

Interning Through the Summer

(0:00) Juli: Hey Isabella. I know it's kind of crazy to be asking already, but what are your summer plans?

(0:06) Isabella: Oh my gosh, it's so cold outside that even thinking about summer feels crazy. But as of right now, I'm working on getting a job at a hospital this summer. What about you?

(0:17) Juli: I'm actually going home, and it's kind of like a mini internship for me. I'll be working at a school as a social-emotional wellness coach for students.

(0:19) Isabella: That's so cool!

(0:22) Juli: I'm super excited. It aligns with my career goals, and it's a really great work environment.

(0:30) Isabella: I think even from what we just shared, it shows how different summer plans can look. It could be an internship, a summer job, or even summer classes. It really depends on your personal and career goals.

(1:00) Juli: Exactly. And it's important to look at the full picture—not just your academic career, but your life in general. Do you want to go home? Travel? Make money? Prioritizing what matters most to you can really help in the long run. I've personally never had an internship.

(1:35) Isabella: I've had fellowships, which are kind of similar. A lot of my friends apply for internships, especially in STEM fields like engineering, where co-ops are common. Sometimes they're even required and can really help launch your career.

(2:21) Juli: Internships are great because they show you what that future career might actually look like. They're also great for resumes, letters of recommendation, and even future job offers.

(2:48) Isabella: They can feel intimidating—especially as a freshman when you feel like you just got here. But internships and even summer jobs can be stepping stones. You learn application skills, and more importantly, you learn whether you actually enjoy that field and lifestyle.

(3:50) Juli: I usually work a summer job when I go home. Even if it's not directly related to your major, the skills are always transferable.

(4:35) Isabella: Absolutely. Whether you're working retail, volunteering, or doing entry-level work, you build skills like punctuality, communication, compassion, and tech skills. Those all carry into future careers.

(5:00) Juli: If you're wondering where to even start, let's talk about Handshake.

(5:02) Isabella: Handshake is a platform designed specifically for students and recent graduates to connect with employers. Thanks to the University of Alabama, all UA students have free access. It makes the process really tailored and simple.

(6:09) Juli: You can also check LinkedIn or Indeed. LinkedIn is like social media for your professional life—where you showcase academic and career achievements and apply for opportunities. It's not student-specific like Handshake, but it's still a great resource.

(6:30) Juli: If internships or jobs aren't for you, study abroad is another amazing option.

(6:50) Isabella: I'm actually studying abroad in Iceland over spring break!

(7:13) Juli: The Education Abroad office at UA has been incredible—helping with finding programs that fit your major, visa guidance, financing and scholarship opportunities, working with UA-sponsored third-party programs. They offer walk-in advising at the Capstone International Center in BD Comer Hall, so you can stop by anytime with questions.

(8:02) Juli: We know it's only February, but we're talking about this now because applications are already opening. Planning early helps you balance applications and schoolwork.

(8:42) Isabella: Some students take summer classes to graduate early. Others take the summer completely off. There's no one "right" answer—it's about what works best for you.

(9:00) Juli: The application process can be long. A friend of mine didn't get her internship offer until finals week.

(9:18) Isabella: It can definitely feel frustrating, especially if you hear a lot of "no's." But it's not always personal. Employers may be looking for a specific skill set or location. Give yourself grace. Believe in your experience. Go into interviews confidently. The UA Career Center also has amazing resources—resume reviews, mock interviews, and advising.

(10:09) Juli: I truly believe what's meant for you won't pass you by. Even if you hear ten no's, that one yes could be the perfect opportunity.

(10:30) Isabella: Exactly. Even though it's still early in the semester, we wanted to share these options so you can start thinking ahead. We'll see you next time for March Madness!

(10:34) Juli: See you next time!

(10:36) Both: Bye!