

## INTERNSHIP vs. CO-OP

	INTERNSHIP	CO-OP
<b>Compensation</b>	UNPAID	PAID
<b>Overseen by</b>	Academic Department	The Office of Career Success
<b>Credits</b>	<ul style="list-style-type: none"> <li>Varies based on academic department</li> <li>Usually somewhere between 3 and 6 credits</li> <li>Some departments allow multiple internship experiences</li> </ul>	<ul style="list-style-type: none"> <li><b>NO</b> Academic Credit awarded</li> <li>You do receive “Administrative Credits” which allows you to maintain full time student status. (Helpful, especially if you take a semester off to complete a co-op.)</li> </ul>
<b>Benefits</b>	<ul style="list-style-type: none"> <li>Usually Flexible hours</li> <li>Part-time</li> <li>Build your resume</li> <li>Build your network</li> </ul>	<ul style="list-style-type: none"> <li>Full time (determined by employer)</li> <li>Pre-professional experience</li> <li>PAID!!!</li> <li>Build your network/resume</li> </ul>
<b>When do I do one?</b>	<ul style="list-style-type: none"> <li>Depending on academic department, but most likely to be spring, summer, or fall semesters</li> </ul>	<ul style="list-style-type: none"> <li>Spring, Summer, or Fall semester (when you can devote your time)</li> </ul>
<b>How long is it for? HOURS</b>	<ul style="list-style-type: none"> <li>Semester or summer term</li> <li>Hours per week is dependent on the number of credits you receive</li> <li>Generally, between 10-15 hrs./week</li> </ul>	<ul style="list-style-type: none"> <li>Semester or summer term</li> <li>Full time hours determined by employer (usually 30-40 hours per week)</li> </ul>
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>Complete internship paperwork with your academic department</li> <li>May need to complete an internship class</li> <li>May need to keep a journal or write a summary</li> <li>May need a specific GPA</li> <li>Check with academic dept. for any additional requirements</li> </ul>	<ul style="list-style-type: none"> <li>Must be an enrolled full or part time student at Eastern</li> <li>Must have completed 30 credits (15 which are from Eastern)</li> <li>NO outstanding financial obligations due to Eastern</li> <li>Have and maintain a GPA of 2.0</li> <li>Clear of any judicial proceedings for student misconduct</li> </ul>
<b>How do I get one?</b>	<ul style="list-style-type: none"> <li>Many Academic Departments have lists of approved internships (or can let you know where students have completed internships)</li> <li>Utilize Office of Career Success</li> <li>Research and discover your own!</li> </ul>	<ul style="list-style-type: none"> <li>Utilize the Office of Career Success and search postings on Eastern Career Network</li> <li>Internhere.com and other online links</li> <li>Research and discover your own!</li> </ul>
<b>CONTACT INFO</b>	<b>YOUR ACADEMIC DEPARTMENT!</b>	<p><b>The Office of Career Success</b></p> <p>J. Eugene Smith Library, 1st Floor              860.465.4559 / <a href="mailto:career2@easternct.edu">career2@easternct.edu</a>  <a href="http://www.easternct.edu/career">www.easternct.edu/career</a></p>