



# THE ONLY GUIDE YOU NEED TO HAVE AN IMPACTING INTERNSHIP



<---Internships for college students and graduates are how they start their professional careers, which is why it is very important for it to go as smoothly as possible. There is a lot to gain during an internship and much more you can do to make the most of it. Here is everything you need to know to have a perfect internship in order to take the leap to the professional world. ---->

## 5 important tips

- Practice your interview by recording yourself. In order to be ready when you will be face to face with your interviewer and to avoid being stressed or overwhelmed as if you hadn't practiced or prepared.
- Make a great first impression during the first time. Give your supervisor a firm handshake, smile, and nod when you need to. Make sure you wear appropriate clothing as well.



- Internships are a learning curve. Be sure to stay in contact with as many people as possible within the company you're working at in order to learn as much as possible about the field you're interested in working and the many jobs that are part of it.
- Make sure to stay engaged throughout your internship. Don't hesitate to frequently ask questions to your supervisors or the head of department, not only does it show commitment from your part but also that you are happy to be there and that you aren't winging it.



- Leaving when your shift is done. It's important to not simply disappear when your shift is over. Instead, you could go to your supervisor or the person that is in charge of you and let him know that your shift is done. Ask him if there is anything else you can do or help with to leave and end the day on a positive note.

