

September Spotlight

When It Comes To Finding an Internship, Hard Work and Persistence Pay Off



Dylan Brown is a Nutrition Major with a Concentration in Wellness. He is currently participating in a paid internship as a Chemist at Mother Murphy's Laboratory. Read more about his experience obtaining an internship and how he thinks it will help him in his future permanent job search.

What did you do to land your internship?

I landed my internship by approaching a speaker who came to one of my classes and asked if an internship was available at the company she was from. I was given a business card and was instructed to email my resume (which the UNCG Career Services Center helped me perfect) and that they would send it to the president. I was soon called in for an interview. The people who interviewed me liked how I listed my related courses at the top of my resume and from there I nailed both interviews.

What was your internship experience like?

My internship has taught me more about my field than a class would ever have time to do. I worked forty hours a week for the entire summer but the time flew by. Every day I woke up, I looked forward to heading to my internship. I don't feel like I sacrificed my summer in the sun. Instead, I gained so much knowledge and experience that is irreplaceable in my field.

What do you see as the benefits of your internship and interning in general?

The benefits of interning are immense. The job market is looking for not only great grades and a degree but job experience. When I looked up jobs in my field, I learned fast that my degree and good grades were not going to land me the job alone, the job experience was. I can now show I have job experience that will set me above most graduates in my field of interest.


What advice would you have for other students?


I advise students to never give up on looking for an internship. Many fields are hard to find good internships. I know because mine was one. I have learned that good ones are out there and that giving up is worse than not studying for a final. Real world experience will get you the job when you graduate in most situations and the more interning you can show on a resume, the better off you are.

In addition to Dylan's suggestions, check out our resources on Internships at <http://csc.dept.uncg.edu/students/findinternships/> and if you have further questions please contact our office at 334-5454.

Previous Spotlight Articles

 [August Spotlight 2011 - Student Employment Makes an Impression](#)

 [May Spotlight 2011 - UNCG Women's and Gender Studies Program: Enhancing Your Global Perspectives](#)

 **Please note:** some items require the Adobe Acrobat PDF Reader, which can be [downloaded from the Adobe web site](#).