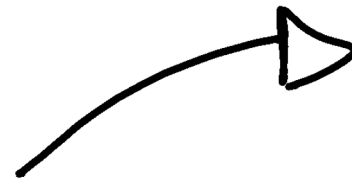


# Looking for an Internship



links to MESA  
Canvas page  
w/ details & more links



Opportunity  
Success  
Internship  
Career  
Mentor  
Skills  
Research  
Leadership  
Graduate  
Job  
Physics  
Learned  
Biology  
Industry  
Explore  
Connections  
Build  
Learning  
Grow  
Chemistry  
CURE  
Development  
Engineering  
Experience  
Medical  
Training  
Love  
Science  
STEM  
Math  
Computer  
Occupation

# First Things First

**What are you interested in?** What topics, courses, disciplines spark curiosity/ passion?

*Take 2 mins to jot down initial ideas*



If you're blanking on this one, skim blogs, videos, podcasts, & academic articles related to your field of interest!

# Finding the Right Internship

- You should strive to find 5+ internships
- Where to find internships?

- MESA database
- MESA Canvas announcements
- NSF-REU
- NIH-SIP

and so many more...

- Chegg<sup>®</sup> Internships
- Health Careers Connection
- HACU National Internship Program
- Internsource
- Pathways Internship Program
- Career Coach
- Indeed
- LinkedIn
- Salary Surfer



MESA Home

MESA Center

Announcements

Internships/Scholarships

MESA Resources

Contact Us

## MESA

Home / MESA / Internships & Scholarships

Open panels below for opportunities!

STEM Scholarships



Paid Internships by subject

Astronomy



Biology



### Biology

City	Institution	Subject	Website	Pay	Eligibility	Deadline
Urbana Champagne, IL	University of Illinois	phenotypic plasticity, the phenomenon of a single genotype producing multiple phenotypes depending on environment	<a href="#">Link</a>	\$5500/10 weeks, travel, housing, and food allowance	community college students only	Mar 15

<https://www.losmedanos.edu/mesa/ScholarshipsforMESA.aspx>





National Science Foundation  
WHERE DISCOVERIES BEGIN



Research Experiences for Undergraduates (REU)



Email

Print

Share

## Search for an REU Site

Astronomical Sciences

Atmospheric and Geospace Sciences

Biological Sciences

Chemistry

Computer and Information Science and Engineering

Cyberinfrastructure

Department of Defense (DoD)

Earth Sciences

Education and Human Resources

Engineering

[https://www.nsf.gov/crssprgm/reu/reu\\_search.jsp](https://www.nsf.gov/crssprgm/reu/reu_search.jsp)



## SUMMER INTERNSHIP PROGRAM IN BIOMEDICAL RESEARCH (SIP)

**Important Change for 2019:** If you are a high school student, please apply to [High School SIP \(HS-SIP\)](#) or one of the HS-SIP Subprograms; SIP is only for college, graduate school, and professional (e.g., medical, dental, pharmacy, etc.) school students.

NOTE: In addition to the main SIP program, we describe SIP subprograms ([CCSEP](#), [C-SOAR](#), [AMGEN](#), [G-SOAR](#), and [GDSSP](#)) organized by the NIH Office of Intramural Training & Education at the end of this page; be certain to [take a look](#) and see if any of them interest you.

You can also apply to two additional programs using the SIP application: [the Biomedical Engineering Summer Internship Program \(BESIP\)](#) and the [NINR-Summer Genetics Institute \(NINR-SGI\)](#).

**The application for summer 2018 is now closed. The application for summer 2019 will be available in mid-December.**

**Program Description:** Summer programs at the National Institutes of Health (NIH) provide an opportunity to spend a summer working at the NIH side-by-side with some of the leading scientists in the world, in an environment devoted exclusively to biomedical research (At the NIH



Summer Poster Day 2014

[View the slide show.](#)

Hear what summer interns have to say about SIP

Apply



National Institute of Environmental Health Sciences  
*Your Environment. Your Health.*

Search NIEHS



Health & Education

Research

Funding  
Opportunities

Careers & Training

News & Events

About NIEHS

Careers & Training ✕

# NIH Summer Internship Program

Research Training

Fellows' Career Development +

NIEHS Medical Student Research  
Fellowships

NIEHS Scholars Connect +  
Program

NIH Summer Internship -  
Program

Application Process

Frequently Asked Questions

Housing & Transportation

**Application Procedure:** Candidates must [apply online](#) 🔗. The application is available from mid-December 2018 to March 1, 2019.

