

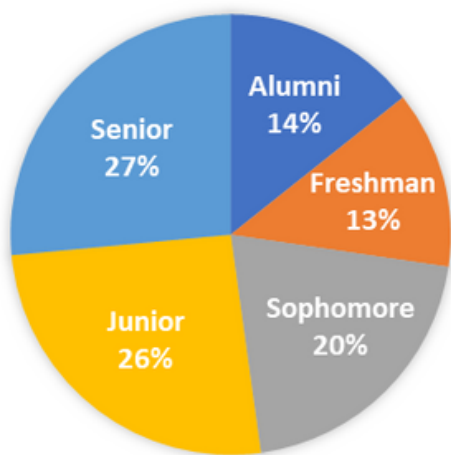
Finding Internships in Handshake¹

What is an internship?

An internship is a form of experiential learning that allows students to apply their academic learning through hands-on experiences, develop or refine specific skills, and/or explore a specific industry or job sector.

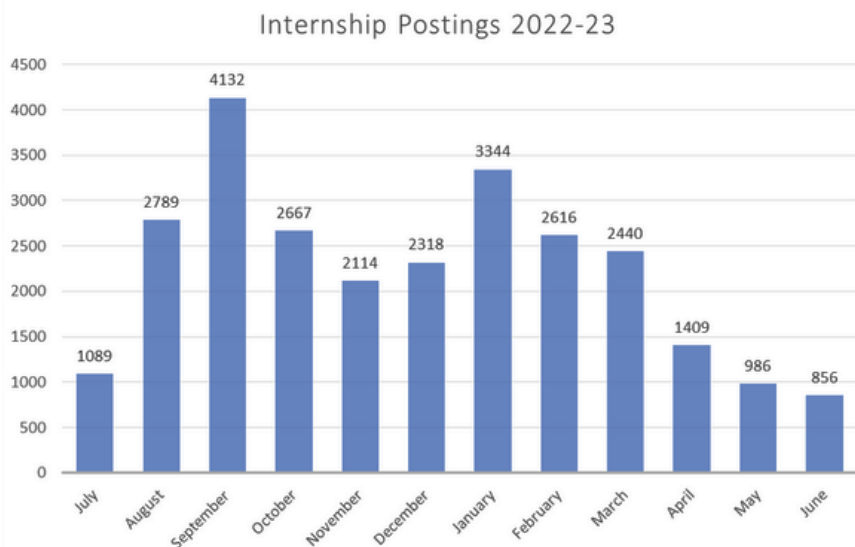
Who are employers recruiting?

CLASS YEAR PREFERENCES



Employers could select more than one option for class year.

When do employers post?



¹ Data from July 1, 2022 to June 30, 2023

² Average minimum GPA is 2.99

By the Numbers

26,760

Internships
Posted

94%

Paid

62%

In Summer

1-2 Quarters
Long
On Average

15% Screen
By GPA²

73

New Postings
Every Day

Summer

Academic Year

Up to 40
Hours

10-15
Hours

Local,
National,
International

Usually
Local

CAREER & INTERNSHIP CENTER

UNIVERSITY of WASHINGTON

Division of Student Life

Finding Internships in Handshake



Recruitment timelines

- Most industries do not have specific recruitment timelines
- The highest volume of summer internship postings come in during winter quarter
- Some industries (e.g., accounting, consulting, engineering, and finance) recruit heavily in fall quarter
- Many employers do "just-in-time" hiring for summer and year-round internships

Remote Internships

20%

of all internships in 2022-23 were listed as remote opportunities



Maximize Your Internship Search

- Complete your Handshake profile! Over 80% of students who fill out it out get an employer message.
- Use filters in Handshake to find relevant postings. Start with geographic region or opportunity type.
- Explore the "Curated Employers" to view opportunities highlighted by the Career & Internship Center.
- International students can filter by postings that accept CPT/OPT, will sponsor, and/or don't require US work visas. Employers may not use UW-specific terminology so be creative with search keywords and criteria.
- Be patient and inclusive! Check back with Handshake often - recruitment timelines are not 'one size fits all.'
- Many postings get less than three applications total from UW students. Be open to various opportunities and learn more about employers that are new to you.
- Not everything is in Handshake. We recommend using other search engines or going directly to company websites.

How early do employers post?

Summer	Academic Year
84% More than 2 months before start date	65%* More than 2 months before start date

*13% of all academic year postings are less than one month out

Top 10 by State

State	Postings*
California	4,899
Washington	3,173
New York	3,107
Texas	2,485
District of Columbia	1,991
Illinois	1,827
Massachusetts	1,667
Colorado	1,415
Florida	1,330
Georgia	1,224

*Postings can be listed in multiple states
Postings available in all 50 states