



Making The Most Of College: Internships, Co-ops & Study Abroad

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Overview

- Co-ops defined
- Co-op programs
- Internships defined
- Difference between co-ops and internships
- Study abroad
- Other opportunities for college students

What is a Co-op?

- “Cooperative education is a structured method of combining classroom-based education with practical work experience.”

Co-ops



co-operative
college

- Provides academic credit for structured job experience.
- Typically a year long program
- Working full time
 - Earning money for college credit
- Hands on learning
- Career opportunities
- Provide great references

Top Co-op programs

Top Programs with Scholarships

- Clarkson University
- State University of New York Oswego
- Drexel University
- University of Cincinnati
- Johnson & Wales University
- University of Massachusetts Lowell
- Rochester Institute of Technology
- University of Toledo
- Wentworth Institute of Technology
- Merrimack College
- Kettering University

Top Affordable Programs

- Berea College (Kentucky)
- Cornell University
- Georgia Institute of Technology
- Purdue University
- University of Cincinnati
- University of Louisville

What is an Internship?

- “An internship can be full-time or part-time, paid or unpaid. Many schools offer them as one-term work assignments during the school semester or over the summer. An internship may or may not carry academic credit.”

Internships



- Help you decide if the major/career is right for you
- Full time student & intern
- Can be one semester or completed over the summer
- Hands on experience
- Career opportunities (hired after an internship)
- Provide great references

Differences

Co-op

- Year long program
- Always paid
- Work a regular work week
- More “in-depth”

Internship

- Can be year long, one semester, or during the summer
- Can be paid or unpaid
- Work specific days and attend classes in between
- Gain a “surface knowledge” of the job



FIND
THE
DIFFERENCE

Both co-ops and internships are great for experience and help you build confidence in specific fields

What is Study Abroad?

- “Studying abroad is the act of a student pursuing educational opportunities in a country other than one's own.”

Study Abroad

- Enhances cultural competency
 - Gain a global mindset
- Supports independence
- Experience new places
- Learn new languages
- Increased international job opportunities



Other opportunities!

- Work study
- Tour guide
- Mentor
- Residence Life
- Clubs on campus



What all of these have in common

- Are great experience for you as a student and as a professional
- Help you stand out on your resume
- Push you to apply what you've learned in class to "real world" experiences
- Make you more marketable after graduation
- Give you the chance to build lasting relationships with others
 - Professionally and/or friendly

Questions?