1. Name three types of internships
   * General types of internships:
     + Insights
     + Work research, virtual research or dissertation
   * Types of internships depending on payment:
     + Paid internships
     + Unpaid internships
     + Partially-paid internships
2. Name two types of job-shadowing
   * New job training
   * Career development
   * Developing expertise
   * Leadership development
3. Name four benefits of internships
   * Gain valuable work experience
   * Explore a career path
   * Give yourself an edge in the job market
   * Develop and refine skills
   * Receive financial compensation
   * Network with professionals in the field
   * Gain confidence
   * Transition into a job
4. Name four benefits of internships for the employer
   * Establish a relationship with the college and university
   * Increase productivity
   * Bring in fresh perspectives
   * Enhance supervisory skills of your staff
   * Create company visibility
   * Develop student/graduate skill sets
   * Cut down on recruitment costs
   * Help to keep college educated talent in our region
   * Give back to the community
5. What are two aspects that can influence your internship application
   * Network
   * Social Media
   * An Impressive Resume
   * Relevant Experience
   * Nail the Interview
   * Follow Up