



Finding a Co-Op/Internship
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<p>It was an invaluable opportunity to see what the actual work is and day to day life was like. I would do it again in a heartbeat. It's one of the best ways to a full-time position and it really gives you a good way to see if the company is a good fit for you. As many internships as you have the opportunity to get. I would definitely try to take advantage of that.</p>	<p>(Alexis Schmitt, CIGNA Actuarial Senior Specialist, Former Co-op/Intern)</p>
	<p>[Graphic: HOW TO SEARCH]</p>
<p>The first place they should stop is their schools' career center. Their there to serve you and help you look for your internship. The next step is to go to your schools career fairs and neighboring schools if they are. A lot of time if you live near a big city, the cities themselves will have career fairs.</p>	<p>(Alexis)</p>
<p>When I'm at a career fair...I love when students comes up to me and says "hey I visited your website, I learned all about this opportunity, I applied online, what more can you tell me.</p>	<p>(Jaclyn Altman, CIGNA University Relations)</p>
<p>Joining a club that's in your field, or perhaps meeting past graduates, alumni that are in the field that can give you advice as well.</p>	<p>(Autumn Tyner, Co-Op/Intern)</p>
<p>You have to be aggressive. And try different avenues to get the chance at these opportunities.</p>	<p>(Frank Louie, CIGNA/Accounting, Senior Analyst)</p>
<p>As far as the interviews go, you're gonna be nervous. It's OK. Take a couple big breaths before you go in there. The more interviews you go on the easier it is.</p>	<p>[Graphic: HOW TO SHINE]</p>
<p>The people that I see succeed the most are self-confident without being overly confident and can talk about their experiences. So, think before you go into an interview about all those experiences to really prove why you're the one they should pick.</p>	<p>(Alexis)</p>
<p>Ask about the company and what other things</p>	<p>(Frank)</p>

<p>that the company does because it shows their dedication and aggressiveness by finding out as much as you can.</p> <p>A lot of times, what I've seen, if you're a sophomore and I don't necessarily have an internship opportunity that's a right fit for you right now, if you keep in touch with me and get to know me, I'll offer you the ability to maybe come in for a day during the summer to and shadow someone. Maybe there's an internship next summer that we can discuss further.</p>	<p>(Jaclyn)</p>
<p>I've heard horror stories of tons of students who've gone on internships and they sit around and had nothing to do. That's when you have to look outside the box. Maybe go a little bit outside your immediate department and just ask to see if there is anything that they need you to do.</p>	<p>(Autumn) [Graphic: Make it Count]</p>
<p>It's really beneficial for the student or intern to look at the position as a full-time job. When you walk in the doors in the morning, you're not a student anymore; you're an employee of the company.</p>	<p>(John Sparling, Co-op/Intern)</p>
<p>The student should always take on additional work, to be always asking additional questions to show that you really want to learn and get the most out of it.</p>	<p>(Frank)</p>
<p>Dabble in a little bit of everything, because that's where you're going to find out what your passion is.</p>	<p>(Autumn)</p>
<p>Being young and having these opportunities available to you, it's like nothing else. And if you don't take advantage of it now, you're really not thinking straight.</p>	<p>(John)</p>