



UNIVERSITY *of* MARYLAND
EASTERN SHORE

Division of Enrollment Management & Student Experience
Career & Professional Development Center

HELLO
my name is

INTERN

INTERNSHIPS ARE GOOD BUSINESS

INTERNSHIP PLAN

FOR

UNIVERSITY OF MARYLAND EASTERN SHORE STUDENT BY CLASSIFICATION

FRESHMAN:

- Not sure about the specifics of your major? Schedule an appointment with your academic advisor.
- Schedule an appointment with the University of Maryland Eastern Shore Career & Professional Development Center staff through Handshake platform. www.umes.edu/careers/ You may also email tqueenan@umes.edu bjhoskins@umes.edu for career advising, internship information, career assessments and Handshake internship exploration.

BEST COMPANIES THAT OFFER FRESHMAN INTERNSHIPS: IBM Marketing Freshman Immersion Program, Morgan Stanley Freshman Enhancement, Ford Information Technology Intern (Freshman only) internships, and Year Summer Internship Hewlett Packard Enterprise.

SOPHOMORES:

- Update your resume, and declare a major after meeting with your academic advisor.
- Meet with Career & Professional Development Center Professionals to learn about how to get an internship, the Elevator Pitch, Mock Interviews and/or the Interview process.
- Attend the Career & Professional Development Center Trending Internship Fair held in the Fall.
- Attend career fairs on campus and /or virtually, career center information sessions, seminars and student organization career related activities.

TOP COMPANIES THAT OFFER SOPHOMORE INTERNSHIPS: Deloitte, JP Morgan Chase & Company, DuPont, Apple Biomedical R & D Studies, INROADS Inc., Fashion Design Intern – MNTN Co. (Planet over profit always), PricewaterhouseCoopers, and The Washington Center for Internships and Academic Seminars.

JUNIORS:

- Update your resume, LinkedIn and Handshake profile.
- Attend Career & Professional Development Center's Trending Internship Fair in the Fall, information events, seminars, career fairs, internship sessions, view internship video in Career Spots and Candid Career. www.umes.edu/careers/
- Schedule at least two appointments through Handshake to speak with Career Professional staff.
- Network with faculty and staff on campus to gather career information.
- Schedule appointment with the University of Maryland Eastern Shore Career Center staff twice a month.

GOVERNMENTAL AGENCIES AND COMPANIES THAT OFFER JUNIORS INTERNSHIPS: Congressional Black Caucus Foundation, Asian Pacific American Caucus Congressional Internships, Central Intelligence Agency, Federal Deposit Insurance Corporation, John Hopkin's University, Harkins Construction, Enterprise Holdings Inc. AgroSciences, National Aeronautics and Space Administration Pathways.



SENIORS:

- The last year of college is usually one of transformation and realizations. It's a great time to take on a final internship or two to lay the foundation for post graduate life. Full-time work can be found through a promising internship and change many senior student's job prospects. It's a great time to get those last new skills in before you transition into the workforce.
- Best internships for fourth year college students: The best internships for seniors are usually the ones that line up well with your area of study and what you want to do post-graduation. For example, a marketing internship would be good for a communications or advertising major! While a software engineering internship would be great for an engineering or computer science major!
- Update your resume, cover letter, reference page, LinkedIn and Handshake profile.
- Attend Career & Professional Development Center's Trending Internship Fair in the fall, information events, seminars, career fairs, internship sessions, view internship video in Career Spots and Candid Career. www.umes.edu/careers/
- Network with faculty and staff on campus to gather career information.
- Schedule appointment with the University of Maryland Eastern Shore Career Center through Handshake Plate form twice a month.

EMPLOYMENT OPPORTUNITIES: Niagara Bottling, CVS Health, CISCO Systems Inc., Warner Media, L'Oréal, Goldman Sachs, The Knowledge is Power Program, Rocket Mortgage, Kiewit, Verizon, KPMG LLG, Lockheed Martin, National Security Agency National Property Management Group and Aqua Care Physical Therapy.

SOURCE: HANDSHAKE