**INTERNSHIPS, EXTERNSHIPS, CO-OP**

Students at NC State seek career-related experience while still in school – to contribute knowledge, offer fresh ideas, develop skills, increase confidence, and clarify career decisions. Thank you for providing outstanding experiences for NC State students! Choose the options that work best for your organization.

* **Internships:** The most flexible for you and the student, during the summer or semester (part-time or full-time). Internships are usually paid, academic credit options vary by department. [Post internships in ePACK](http://www.ncsu.edu/epack/employer) .
* **Externships:** Designed specifically to help first year engineering students learn more about career options. This is a 1-2 day job shadow experience during spring break, unpaid. [Contact Leslie Bowman](mailto:leslie_bowman@ncsu.edu).
* **Co-op:** An option with a student commitment of three rotations of work alternating with semesters of school beginning in the summer or semester. Co-ops are always paid. [Post Co-ops in Co-op Office](http://www.ncsu.edu/co-op_ed/employers/).

**Tips for outstanding experiences**

* Challenging work assignments
* Supportive work environment
* Clearly stated expectations
* Active supervision and mentoring
* Opportunities to interact with other students
* Inclusion in meetings or events, when possible
* Housing assistance or guidance, if out of town