

Landing an Internship

By: Nada Abdelhack, MA, GCDF
(She, Her)



ENGINEERING STUDENT
SUCCESS CENTER

Who Am I?

- Internship & Job Placement Coordinator
- Housed in ESS
- Resumes and cover letters
- Career Advisor = Tips for Career Success

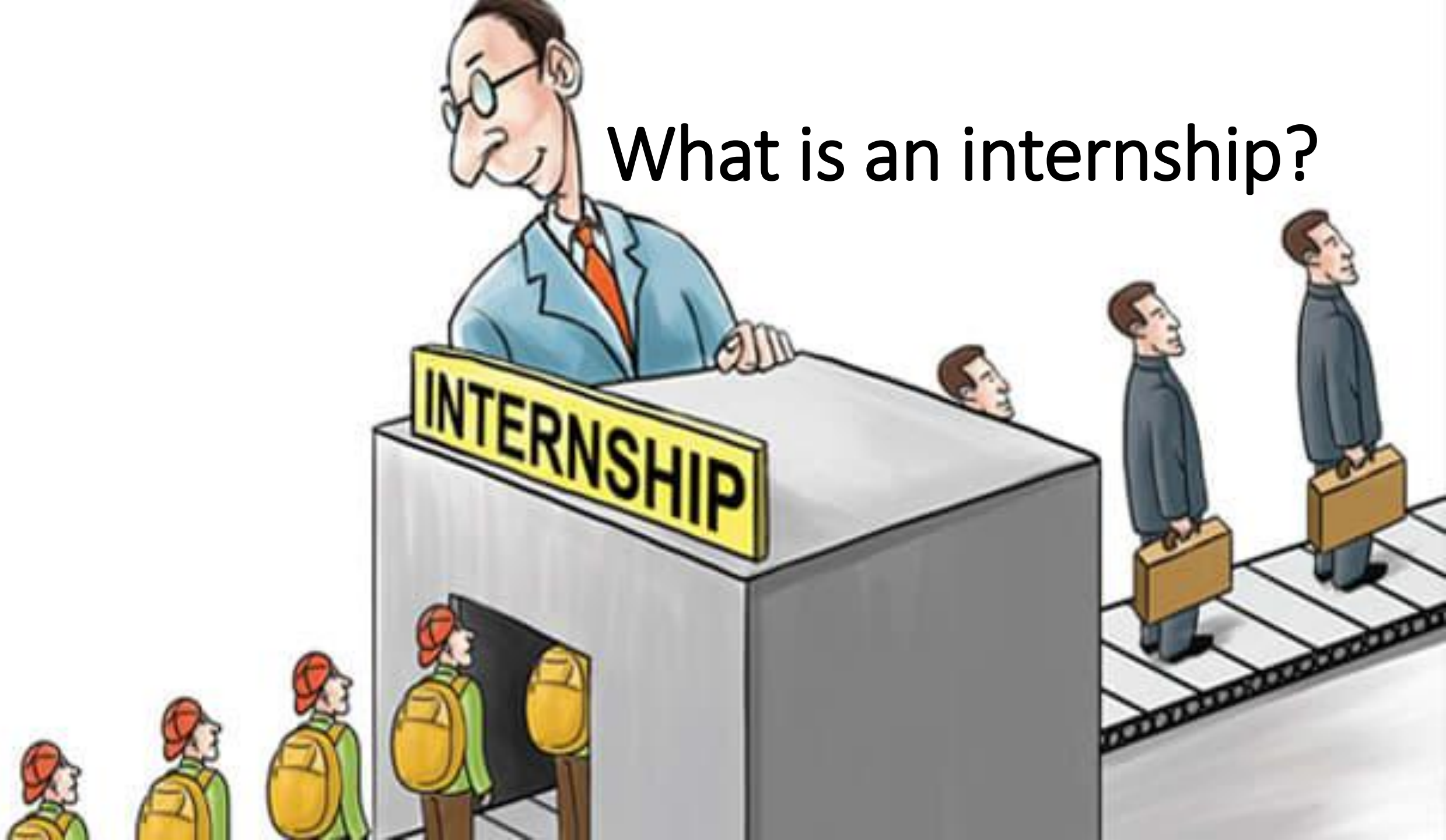
A dark, atmospheric photograph of a wolf howling, with its head tilted back and mouth open. The background is a dense forest of bare trees. The image is used as a background for a presentation slide, with text and a list overlaid on the right side.

