

How to Land the Internship Of Your Dreams (EVEN WITH NO EXPERIENCE!)

WHY INTERNSHIPS MATTER (EVEN IN HIGH SCHOOL):

Internships aren't just for college students. If you land one in high school, you:

- Gain real-world experience before college
- Build connections with industry professionals
- Strengthen your college applications & resume
- Potentially get paid!

But here's the problem: Most students apply the wrong way—and never hear back. Here's the right way to do it.

STEP 1: FIND INTERNSHIPS THAT AREN'T OVERCROWDED

You don't always NEED a fancy internship at big corporations (Google, NASA, etc.) → These get thousands of applicants and while they are great to apply to, there are many alternatives to gain the same experience.

- **Instead, apply to:**
 - Startups – Need extra help & love motivated students
 - Small businesses – Local shops, media companies, restaurants, etc.
 - Nonprofits – Always need help with marketing, events, and outreach
 - Professors at universities – Often need research assistants
- **Where to Find These Internships:**
 - Pathway Interns (we provide a diverse array of opportunities in multiple fields)
 - AngelList (startups hiring interns)
 - LinkedIn (search “high school intern” + your city)
 - Idealist.org (nonprofit internships)
 - Your school counselor or teachers (they sometimes know about local gigs)
- **PRO TIP: If no internships exist, create your own. Pitch yourself as a volunteer (see Step 3).**

STEP 2: BUILD A SIMPLE, BUT POWERFUL RESUME

Even if you have zero work experience, you can create a strong resume.

- **What to Include:**

- Skills: Social media, writing, coding, graphic design, etc.
- Extracurriculars: Clubs, competitions, personal projects
- Any experience: Babysitting, tutoring, running a small business, etc.
- Volunteer work: If relevant to the job

- **Use this free resume template: [Canva.com](https://www.canva.com/resume-templates/)**

PRO TIP: If you have no experience, add a personal project (website, blog, small business).

STEP 3: SEND A COLD EMAIL THAT GETS A RESPONSE

Most students just apply online and wait. Instead, do this:

Cold Email Template (Use This!):

Subject: High School Student Interested in Internship Opportunity

Dear [Hiring Manager's Name],

My name is [Your Name], and I'm a [Your Grade] high school student passionate about [Industry]. I saw that your company [Company Name] is working on [Something Cool About Their Work], and I'd love to contribute. I have experience in [Relevant Skills] and would love to assist with [Specific Task—social media, research, outreach, etc.]. I understand internships for high school students aren't common, but I'm eager to learn and can help in [Mention How You Can Provide Value]. Would you be open to a quick call to discuss any opportunities? Looking forward to hearing your thoughts.

Best,

[Your Name]

[Your Contact Info]

- Send this to at least 10-15 companies/startups.
- Follow up after a week if they don't reply.
- DM companies on LinkedIn & Instagram too.

PRO TIP: Even if they say "We don't have internships"—ask to volunteer instead. Once they see you're useful, they might hire you!

STEP 4: NAIL THE INTERVIEW (EVEN IF YOU'RE NERVOUS)

If they reply, they might set up a quick call. Here's how to prepare:

- **Common Questions & How to Answer:**

- "Tell me about yourself." → Keep it short: "I'm a high school student passionate about [Field]. I've worked on [Personal Project/Extracurricular] and love learning new skills."
- "Why do you want this internship?" → "I admire your work in [Industry] and would love to gain experience while contributing in any way I can."
- "What can you bring to the team?" → Mention your skills (social media, writing, organization, etc.).
- "Tell me about a challenge you faced." → Pick a school project or team activity, explain how you solved a problem.

PRO TIP: If you're nervous, practice with a friend or record yourself answering questions.

STEP 5: MAKE THEM WANT TO HIRE YOU

- If you get the internship, congrats! But if not, here's how to stand out even more:
 - Keep in touch. Even if they don't hire you now, they might later.
 - Offer to work for free at first. If they see you're useful, they may offer paid work later.
 - Document your work. Take screenshots, keep a portfolio of what you do.
 - Ask for recommendations. A simple LinkedIn endorsement from them can help you land future gigs.
- Final Tip: Most students give up after one rejection. Keep applying, keep emailing, and you WILL land an internship.