UCSB's Internships
Fast Track to Careers

Let internships help you transition from college to professional employee by giving you the experience employers look for. One out of every five college students will now do an internship before they graduate. Ten years ago, it was only one out of every 36. Five reasons for this dramatic increase in popularity can be summarized as follows:

1) EXPERIENCE — Internships provide important hands-on experience, the number one criteria employers look for when hiring.

2) CONTACTS — Internships expose you to the professionals who have access to other professionals in your field who can be instrumental in helping you get a job later on.

3) COMMUNITY SERVICE — Internships can give you the chance to do something important for the community you live in while helping you develop the confidence and leadership skills you will need.

4) EXPLORATION — Internships help you sample different career fields before you invest more time and money in further education and training.

5) EDUCATION — Internships expand your education by allowing you to examine the theoretical concepts you’ve learned in the classroom within a context of “real world” problems and situations.

It’s obvious that internships provide a lot more than something to put in your resume. As one intern states, “My skills as a leader, as a listener and as a co-worker have all improved without question... I have confidence in my abilities and know where my career should go.” Internships do make a difference. In some highly competitive fields, internships are actually required to get a foot in the door of a particular agency or company.

Internships come in many shapes and sizes. They may be full- or part-time, paid or unpaid, for credit or no credit, for one quarter or an entire year. Some departments or programs refer to them as practicums or field study. The important common denominator, however, is that it provides you with a supervised learning experience that is related to your academic and/or career interests.

For more information use the UCSB INTERNSHIP DIRECTORY described below.

UCSB Internship Directory

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applied Learning Internship Program (ALP)</td>
<td>Deb Arzt, Coordinator, 961-4418</td>
</tr>
<tr>
<td>California Public Interest Research Group (CalPIRG)</td>
<td>Andrea Raphael, Coordinator, 961-8319</td>
</tr>
<tr>
<td></td>
<td>306 B &amp; C Trailers (across from pool and old gym)</td>
</tr>
<tr>
<td>Capitol Hill Internships</td>
<td>Eric Kittary, 961-2067</td>
</tr>
<tr>
<td>A.S. Community Affairs Board (CAB)</td>
<td>Dulcie Sinn, Advisor, 961-4296</td>
</tr>
<tr>
<td></td>
<td>3rd Floor UCen</td>
</tr>
<tr>
<td>Engineering Academic Internships</td>
<td>Jacqueline Hynes, Asst. to Dean for College of Engineering, 961-3885</td>
</tr>
<tr>
<td></td>
<td>Oscar Perez, Asst. to Dean, Minority Affairs, 961-4026</td>
</tr>
<tr>
<td></td>
<td>Lynne Altizer, ECE Industrial Affiliation Program Coordinator, 961-3586</td>
</tr>
<tr>
<td>Environmental Studies Internship Program</td>
<td>Lisa Harrison, Internship Coordinator, 961-3185</td>
</tr>
<tr>
<td></td>
<td>3313 Phelps Hall</td>
</tr>
<tr>
<td>EOP/SAA Career and Professional Programs</td>
<td>Hymon Johnson, Assistant Director, 961-4292</td>
</tr>
<tr>
<td></td>
<td>Harold Kennedy, Chicano and Other Components, Bldg. 406, 961-4040</td>
</tr>
<tr>
<td>Geography Internship Program</td>
<td>Kris Ellison, Internship Coordinator, 961-4529</td>
</tr>
<tr>
<td></td>
<td>5704 Ellison Hall</td>
</tr>
</tbody>
</table>

For more information — See Inside

“I have a wonderful job. I’m doing exactly what I wanted to do and am getting well paid for it. I cannot stress enough the importance of internships.”

— 1984 UCSB Graduate
A Special Thanks To The Following Employer Sponsors for making this supplement possible:

Cox Cable Santa Barbara
22 South Fairfield Ave.
Goleta, CA 93117-0787
Telephone 805/683-7751

INTERFACE
Planning and Counseling Corporation
32 Arlington Ave.
Santa Barbara, California 93101
(805) 963-0651

LORING & COMPANY
Career Clothing for Men and Women
La Cumbre Plaza
687-9695

PENTABS
Pension and Trust Accounting
Benefit Systems
520 East Montecito Street
Santa Barbara, California 93103-5291
(805) 963-8861

Prudential-Bache Securities Inc.
The La Torre Bldg.
104 West Anapamu Street
Santa Barbara, CA 93101

SANTA BARBARA RESEARCH CENTER A SUBLIARY

Raytheon
Electromagnetic Systems Division
6380 Hollister Avenue
Goleta CA 93117-3197
(805) 967-8611

This fifth annual supplement is a cooperative endeavor conceived by the UCSC Experiential Learning Consortium. Current members appear in the directory on the front page. Our hope is that others involved in experiential learning programs on campus will join us. For more information, contact Del-Arts, 961-4418 or Lisa Harrison, 961-2183.

PROGRAMS/DEPARTMENTS
Applied Learning Internship Program

The Applied Learning Program offers students part-time, para-professional work experiences in both the public and private Santa Barbara, Goleta, and Ventura employer communities. It is the largest campus internship program, serving over 500 students annually. It offers opportunities of interest to most majors across campus including economics, communication studies, psychology and political science to name a few.

What Areas Offer Internships?

- Arts and Graphics
- Education
- Media (TV, Radio, Print)
- Law and Planning
- Business and Personnel
- Accounting and Finance
- Marketing, Sales, Travel
- Engineering and Computer Science
- Public Relations and Advertising
- Health and Human Services

What Are The Hours and Requirements Involved?

Although almost all internships are volunteer, it is possible to receive some type of compensation, either an hourly wage or stipend (a lump sum usually ranging from $100-$300 per quarter). Academic credit can be arranged through most departments. Usually some type of research paper or documentation is required. Most students, however, are most interested in the experience they will receive versus the pay or credit.

