

Cooperative Work Experience
Workforce Instruction
Contact Email: NorthInternships.edu

Internship Program | General Information for Students

Benefits of Internship:

- Apply educational knowledge in workplace setting while earning credit
- Opportunity to learn about a new industry or advance in current one
- Develop relationships with professionals in the field
- Experience to list on a résumé
- Many internships are paid positions

Requirements for to earn credit for internships

- Minimum 100 Hours internship (actual required credit hours depends on degree/cert program)
- Internship must relate to program of study; students secure internship position
- Student must have completed 30 credits or be within 1 quarter of graduation*
- International students must have approval from the International Programs office
- Register for an appropriate internship course (CWE 110 or 495)

Internship Process Overview

Pre-Internship for Credit

- Decide what type of internship you want to complete; register on Handshake
- Prepare professional resume, cover letter template to customize, and practice interviewing
- Begin internship search using network, on-line resources, NSC resources
- Once internship is secured, submit Internship Approval form to the Internship Faculty to be approved and request a permission code to register for CWE course.
- Attend Orientation at the beginning of the quarter; log into Canvas for course instructions

During the internship

- Work scheduled hours at internship (10-20 hours/week part time, 30-40 hours/week full time)
- Submit required internship documents with appropriate signatures by the due dates
- Adhere to all rules, regulations and safety standards of the host organization
- Regularly meet with site mentor/supervisor for direction and feedback
- Check in with internship faculty advisor as necessary
- Complete all CWE class assignments

Note: Students seeking an internship for experience only (no credit) follow the same basic steps to find an internship but are not required to register, work a specific number of hours or begin the internship at the start of the quarter. Non-credit internships are based on agreements between the intern and the internship site and are not subject to academic requirements of North Seattle College.

For more information email the WFI Internship Office at: NorthInternships@seattlecolleges.edu