Internship Essentials

An introduction to experiential learning for students in Computer, Mathematical & Natural Sciences

www.go.umd.edu/uccatcmns
What is an Internship?

- Practical experience
- Educational component
Why do I Want an Internship?

- Bridge classroom studies with real world experience
- Test career choices
- Job-specific training
- Establish professional contacts
- Transferable skills
- Great letters of recommendation
After Graduation

What kinds of careers do chemistry, biochemistry and biology graduates pursue?
What Kind is Right for Me?

- Clinical, research, industry, service, or education?
- On-campus or off-campus?
- Local, national, or international?
- Part-time or full-time?
- Paid or unpaid?
- Credit or non-credit?
Finding an Internship

- Keep your eyes open
- Network
- Go online
Network

- Ask your friends
- Ask your professors
- Ask your academic or career advisor
- Attend campus job fairs and workshops
Upcoming Events

- Career Shuttle to NIST- October 23rd
- Careers in Allied Health Panel- October 28th
- Careers in Global Health Panel- Nov. 10th
- Bioscience Day Panel- November 19th
- Spring Career & Internship Fair- February
- Health Professions Recruitment Fair- April
Go Online

- University Career Center & The President’s Promise
  www.careers.umd.edu

- Careers4Terps
  C4T is accessible from www.careers.umd.edu

- Federal Government
  www.usajobs.gov/studentsandgrads

- College internship resources
  www.cmns.umd.edu/undergraduate/research-internships

- Health Professions Advising Office
  www.prehealth.umd.edu/extracurricular/
“This summer I participated in a variety of projects helping those exploited by gang-ridden streets of San Salvador. I learned to never underestimate the power of simply being a friend.

I want to thank Bright Futures Scholarship; when I first signed up for the Mission to El Salvador internship, I was overwhelmed. Your support was a simple gesture that clarified I was on the right path.”

- Nisha

Applications Available Now!: If you have an unpaid non-profit or government internship this Fall, you may qualify for our Bright Futures: Unpaid Internship Scholarship. Click to learn more! Deadline 9/21.
Research & Internships

Co-curricular experiences such as internships, volunteer opportunities, and undergraduate research are an integral part of the undergraduate academic program. They provide insight into career paths, job-specific training, and the chance to begin developing a professional network. Students in CMNS have a wealth of opportunities in faculty research laboratories on campus, or with the wide range of federal laboratories, research institutes, and private companies in the Baltimore-Washington corridor.

Career and Professional Preparation

University Career Center @ CMNS is now located in 1310 Symons Hall to help students with all aspects of career planning and preparation.

- Job search strategies: networking, how to follow-up, informational interviews, etc.
- Tailoring your application materials for a job or grad school
- Preparing for interviews
- Salary research
- How to make contacts within a specific industry

Our online resources include:

A searchable listing of jobs, internships, research experiences, scholarships and other career-related opportunities.

Detailed advice and information pertaining to particular fields of study:

- Atmospheric and Oceanic Science
- Astronomy
- Biological Sciences
- Chemistry and Biochemistry
- Computer Science
- Undergraduate Research
- Research Grants
- Environmental Science and Policy
- Undergraduate Research
- Internships
- Geology
- Undergraduate Research
- Job opportunities and career advice
- Mathematics
- Physics and Physical Science
University Career Center @ CMNS

What services can the University Career Center @ CMNS provide?

- Job search strategies (networking, follow-up etiquette, informational interviews, etc)
- Developing customized application materials for desired industry, field of choice or graduate/professional school
- Preparing for interviews
- Salary research
- How to make contacts within a specific industry
- Internship search strategies, after student has received an overview from the Center or by attending an Internship workshop (Internship Essentials.ppt)
- Additional resources at: www.careers.umd.edu

How can students schedule appointments?

All appointments at the University Career Center @ CMNS can be scheduled online through Careers4Terps (C4T) at www.careers.umd.edu, by calling 301-314-7225, or visiting the Center at 3100 Hornbake Library, South Wing.

