fewer and have had success.

The more you apply for, the better your chances are!

If I get an internship during the academic year, how do I balance work and school?

Take a lighter course load, limit extra curricular activities, practice good time management, establish a good relationship with your internship supervisor and establish clear goals and expectations.

Other useful tips:

Research experience with professors are equally as valuable.

Talk to people! This includes your peers, career advisors, professors, and even employers directly.

Tailor your resume and cover letter to each position you are applying for.

Get involved with extracurricular activities and volunteering because they are great ways to meet people and find internship opportunities.

Keep an open mind!

Summer internships are more competitive (more students applying); consider fall and spring semester experiences.

