

INTERNSHIP vs. CO-OP

| | INTERNSHIP | CO-OP |
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| Compensation | UNPAID | PAID |
| Overseen by | Academic Department | Career Development |
| Credits | <ul style="list-style-type: none"> Varies based on academic department Usually somewhere between 3 and 6 credits Some departments allow multiple internship experiences | <ul style="list-style-type: none"> NO Academic Credit awarded 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.) |
| Benefits | <ul style="list-style-type: none"> Usually Flexible hours Part-time Build your resume Build your network | <ul style="list-style-type: none"> Full time (determined by employer) Pre-professional experience PAID!!! Build your network/resume |
| When do I do one? | <ul style="list-style-type: none"> Depending on academic department, but most likely to be spring, summer, or fall semesters | <ul style="list-style-type: none"> Spring, Summer, or Fall semester (when you can devote your time) |
| How long is it for? HOURS | <ul style="list-style-type: none"> Semester or summer term Hours per week is dependent on the number of credits you receive Generally, between 10-15 hrs./week | <ul style="list-style-type: none"> Semester or summer term Full time hours determined by employer (usually 30-40 hours per week) |
| REQUIREMENTS | <ul style="list-style-type: none"> Complete internship paperwork with your academic department May need to complete an internship class May need to keep a journal or write a summary May need a specific GPA Check with academic dept. for any additional requirements | <ul style="list-style-type: none"> Must be an enrolled full or part time student at Eastern Must have completed 30 credits (15 which are from Eastern) NO outstanding financial obligations due to Eastern Have and maintain a GPA of 2.0 Clear of any judicial proceedings for student misconduct |
| How do I get one? | <ul style="list-style-type: none"> Many Academic Departments have lists of approved internships (or can let you know where students have completed internships) Utilize Career Development Office Research and discover your own! | <ul style="list-style-type: none"> Utilize Career Development and search postings on Eastern Career Network Internhere.com and other online links Research and discover your own! |
| CONTACT INFO | YOUR ACADEMIC DEPARTMENT! | Center for Internships and Career Development Wood Support Services, 2 nd Floor 860.465.4559 / careers@easternct.edu www.easternct.edu/career |