The UNM5

<https://unm5.unm.edu/>

- Critical Thinking
- Communication
- Collaboration
- Research & Assessment
- Professionalism

What is an internship?





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Internships
are
Crucial



Supervised





LEARNING BY DOING



EXPLORE YOUR
OPTIONS

ENHANCE SKILL LEVEL

VECTOR ILLUSTRATION



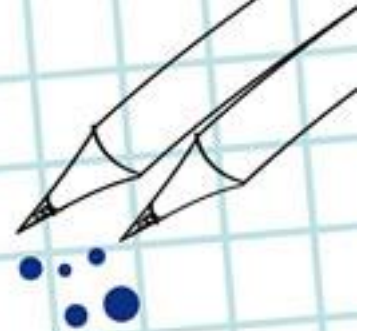
A photograph of two men in a workshop setting. The man on the left is younger, with short brown hair and a light beard, wearing a grey polo shirt. The man on the right is older, with short grey hair, wearing a grey polo shirt. They are both leaning over a workbench, looking intently at a technical drawing or blueprint. The background shows industrial equipment, including a blue machine with a control panel featuring several dials and buttons. The text "Why Intern?" is overlaid in a large, white, sans-serif font on a dark grey rectangular background in the center of the image.

Why Intern?

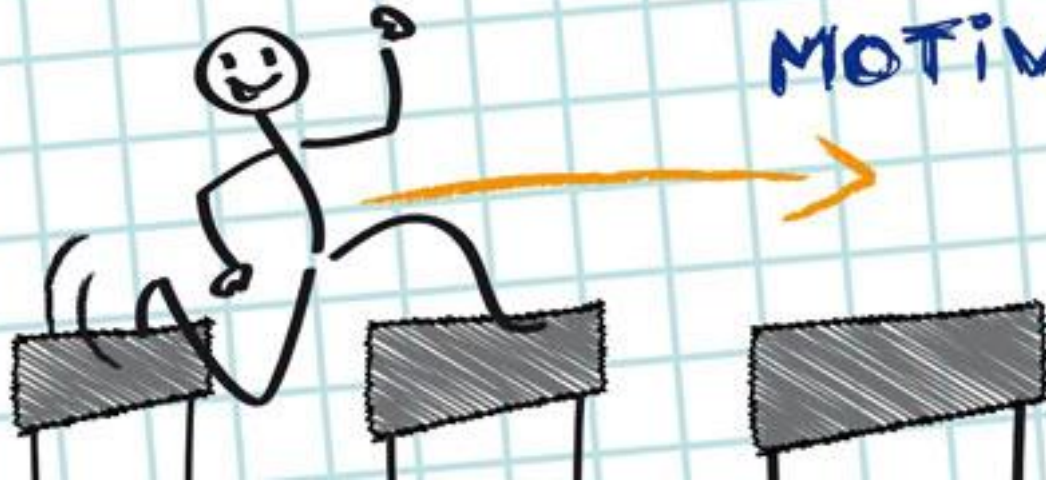


Learn from
professionals
in the field

MENTOR



DIRECTION LEADERSHIP COACHING
ADVICE TRAINING INSPIRE SUPPORT
MOTIVATION SUCCESS





Become Transformed



NEW SKILL



LOADING...



Field Experience

leadership



motivation



caring



responsibility



active listening



teamwork



What you get out of it

- Gain real-world experience
- Develop skills related to your field
- Develop character skills
- Network with people in industry
- Experience a corporate culture
- Boost your confidence
- Identify your strengths & interests



A young Black male student is the central figure, smiling warmly at the camera. He is wearing a light blue polo shirt and has a black backpack strap over his right shoulder. He is holding a stack of three books in his left arm. The background is a blurred outdoor setting, likely a university campus, with other students visible in the distance. The text 'When to start' is overlaid in the upper right corner in a large, white, sans-serif font.

When to
start

Search = Time





Baseline expected technical knowledge

A row of nine light-colored wooden blocks, each with a black letter, spelling out the word 'RESOURCES'. The blocks are arranged horizontally on a grey surface. In the background, a round analog clock with a light blue frame is visible, along with a stack of books and a blue binder clip.

R E S O U R C E S

For Finding Internships



Weekly ESS Center Announcements

Week of April 22, 2025

Please share as you feel appropriate.

These weekly announcements are sent out on Tuesdays.

If you would like us to include your information, please send it to yadeeh@unm.edu by Friday at 5 PM.

