1. **What are some examples of valuable summer experiences?**
   - Internships: Supervised, project-oriented experiences that are tied to the curriculum and include reflection
   - Externships: Short shadowing experiences to shed light on a field of interest
   - Research: Supervised project focused on the pursuit of an academic objective
   - Volunteering: Serving by using your skills to meet a community or organizational need
   - Study abroad: Experience a new culture to develop your global competence and awareness

2. **Why do you want to pursue a summer experience?**
   - What is your goal in obtaining a summer experience? How does it relate to your academic and career plans? What skills and characteristics can you contribute? What skills or knowledge do you need to master?
   - Analyze your personal interests, needs, academic interests, and career goals to determine the best opportunity to fit these goals.
   - Consider other factors: Pay, geographic location, housing, work environment, duration, other commitments during time of internship.
   - Discuss your individual plans with a Career Services’ Advisor to further clarify your goals.

3. **How can you search for a summer experience?**
   - Create targeted résumé(s). Use [Career Services resources](#) to assist with this process (web site, walk-in hours, workshops).
   - Diversify your search strategy
     1. Search postings
        - [SpiderConnect](#) (UR's opportunity database)
        - [UCAN: University Career Action Network](#) (Internship only database)
        - [US Federal Government Internships](#); [Idealist.org](#)
        - Additional web sites: Organization and environment-specific
     2. Target specific organizations that match your goals
        - Career Services’ Resource Center books can help you identify types of organizations
        - [CareerSearch & Vault](#): online databases of organizations nationwide used to target opportunities
     3. Network—mobilize the people who are most invested in you
        - Think of your Top 10 fans: Professors, friends, family, alumni, coaches, supervisors, and more
        - Contact them and tell them about your goals for your summer experience
        - Ask if they know of anyone you should talk to or of opportunities you should investigate
   - Make contact and follow up
     - Develop targeted letters and other application materials requested (résumé, cover letter, etc.).
     - Hone interview skills (mock interviews with counselors or employers, web site tips, walk-ins).
     - Keep in touch with interested opportunities regularly—a spreadsheet may help you keep track of it all.
     - Accept or decline all offers.

4. **Making the most of your summer experience**
   - Develop goals with your supervisor.
   - Regularly reflect on your experience and how it connects to your academic, career, and personal goals.
   - Look for ways to get involved in additional projects.
   - Remember that both good and bad experiences will help clarify your career goals.