

## RESOURCES FOR FINDING AN INTERNSHIP

### 1. Family & Friends

- ❑ Ask them to help you come up with the top 10 organizations in your geographic area

### 2. Paper-Based Directories in the Internship Center

### 3. Internship Center Web Resources

- ❑ [www.messiah.edu/external\\_programs/internship/student/resources.html](http://www.messiah.edu/external_programs/internship/student/resources.html)

### 4. Internet Search Engines

- ❑ For example: [www.google.com](http://www.google.com)
- ❑ Type in a simple phrase such as “History Internship in Washington, DC”

### 5. Websites of Professional Organizations for Your Career Field

- ❑ For example: Association of Electrical Engineers (AEE) or the American Psychological Association (APA) – go to: [www.weddes.com/associations](http://www.weddes.com/associations)

### 6. State Government Internships

- ❑ Go to the Civil Service section and look for internships. In Pennsylvania, go to: [www.portal.state.pa.us/portal/server.pt?open=512&objID=401&mode=2](http://www.portal.state.pa.us/portal/server.pt?open=512&objID=401&mode=2)  
On the left bar, click on “Employment”

### 7. Federal Government Internships

- ❑ [www.studentjobs.gov](http://www.studentjobs.gov)

### 8. Chambers of Commerce

- ❑ Use Google.com or another search engine
- ❑ Type in “Chamber of Commerce” for your area of choice. For example: “Chamber of Commerce for Pittsburgh, Pennsylvania”
- ❑ Follow the link and look for the online member directory
- ❑ Some Chambers will list members by categories such as accountants, engineering, etc.
- ❑ From there, follow the links to specific organization websites

### 9. Business Journal for Your Region

- ❑ Use Google.com or another search engine
- ❑ Type in “Business Journal” - for example: “Business Journal for Minneapolis, Minnesota”
- ❑ Follow the link and research the site
- ❑ Look for the Business Journal’s “TopList” or “Book of Lists” Online

### 10. Phone Book

- ❑ Yellow Pages – many non-profit organizations are listed under the “Association” section
- ❑ Blue Pages – human service agencies, local, state and federal government agencies are listed here

When you go to an organization link, look for the section - Careers, Human Resources, or Contacts.  
Some organizations will list internships in their own section.