**INTERNSHIPS, EXTERNSHIPS & CO-OP**

Graduating with career-related experience is highly suggested in order to be competitive for entry-level jobs and graduate programs. There are several ways to gain experience – all bring value! Begin your search early so that deadlines are not missed.

* **Internships:** Career-related experience usually during the summer, sometimes during the semester. Interns work full-time or part-time and are usually paid. [Start with ePACK](http://ncsu.edu/career/students/jobsinternships/epack.php).   
  (Special note for [full-time semester](http://www.ncsu.edu/career/pdfs/semester_internship.pdf) internships.)
* **Externships:** Career-related experience for first year engineering students during spring break. Externs job shadow full-time for 1-2 days and are unpaid. [Start with externships](http://www.ncsu.edu/career/externship/).
* **Co-op:** Career-related experience involving three rotations of work alternating with semesters of school. Co-ops work full-time and are paid. [Start with an orientation](http://www.ncsu.edu/co-op_ed/).
* **Research:** Career-related experience during the summer or semester working in research contributing to a project. Students work fulltime or part-time and are usually paid. [Start with undergraduate research](http://www.ncsu.edu/undergrad-research/).
* **Student organizations**: Career-related experience gained through projects sponsored by organizations. These are part-time and unpaid. [Identify an organization](http://ncsu.orgsync.com/).
* **Volunteer:** Career-related experience gained through service. These are part-time and unpaid. [Start with CSLEPS](http://www.ncsu.edu/csleps/service).