Internships for High School Students

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An internship is a short-term job that gives students hands-on work experience. Internships are available in a wide variety of fields in business, government, and non-profit organizations. Either paid or unpaid, they allow students to explore careers, gain skills, and learn more about themselves.

Internships give students alternative work experiences

Work experience from internships help you stand out on college applications

There are still opportunities to help you gain experience and skills this summer

Internships are a great way for high school students to gain real work experience and learn more about careers and companies. Since finding paid work is sometimes challenging, internships offer students alternative work experiences. They not only help your resume stand out on college applications and to potential employers, they also show that you enjoy learning outside the classroom. Internships teach skills that you may need to land your first job.

Some businesses and non-profit organizations depend on internships to get special projects and work done. They come in many shapes and sizes, and may be anything from a weeklong project or observation to a three-month full time program. Some of the most competitive summer internships can be found at large companies and may lead to a job after graduation. Other opportunities come from smaller groups in the form of teaching, education, media, or museum work and may give students a chance to explore their interests while gaining experience.

Students should approach finding an internship in the same way that they would look for a job. Finding an internship requires time and planning, but the results are definitely worth the effort. Here is some advice below that will help you get started.

1. **Start your search early.** Some internships have early deadlines, so starting in the winter is a good idea.
2. **Identify your broad career interests.** Create a list of internships based on your own career interests.
3. **Build a network.** Talk to teachers or family friends about your interests and ask them for suggestions. Building a local network of people you know can help you find internships that aren’t advertised.
4. **Check out online resources.** Visit job posting websites such as Indeed, Glassdoor, or Google for Jobs, and use the search phrase “internship” to get started.
5. **Contact employers.** Reach out to local businesses and people in your community to ask about opportunities to gain experience. You may be surprised what you find.

When looking for internships, it is all about balance and developing work-based skills. You might end up learning new skills or building on what you already know in a company, experience, or work environment that you hadn’t considered before. Learning about new things and being open to ideas and places to work will help you to see more options for your future career.
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