

Internships are an important step in advancing a college student's career, they provide a source of experience and can provide a source of valuable income. However, unlike paid internships, which have direct and proven benefits, unpaid internships often have nebulous benefits and many students have to go into further debt to afford them at all. Unpaid internships are not worth completing because they frequently do not help with advancing career goals and necessitate higher costs than the student can afford.

While there are exceptions, most unpaid internships do not help advance your career. In a recent survey by the National Association of Colleges and Employers, it was revealed that hiring rates for graduates who completed an unpaid internship were 37% and hiring rates for graduates who did not complete an internship were 35%(Burger. para 3). In contrast, hiring rates for graduates who completed a paid internship was nearly twice as high at 63%(Burger. para 3). In addition to a negligible difference in hiring rates, the starting income between students who had an unpaid internship and those who did no internship was negligible as well. Unpaid interns had an average starting salary of about \$35,721 where students with no internship experience had an average starting salary of \$37,087(Burger. para 4). In addition to nebulous benefits, many unpaid internships have prohibitive costs that could put a student into further debt.

Student debt is growing and is crippling for college students. The average student debt nearly doubled between 2003 and 2012(Brown and Caldwell) and the current average student debt at graduation is about \$26,600 dollars(Denhart). The cost of an unpaid internship could put a student into further debt if they don't have financial support from a third party and could prevent them from working either part time or full time in order to alleviate some of the financial stress that school can incur.

Works Cited

Brown, Meta and Sydnee Caldwell, "Young Student Loan Borrowers Retreat from Housing and Auto Markets," www.libertystreeteconomics.newyorkfed.org, Apr. 17, 2013

Burger, Rachel. "Why Your Unpaid Internship Makes You Less Employable." *forbes*. Forbes, n.d. Web. 2 Oct. 2014

Denhart, Chris. "How the \$1.2 Trillion College Debt Crisis Is Crippling Students, Parents and the Economy," www.forbes.com, Aug. 7, 2013