

The Professional Semester: A Liberal Arts Internship

It's a proven fact that students who participate in an internship during their college years have a better chance than their peers of getting the job they desire, even in a highly competitive job market. Working for even one semester in a professional arena, with a workplace mentor and an academic supervisor, can give you the skills, the maturity, the insight and the added boost to your resume to make you an ideal job candidate when you graduate.

This is the reason Montclair State University's College of Humanities and Social Sciences (CHSS) offers all of its students **The Professional Semester**—an opportunity to gain experience and earn free elective credits.

The Professional Semester is the entry level course, of a possible sequence of courses, offered to students interested in exploring career options through interning in the workplace. Some of the work placements are salaried, others carry minimal, if any, salary, but all offer the kind of experience that can be life altering.

CHSS students have worked in a variety of fields, from:

- ***Publishing and Print Media***

Stewart, Tabori & Chang, Publishers, New Woman Magazine, Twist Magazine, Doctorow Publications, Nickelodeon Magazine for Kids



- ***Electronic Media***

MTV, ESPN Radio, Power 105, MSNBC, Univision, Showtime



- ***Public Relations***

Brushfire Public Relations, Becker Public Relations, Freeman Public Relations, Montclair State University Public Information Office, NJPAC



- ***Corporations***

Prudential Insurance Company, Corporate Communications, Cardinal Health Plans
Mercedes Benz USA



- ***Social, Psychological and Government Institutions***

Over the Rainbow, Passaic County Supreme Court, March of Dimes



Course credits vary depending on your work schedule (from 4 to 8 credits per semester) and all students must also attend the Professional Semester seminar which meets five times during the internship semester. This seminar includes required readings, assigned essays, an ongoing reflective journal and discussions about ethics, the meaning of work, skill translation between academia and the workplace, personal growth on the job, etc. Armed with your work experience and the seminar, every Professional Semester student will be well prepared to make career decisions.

Getting Started on your Professional Semester:

- Visit the Center for Career Services and Community Based Learning in Morehead Hall, room 337 or call 973-655-5194 to sign up and attend the two required Cooperative Education workshops:

“Who We Are” and “Tell Me About Yourself”



- Complete your on-line application and resume as instructed in the “Who We Are” workshop



- Make an appointment with your Co-op Coordinator to review your resume and to obtain any necessary forms



- Once your resume is approved and uploaded to the database, you will be able to search on-line for potential internships

