

Checklist

- Average and above school record
- Good attendance
- Good attitude, works well with others
- Punctual to class, workshops and with assignments
- Recently updated CV or Resume
- Portfolio of past work (optional)
- Completed Employability Skills Course
- Attended Internship Orientation Workshop
- Signed and returned Internship Commitment Letter

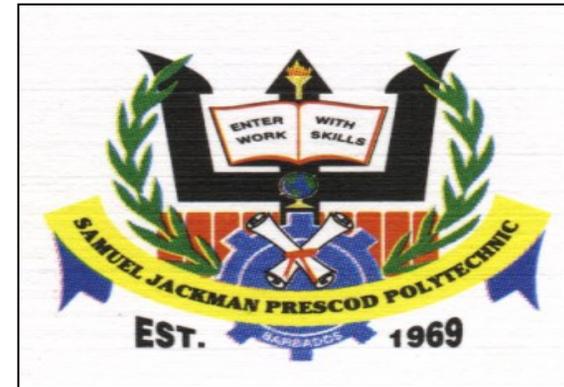
Visit your Industrial Liaison Office A04 for more details.

Job Readiness Snapshot

- Positive attitude in school & work
- Be there, on time
- Stay focused
- Do your best all the time
- Accept guidance and directions
- Be flexible, stay calm
- Look after yourself
- Be honest
- Maintain a positive attitude towards work
- Enjoy what you are doing

Samuel Jackman Prescod Polytechnic

Internship Program



Enter work with skills.

When we train, we gain!

Empowering vocational education, driving the national economy forward

When we train, we gain!

Finding work can be a real challenge, especially when you have **no** experience.

To get experience you need a job.

An internship is a good way to get the needed experience.

What is an internship?

An official program which provides opportunities for practical experience for beginners in an occupation or profession.

Internships are usually for a fixed period of time.

Employers are willing to hire student interns with little or no experience for little or no monetary reward. However, the benefits of an internship go **far** beyond a few weeks' pay cheque.



Training that yields lasting results.



Do I have WORK READY SKILLS?

Gain Valuable Work Experience

An internship provides an opportunity to gain valuable hands on work experience that you just cannot get from your teacher in the classroom.

Have an Edge in the Job Market

Many employers are more concerned with your experience than qualifications and the experience gained from an internship gives you the edge over the competition in securing a job.

Transition into a job

Employers seek interns as prospective employees as many complete their internship and continue working with the company on a part-time or full time basis.

Deciding if this is the RIGHT Career for you

If you are not sure this is the right career for you, doing the internship is a great way to try it out. Internships are short term so you can test drive your future career without committing long term only to realize you are not satisfied.

Networking Opportunities

The internship is a great opportunity to meet people in your field. Even when you have experience, knowing people never hurt your chances. Internships can help you land a job later and give you contacts in the industry you are trying to get into.

Applying Classroom Knowledge

This is the pinnacle of your undergraduate education and gives you the chance to use your skills learned in the real world and make your mark by demonstrating you can perform in the role given.

Gain Confidence

Experience is a great way to build confidence. With an impressive resume and experience to boast about, you are well on your way to being a success.