ESS HOTLINE: 505-277-4354 | E-mail: ess@unm.edu | Website: ess.unm.edu



CHECK
YOUR
E-MAIL !

Engineering & Computing

Internship Opportunities

Gain experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional setting.

Internships give you the opportunity to gain valuable hands-on experience while making connections in professional fields you are considering for career paths.

Internships also provide employers the opportunity to guide and evaluate talent.

Students should begin thinking about internships during their junior year. Our programs will admit Sopmores and above, including graduates. Consultations are available to freshmen on how find internships on their own.



Visit us at goto.unm.edu/internships

Contact Nada Abdelhack, MA

Engineering Student Success Center

Call: **(505) 277-1403**

Email: esscareers@unm.edu



SKILLS

PERSONAL
DEVELOPMENT



TRAINING

OPPORTUNITY



EXPERIENCES

GOAL



MENTOR

KNOWLEDGE

School of Engineering Internship Programs

	SPSP	SOE CD
When	Spring/Fall	Spring/Summer/Fall
Commitment	12 weeks, 15 hours per week	8 weeks 15-20 hours/week (Spring & Fall) 30 hours /week (Summer)
Stipend	\$3750 (\$2500 paid by UNM)	\$2500 (\$1250 paid by UNM) Spring & Fall \$3000 (\$1500 paid by UNM) Summer
Course enrollment	Yes, full time and *coop course	Yes, full time and *coop course
Level of student	Above 200 level courses thru graduate level In good standing (not on probation)	Currently in 200 level courses thru graduate level In good standing (not on probation)
GPA	Above 3.0	N/A
Citizenship requirements	US citizen, permanent Resident, Daca, refugee status	N/A

To be eligible to participate in the SPSP internship program, students must:

- Be a U.S. citizen, DACA, national, refugee or permanent resident alien
- Be admitted to the School of Engineering and department
- Be a junior or senior or graduate student (completed all sophomore engineering courses)
- Demonstrate academic ability and not be on academic probation

SPSP Internship Program Application Checklist

COMPLETED APPLICATION

COPY OF UNOFFICIAL TRANSCRIPTS

LETTER OF INTENT/ESSAY: Approximately 300 words describing yourself, outlining your interest in Engineering and how you feel participating in an internship would benefit your career.

RESUME: Copy of your most current resume. Please include all award, honors and scholastic achievements

One LETTER OF RECOMMENDATION: From your current academic advisor, professor, former or current employer who can discuss your leadership, academic and personal achievement, as well as your potential for future success in your field.

****Please scan and email your documents to:** esscareers@unm.edu



- The UNM Cooperative Education (Co-op) Program integrates classroom studies with paid, productive, real-life work experience in a degree-related field
- Complete the Co-op Agreement Form
- Register for your Co-op Program
- International Students meet with a GEO Advisor first



A woman with short, vibrant pink hair and bright red lipstick is looking through a pair of black binoculars. She is wearing a purple t-shirt and a chunky, teal-colored necklace. The background is a solid, bright yellow. The image has a slightly desaturated, artistic feel. In the bottom right corner, there are three short, curved yellow lines that look like a stylized exclamation mark or a decorative flourish.

Finding Internships

Talk to people



Apply directly



An aerial, slightly blurred photograph of a large, crowded career fair. The scene is filled with people of various ages and ethnicities walking through aisles lined with booths. The booths are separated by white and red striped fabric dividers. The floor is a light-colored carpet. The overall atmosphere is busy and professional. The text "Career Fairs" is overlaid in a large, white, sans-serif font in the center of the image.

Career Fairs

A vibrant, stylized illustration of numerous hands of various skin tones raised together in a gesture of unity or participation. The hands are adorned with various accessories like watches, bracelets, and henna. The background is a collage of colorful patterns and textures, creating a sense of a diverse and lively community.