Whether you are a student who knows exactly what you want to do after college or you are still exploring many different career options, career exploration during college provides an opportunity to think about what applications of your college learning will be most satisfying to you after college.

Where is the University Career Center @CMNS located?

1320 Symons Hall

Who would you meet with?

Rachel Wobrak, ’05
Program Director, CMNS

Careers4Terps is a free, web-based service providing students and alumni access to full-time, part-time and internship positions posted by employers looking for UMD students and alumni.
THE REED-YORKE HEALTH PROFESSIONS ADVISING OFFICE

CLINICAL OPPORTUNITIES

Professional schools look for applicants who have at least 10-12 months of clinical experience. Any setting in which you have direct patient contact can provide you with clinical experience.

Guidelines for Clinical Shadowing

The guidelines on this PDF were established by the AAMC in collaboration with medical school and pre-medical advisor working groups. The AAMC has also provided some tips on how to approach a physician for a shadowing opportunity.

Clinical Shadowing Binder

The binder is located in the HPAO and consists of a list of physicians and dentists who have Clinical Shadowing positions available within their various clinics.

It may be helpful to complete HIPAA certification as you seek clinical experiences as some sites may require it or highly encourage it: http://www.hipaasupport.com/

Hospitals and Clinics

- University of Maryland Medical Center
- Children's Hospital
- Children's National Medical Center
- Community Clinic, Inc.
- Doctor's Community Hospital
- Georgetown University Hospital
- Holy Cross Hospital
- Johns Hopkins Bayview Medical Center
- Off-Campus Internship Resources
- Annapolis Red Cross, Walter Reed National Military Medical Center
- Shady Grove Adventist Hospital
- Washington Hospital Center
- Washington Adventist Hospital
- Pan Asia Volunteer Health Clinic
- Prince George's Hospital
- Mentor Project
- Chase Breton Health Services
- Whitman-Walker Health

**Prince George's Hospital/OMH Clinical Volunteer Collaboration:**

We are pleased to announce a new collaboration with Prince George's Hospital Center in Cheverly, MD. PGHC is a Level One trauma center and the second busiest trauma center in the state. The ER has 50,000 visits a year and is staffed by experienced physicians, nurses, PAs, and ancillary staff. PGHC has approached us to help alert students to a robust new clinical volunteer opportunity in the ER in particular, but potentially in other areas of the hospital as well.

Interested students should fill out the on-line employment application and read through the attached information provided about the position. An interview, TB and flu test are required for each candidate. Students will be expected to commit to one 4-hour shift each week for a minimum of 100 hours. This newly established program will allow for student involvement in shaping the program as well as potential student leadership responsibilities as it becomes more established.

For more information and to apply, visit the website at http://www.princegeorgeshospital.org or contact Kim Geary, MSN, RN at kim.geary@dimensionalhealth.org or Wanda Harper-Howard, Volunteer Services Coordinator at wanda.howard@dimensionalhealth.org. In addition, check out these handouts, consisting of the instructions on how to apply and the volunteer forms:

Scribe Programs
- Anne Arundel ER Scribe Program
- Gabe Americas
- Medical Scribe Systems
Opportunities

- Catalyst Seminar [www.hhmi.umd.edu/catalystseminar](http://www.hhmi.umd.edu/catalystseminar)
- Maryland Student Researchers [www.ugresearch.umd.edu/studentresearchers.php](http://www.ugresearch.umd.edu/studentresearchers.php)
- Departmental Honors
- JIFSAN Internship Program [www.jifsan.umd.edu/internship-program](http://www.jifsan.umd.edu/internship-program)
- HHMI Undergraduate Research Fellowships [www.hhmi.umd.edu/undergraduateresearchfellowships](http://www.hhmi.umd.edu/undergraduateresearchfellowships)
- Peer Mentoring, Undergraduate Teaching Assistantships, Learning Assistantships, and Guided Study Session Leadership
## Questions

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