

What is an Internship?

An internship is an educational experience that provides an opportunity for a student to integrate theoretical classroom knowledge with practical experience in a professional work setting. Internships are designed to benefit both students and employers. Students receive real world experience in positions related to their academic major and career goals while employers benefit from their skills and assistance. Employers recruit students to work on special projects, assist with daily tasks, or provide support during times of higher demand. Students earn either academic credit, pay, or in some instances, both for the work they provide to their employer.

Internships:

- Offered on a semester cycle, typically commencing in mid- August, January and June
- Students register for an internship class supervised by a faculty sponsor from the student's major department. Students complete academic assignments related to the internship
- Students work between 8 - 20 hours per week for a 16 week period during the fall and spring semesters. Summer interns work either full or part time for a ten week period
- Internship can be paid or unpaid
- Employer evaluations count as part of the student's grade

Non-credit Paid Internships:

What is Co-operative Education?

A Co-op is a UCD sponsored education-related *work* experience that takes place in a professional setting for which the student NEVER earns academic credit. A co-op is always a PAID experience. Co-ops are unlike Internships in that: you do not earn academic credit, you do not have a faculty sponsor, and co-ops are not listed on your academic transcript. Instead, you receive a Certificate of Completion. Co-ops are **always** paid work experiences. Co-ops are similar to Internships in that they: are UCD sponsored, Education-related work experiences coordinated through the ELC, are related to your academic major, and must have a UCD approved Learning Agreement on file at the ELC before you begin your co-op. Co-ops receive the same support as interns from the Internship and Co-op Advisor and Site Supervisor.

- There are two basic types of co-ops: parallel and alternating
 - **Parallel** co-ops are either part-time or full-time positions that continue for consecutive semesters while students maintain at least part-time enrollment at the university

- **Alternating** co-ops are those in which students alternate between working full-time (usually for a semester or 6 months) and attending school full-time. UCD does not offer these at this time

Both types of Co-ops:

- Most often start at the beginning of a semester but can begin at any time during the semester
- May continue for multiple semesters
- Students typically work part time in a position that will advance their skills and knowledge related to their academic major
- Compensation generally ranges from \$8.00 - \$25.00 per hour for undergraduate students, and \$12.00 - \$40.00 per hour for graduate students, depending on the academic major and project assignments
- Co-ops often transition into full-time career employment after graduation