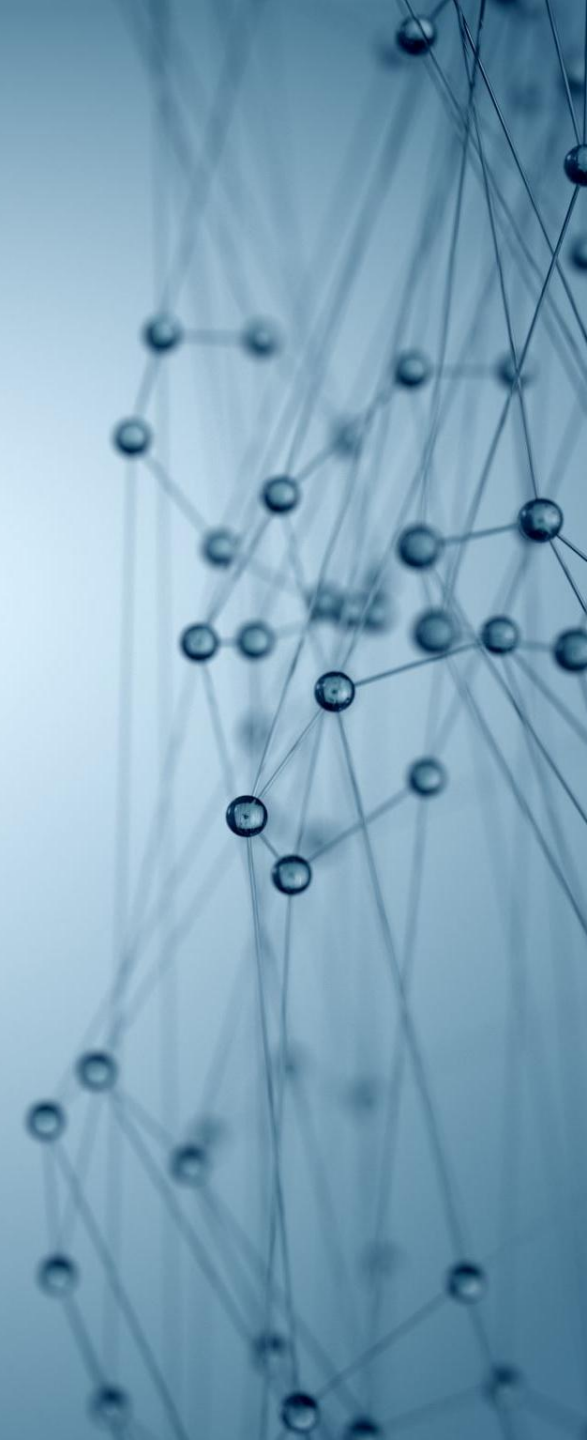
Tabling sessions & information sessions



You can
also reach
out to ...

- Academic Advisor
- Career Advisor
- Consider volunteering

- [LinkedIn](#)
- [Glassdoor](#)
- <https://stemboomerang.org/>
- <https://career.unm.edu/>





THINGS TO

CONSIDER



Paid or
Unpaid

Unpaid



INTERNSHIP

IN

EX

Internships

- **Short-term placement**
- **Hands-on formal experience**
- **Builds core skills**
- **Direct path to a job**
- **Receive more job offers**

Externships

- **Short-term experience**
- **No job-related tasks**
- **Shadow a professional**
- **Less direct path to a job**
- **Helps with deciding a career path**

1

**Research
engineering
internships in
your field of
interest**

2

**Prep Your
Resume and
Cover Letter**

3

**Prepare For
Your
Interview**

- Culture
- Skills
- Leadership
- Projects
- Respect





Benefits of Hiring an Intern

- Ease workload of regular employees
- Enable employees to focus on higher level tasks
- Meet short-term staffing needs
- Obtain access to highly motivated students
- Complete finite projects
- Develop a pipeline of future employees
- Prepare tomorrow's workforce
- Inject enthusiasm and fresh ideas into their organization
- Provide practical learning opportunities to students
- Take advantage of students' tech and social media savvy

Research



Internship

Research Programs

<https://goto.unm.edu/research>

SoE UNITY

<https://ess.unm.edu/programs/current-students/research-programs/soe-unity/index.html>

Student Research Experience Program

<https://ess.unm.edu/programs/current-students/research-programs/student-research-experience.html>

ESS Grant Funded Programs

<https://ess.unm.edu/programs/grant-funded-programs.html>

UNM SoE Research Centers

<https://engineering.unm.edu/research/research-centers.html>



Begin the
Application
Process
Early

Handshake

- <https://app.joinhandshake.com/stu>
- Sign-up
- Create a profile
- Career opportunities (Nation wide)
- Career events
- List of employers



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Contact Me!

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esscareers@unm.edu

Centennial Engineering
Center, Suite 2080

Walk-in hours
M & W 2-4 pm

esscareers@unm.edu

Questions?

Give
feedback.

Win a gift
certificate!



Don't forget to follow up on social media.

goto.unm.edu/ess-feedback



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ess.unm.edu

or **our succESS app**

