



MONARCH INTERNSHIP AND CO-OP OFFICE

Top Tips for Internship Success



DO YOU HAVE A RESUME?

Update your resume to highlight your skills, experiences, and achievements. Need help? Contact the Center for Career & Leadership Development at careercoach@odu.edu or call 757-683-4388 for expert guidance.



EXPLORE VIRTUAL AND HYBRID OPTIONS

Looking for an internship that fits your schedule? We offer hybrid and virtual internships, so you can gain experience from anywhere.



TRANSPORTATION CONCERNS?

No car? No problem! We'll help you find internships accessible from Hampton Roads or globally, with hybrid and virtual options to reduce commuting stress.



THINK ABOUT THE EXPERIENCE AND YOUR SCHEDULE

Plan ahead for your internship! You may need up to 20 hours per week during the semester or 40 hours in the summer. Start planning now!

ATTEND AN OCTOBER INTERNSHIP INFORMATION SESSION VIA ZOOM!



OCT 11 AT 11AM: SENIORS/STUDENTS WITH A REQUIRED INTERNSHIP



SCAN ME



OCT. 18 AT 3 PM: GENERAL INFO SESSION FOR ALL ODU STUDENTS



SCAN ME

HAVE YOU MADE YOUR MICO APPOINTMENT? CONTACT US TO SCHEDULE TODAY!

Address: 1000 Webb Ctr | Email: internship@odu.edu | Phone: 757-683-JOBS | Website: odu.edu/internship

