

# INTERNSHIPS AND CAREER AND PROFESSIONAL DEVELOPMENT

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## Internships

Academic departments sponsor internships under the joint direction of a faculty member and award academic credit for their successful completion. Guidelines for academic credit vary from program to program; therefore, students are encouraged to discuss these opportunities with their academic advisor and review specific internships requirements of the academic program which sponsors the internship. The Center for Career and Professional Development (<https://www.umw.edu/careercenter/>) maintains an online database of internships and is available to assist students in researching, identifying, and applying for such opportunities. In addition, please note the academic policies related to internships (<https://catalog.umw.edu/undergraduate/academic-policies/internships/>).

## Career and Professional Development

The Center for Career and Professional Development, located in the heart of the Cedric Rucker University Center, is the place where UMW's institutional capacities converge to support and inform student transitions from college to career and the world of work. Its central placement symbolizes the University's core belief that the liberal arts and sciences education prepares students for meaningful post-graduation opportunities as well as the constantly changing job market. The Center serves as a place where students, alumni, employers, and academic programs converge in a variety of programs, opportunities, and services related to career and professional development.

## Career Services

The Center for Career and Professional Development supports the University's efforts to support student's in their transition from college to career by assisting students and alumni in assessing skills, interests, and values; exploring career options; preparing for the internship, job or graduate school search process; and implementing career goals. Through individual appointments, workshops and special events, students clarify their academic and career pursuits. The office maintains a website providing students immediate access to resources and to information on academic and career events.

Handshake ([https://umw.joinhandshake.com/login/?requested\\_authentication\\_method=standard](https://umw.joinhandshake.com/login/?requested_authentication_method=standard)) is an online resource available for students and alumni to use in their internship and job searches. This resource allows students and alumni to search job and internship opportunities as well as post resumes for employer review. Employers use this site to recruit UMW students and alumni for a variety local, national and international job and internship opportunities.

Throughout the year, students and alumni have the opportunity to prepare for the job/internship/graduate school search process and meet with employers, alumni, and graduate school recruiters. Career Fairs, held each semester, provide an opportunity for representatives from businesses, government agencies, and non-profit organizations to recruit UMW students and alumni for career opportunities. Through the on-campus recruiting program, graduating students have the opportunity to interview with organizations hiring for full-time positions.