

# INTERNSHIPS IN POSC

## Basic steps to doing an internship as part of your POSC major coursework

Not sure about the benefits of doing an internship? Finding one takes some work, but luckily, helpful resources are available. Read below for tips and to ensure you follow all official procedures to earn credit toward your degree.



### WHY DO AN INTERNSHIP?

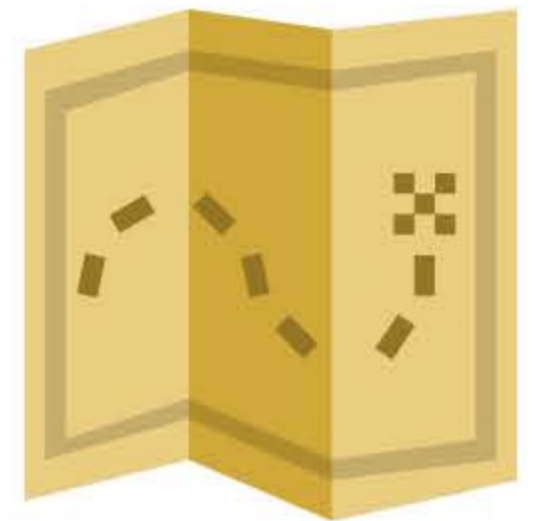
Internships can lead you to a future career, provide you with skills and work experience to bolster your resume, or even help you get your foot in the door for a potential job.

Along with service learning and simulation classes, internships are one way to complete the required practicum for POSC majors. Practicum courses connect the classroom to the outside world of politics.

The CSULB Career Development Center and College of Liberal Arts hold events and activities such as "Internship Fridays" and essay competitions that can help you make the most of your internship.

### HOW TO FIND A POSC INTERNSHIP

- Watch for opportunities sent by employers looking for CSULB POSC students-- look for notices sent via the POSC department email listserv or posted on the POSC website's internship page
- Use the CSULB Career Development Center's CareerLink database for employer posted internships
- Search websites like Idealist.org that specialize in non-profit and government positions
- Check out the political internships guide, in the Student Resource Library in the POSC department office!



Still need help? Ask the POSC internship director for advice!

### EARNING CREDIT FOR YOUR INTERNSHIP

To be eligible for credit, the internship must be political in nature. Not sure if yours is? Ask the POSC internship director; and they will make the final determination!

1. Once the internship director officially approves, ask the POSC department office for a permit to enroll in POSC 447 (fall) or POSC 448 (spring)
2. Complete 120 internship hours to earn 3 units of credit and ask your supervisor to send a verifying email to the POSC internship director

3. Maintain a journal tracking day-to-day internship experiences: 1-2 pages for each 10 hours of work
4. Write a 12-15 page analytical essay about your internship experience that incorporates readings, ideas and theories learned in your other POSC coursework

**Need more details?**

[www.cla.csulb.edu/departments/polisci/](http://www.cla.csulb.edu/departments/polisci/)



The official major requirements worksheet and much more info are on the department website. Find complete course specifics in the CSULB catalog and the CSULB schedule of classes.



Questions? Make an appointment or attend a workshop with a POSC or College of Liberal Arts-ATLAS advisor.