





Internships 101

Internships are real-world experiences related to your career interests; they may but do not have to be related to your major or minor. The Stony Brook University Career Center offers more than 2,000 internship opportunities for undergraduate and graduate students every year. This handout contains information and resources to assist you in identifying and securing this important aspect of your university experience and exploring a possibility of satisfying [EXP+](#) requirements.

★ Internship Types
Internships generally fall under four categories:

 INTERN NON-CREDIT & PAID	 INTERN CREDIT & PAID
 INTERN NON-CREDIT	 INTERN CREDIT



Get an Internship and Master the Skills Employers Want!

CAREER CENTER EXT 288/488 INTERNSHIP COURSES:

Eligibility:

- For EXT 288: Completion of WRT 102 or equivalent
- For EXT 488: Completion of 57 credits prior to start of internship with at least U3 standing
- EXT 288, as a lower division course, does not satisfy EXP+; only EXT 488 satisfies EXP+



For more information, click the QR code:

ENROLLMENT STEPS IN A CREDIT-BEARING INTERNSHIP:

There are two ways to receive credits for an internship:

- The Career Center EXT 288/488 Internship Program
- Departmental/Academic Major: NON-EXT

For more information, click the QR code:



More details on internships and other experiential opportunities:

<https://www.stonybrook.edu/commcms/career-center/undergraduate/jobexperience>

WHERE TO START?

Handshake (<https://stonybrook.joinhandshake.com>) is Stony Brook University's database of employers, internships, jobs, and more, offering you tens of thousands of options. It should be your first resource to identify and apply for internships! We look forward to helping you take this significant step in your career!

