

Thunderbird Career and Academic Pathway Externship/Internship Programs

Rising Juniors -Grade 11- Thunderbird Externship Program: Career Pathway Exploration & Job Shadowing
Rising Seniors- Grade 12- Thunderbird Internship Program: Career & Academic Internship (Work-based Learning Experience)

Internship and externship programs provide an opportunity to add to your skill set, explore new career fields, navigate the business world, and gain professional work experience that you can include on your resume and apply curriculum into on-the-job practice.

What Is an Externship?

An externship is a way for students to connect their potential career interests to the workplace, get firsthand experience, and learn how companies operate. Most externships are short-term.

Externships provide an opportunity for students and recent graduates to get an overview of an occupation or a workplace without investing a significant amount of time. Participants may observe a workplace, sit in on meetings, and conduct informational interviews with employees.

The duration of an externship can range from one to two weeks. It is similar to a job shadowing program, where participants spend a time with a professional to learn about a job and a career field. Externships give participants exposure to a variety of workplaces to help them explore career interests and occupations. Short-term externships are usually unpaid. Information is found at: [Thunderbird Externship Program: Career Pathway Exploration & Job Shadowing](#)

Benefits of Externship

- Externships offer students the opportunity to explore the features of a job in a company, industry, or firm to decide if they find interest or would love to work in such places. It is a quick and easy way to gather all information about a career you find interest in.
- Externships are less stressful and time-consuming as externs are not assigned any tasks or projects but usually shadow professional or expert in the workplace or field.
- It offers the ability or possibility to partake in multiple externships to compare companies or career paths.
- Externships create the possibility of getting an internship or a full-time job sometime in the future.
- It is an added experience on your college application resume.
- It creates networks and connections which may come in hand in the future.

What Is an Internship?

An internship is a short-term position that provides students with the opportunity to gain skills and experience in a hands-on work environment. Internships are available in a wide variety of career fields, including business, technology, education, government, and nonprofit organizations.

Many internships are arranged through high school guidance counselors, college internship programs, or career services offices.

It is also possible to apply directly to employers and set up your own internship experience.

Depending on the organization, internships can be remote or on-site and paid or unpaid. The U.S. Department of Labor has established guidelines that determine when an intern is considered an employee who must be paid.

Internships typically are completed during senior year or undertaken during the summer. Interns are able to receive high school credit for interning **during the school year or the summer**. Information found at: [Thunderbird Internship Program: Career & Academic Internship \(Work-based Learning Experience\)](#)

Benefits of Internships

- Gain more knowledge about a career or different career fields. This will help you make reasonable plans for your future.
- Create networks and connections with professionals and people in your career field of interest or even in others, and this will come in handy in the future when you want to start your career or business.
- An internship gives you firsthand experience of real-life and its challenges. It allows you to experience different working environments and enable you to choose what career suits you.
- As an intern, you can identify your strengths and weaknesses, and this allows you to develop yourself professionally and personally. Internships help you grow, knowing what you need to change and improve, allowing you to have a head start in your career and self-development.
- It strengthens college applications as it shows commitment, dedication to learning, and valuable skills acquired. This will make your college application different and set apart from the others.

The Difference Between Thunderbird Externships and Internships

The purpose of both the externship and internship program is to provide on-the-job training, in-action application of students’ coursework, college application resume-building experience, exposure to the workplace, and career networking opportunities.

Career Pathway Exploration & Job Shadowing Externships (Juniors- Grade 11)	Career and Academic Internships (Seniors- Grade 12)
Get an overview of a career or career pathway	Gain skills and experience in a career pathway
Observe a workplace (hands-off experience)	Work with a team (hands-on experience)
Multiple short-term visits over 1-2 week period of time	Summer program (4-5 weeks)
Transcript Grade- Pass/Fail	Transcript Grade- Pass/Fail
Not included in GPA or rank	Not included in GPA or rank
0.5-1.0 credit	2.5-5.0 credits
Assessment: Capstone Project Presentation	Assessment: Journal/Capstone Presentation
Unpaid	May or may not be paid
Transportation provided by student or parent/guardian	Transportation provided by student or parent/guardian

How to List Your Experience on Your Resume

When you’ve completed an internship or externship, add it to your Naviance resume. It will show college admissions officers and prospective employers that you have real-world experience and workplace skills. These educational experiences are valuable assets that will help you stand out as a college applicant. Listing these experiences on your Naviance resume is a good way to keep track of what you have accomplished.

Revision: January 31, 2023

Source: <https://www.thebalancecareers.com/internship-vs-externship-5115708>