Internship Definitions

**Internship**
An internship is a part time or full time learning opportunity that you gain experience in your field of study and create professional connections in potential career paths.

**Co-op**
This is very similar to an internship with a longer duration. Typically a co-op will last six months and be more highly structured in nature. In most cases a co-op is a paid position and some are tied to a specific academic program or class (i.e. Engineering Co-op Class).

**Externship and Shadow Programs**
These programs provide experiences that allow you to spend between a day and several weeks observing a professional on the job. You gain an overview of various career fields and get a taste of the specifics in the day of a particular professional.

**Field Experience / Service Learning / Volunteer Work**
These are generally unpaid work or service experiences in the human services or nonprofit sector that run parallel to your regular class schedule. Some programs offer academic credit for such experiences. Contact your academic advisor to find out more.