The Summer Internship Program at NIEHS is part of the [National Institutes of Health Summer Internship Program in Biomedical Research \(NIH SIP\)](#) 🔗. NIEHS is located in [Research Triangle Park, North Carolina](#) 🔗. Scientists at NIEHS are committed to sharing with students and educators the intensity, excitement, sense of discipline, and

**Summer Internship  
Program in Biomedical  
Research (SIP)**



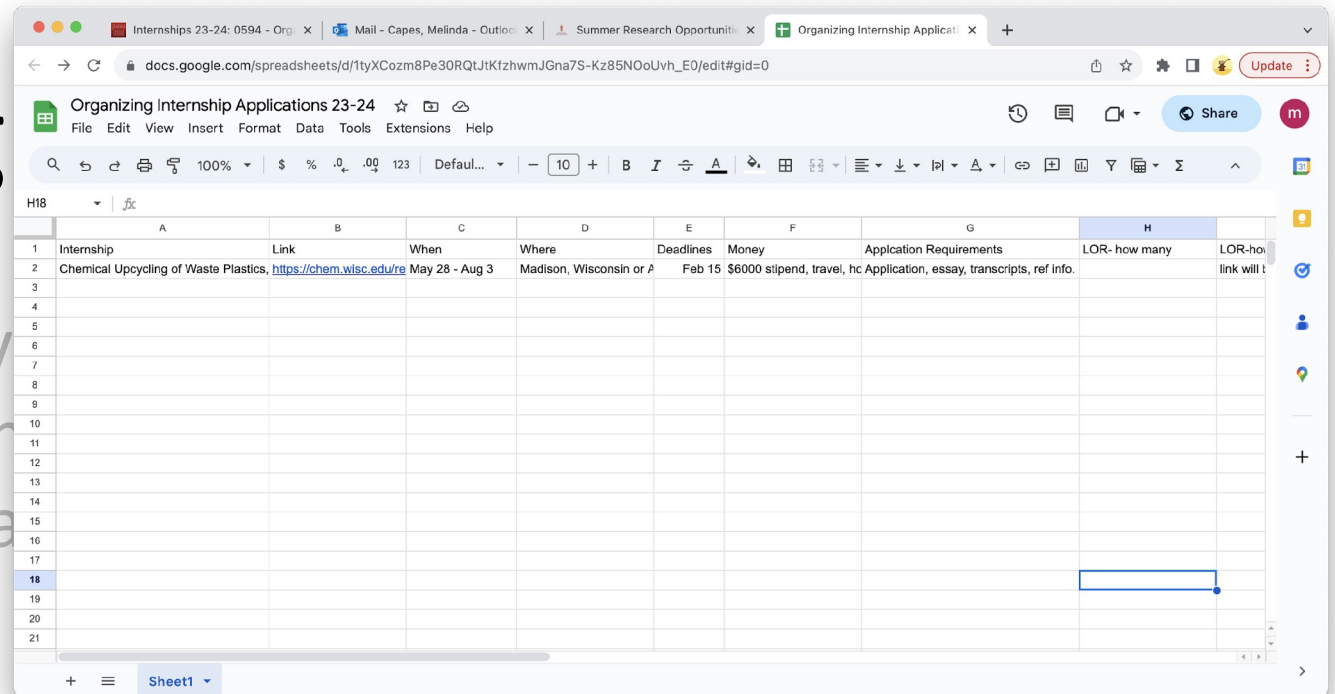
For complete information about the program and to

<https://www.niehs.nih.gov/careers/research/summers/index.cfm>



# Finding

- You should strive
- Where to find internships
  - MESA database
  - NSF-REU
  - NIH-SIP
- Evaluate the internships
  - Align with your interests
  - Eligibility
  - Location
  - Stipend, travel, housing
  - Deadline



The screenshot shows a Google Sheet titled "Organizing Internship Applications 23-24". The sheet has columns labeled A through H. The first row (row 1) contains the following headers: "Internship", "Link", "When", "Where", "Deadlines", "Money", "Application Requirements", "LOR- how many", and "LOR-how". The second row (row 2) contains the following data: "Chemical Upcycling of Waste Plastics", "[https://chem.wisc.edu/re](\"https://chem.wisc.edu/re\")", "May 28 - Aug 3", "Madison, Wisconsin or A", "Feb 15", "\$6000 stipend, travel, hc", "Application, essay, transcripts, ref info.", and "link will t". The sheet is currently displaying row 18, which is empty.

	A	B	C	D	E	F	G	H
1	Internship	Link	When	Where	Deadlines	Money	Application Requirements	LOR- how many
2	Chemical Upcycling of Waste Plastics	<a href="https://chem.wisc.edu/re">https://chem.wisc.edu/re</a>	May 28 - Aug 3	Madison, Wisconsin or A	Feb 15	\$6000 stipend, travel, hc	Application, essay, transcripts, ref info.	link will t
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# Three Components of Application



## Successful

- Can communicate the WHYs
- Letters reflect knowledge of applicant
- Leverage ego

## Not so successful

- Poorly written statement
- Weak or general letters
- Unprepared

# Before Beginning

- What are your strengths?
  - Ignore a deficit approach
- What are your goals?
  - Where are you going? Be specific.
- What are your values?
  - Political? Environmental? Religious?
- How will internship help you?
  - How will an internship help you reach your goals?
- Who are your advocates?
  - Early, often, and with help.
- What makes you unique?
  - What do you have to bring to the lab?

## Intern Recipe:



Mix 2 cups of WORK & 2 cups of PLAY.