Are Internships Only Offered in the Santa Barbara Area?

Although the majority of internships are in this area, consider the following resources and services:

- Information binders and directories about other state, national, and international programs.
- An International Resource Directory with contacts for developing work opportunities in such countries as Australia, England, Japan and Canada.

Types of Internship Positions

- Graphic Artist
- Arts & Tourism Conference Coordinator
- Technical Writer
- Field Research Assist.
- Recreational Counselor
- Laboratory Technician
- Systems Analysis & Design
- Tax Auditor Trainee
- Investment Advisor Asst.
- Legal Analyst
- Legislative Research
- Felon Interviewer
- Media Buyer Trainee
- Market Research Asst.

Here's What Some Past Interns Have to Say:

"I like working with the director, outreach coordinator and exhibition designer — getting direct knowledge and experience of their careers. I also liked working with and meeting artists and the community." — Arts and Graphics Student at Santa Barbara Contemporary Arts Forum

"I think it was helpful to see all that must go into the production of a newspaper from editing to ad sales." — Media Student at Santa Barbara News & Review

"The freedom I was given to work and shape my own project was invaluable." — Computer Science Student at Santa Barbara Research Center

"My supervisor was very helpful and at the end I was given a lot of responsibility. I liked working on the computer and working in the different departments. I also liked the fact that each day I was doing a different task." — Marketing Student at Pentabs

CalPIRG (the California Public Interest Research Group) is a nonprofit, nonpartisan, student-directed organization working on behalf of consumers and the environment in California.

Through research, public education, and advocacy, CalPIRG provides the means for transforming student idealism into practical policy change while teaching the skills necessary to be effective citizens.

CalPIRG's Public Service Internship Program is designed to enhance the intern's understanding of a variety of public policy issues and to provide "hands on" experience in research and advocacy, organizing, lobbying, media relations, and other skills necessary for effective citizen action. The internship features:

- Professional Supervision: Each internship, whether it involves a full quarter's academic credit, or is purely extra-curricular, will be directly supervised and challenged by a member of CalPIRG's professional staff.

- Structured Supervision: Each intern will design a work learning plan in coordination with the staff. Each plan will enhance the student's perspective on a specified academic discipline, provide deeper understanding of a public policy issue, and assist in developing practical skills relevant to effective citizenship.

- Citizenship Training Seminars: Seminars are offered three to four times a year.

Engineering Seminars

If you are an engineering sophomore of junior with a better than average GPA, you may wish to consider applying to one of several company sponsored summer internship programs. To find out more about these opportunities, plan on attending a seminar workshop on January 22 or 28. Contact either the ECE department or Engineering College or Counseling and Career Services Offices for exact time and locations when you return from Christmas Break. These internships provide you with a paid, career related experience which could turn into a permanent position upon graduation.

Electrical and Computer Engineering (ECE) students should also consider submitting a resume to Lynne Altizer, Industrial Affiliation Coordinator, before Christmas Break to be considered for potential summer employment opportunities with some of the top computer and electronics companies. An additional resume service is also provided by Oscar Perez, Minority Affairs, College of Engineering, for minority engineering students. The ECE, Mechanical Engineering and Computer Science departments offer a 192 Internship in Industry Course. For more information contact Industrial Affiliation Coordinator, College of Engineering Office or Lynne Altizer if you are an ECE major.
CalPIRG Internships

Are you tired of living in Isla vista? Are you stuck in the same old routine of mid-terms and finals? Would you rather spend an exciting winter in Washington, D.C. or learn environmental issues of this decade, working with federal or state lobbyists, answering mail, running sundry errands, and attending hearings? The quality of work assigned to the intern greatly depends on his/her display of initiative, interest and hard work. The student gains a knowledge of the inner workings of our government and a different perspective of our nation.

What about the costs? Though there are paid internships available, most internships are nonpaid work experience. The cost of doing an internship in Washington D.C. can range from $1,500 to $2,500 for a ten week period depending on individual budgeting. Living expenses in Sacramento tend to be more inexpensive compared to Santa Barbara. A Sacramento internship is a viable alternative if the high cost of a Washington D.C. internship is prohibitive.

How to apply? Applications must be completed two quarters prior to the time of the desired internship. The application requires that the prospective intern write a personal essay, submit two recommendations and an unofficial transcript, have upper division standing and a minimum GPA of 3.0. An interview with the Directors of the Program is also mandatory.

The CalPIRG office is located in Trailer 310 E. The directors are Eric Kittay, Kathy Starky, Adrienne Miller, Stephanie Speer, Patty Navey, Kathyn Lowe, Marie Finigan and Art Ausbach.


times a quarter and cover public policy issues and skills training in such areas as public speaking, graphics and the materials design, media relations and writing.

Leadership Development: Interns have the opportunity to participate in all aspects of CalPIRG decision-making, including chapter meetings, informal planning sessions, mid-term retreats, and statewide board meetings.

This training in practical experience has helped many students sharpen skills and find jobs or professional school in government, business, environmental science, public health, and almost every other field.

You can apply for internships anytime, ranging from single course credits to full term programs with CalPIRG, or in Washington, D.C. with United States PIRG. Projects vary, from local participation in the National Student Campaign Against Hunger to lobbying in Sacramento for a California Bottle Bill, or doing research in Washington regarding national Superfund legislation.

Application information session and interviews are conducted every quarter on campus, and internship descriptions are available for some of the position openings. Contact Andrea Raphael, CalPIRG Campus Coordinator at 961-8319, or stop by the CalPIRG office in Trailer 306 B (across from the pool and Old Gym).

UIUC graduate John Wetzel now conducts real-time analysis of fire signals for fireBreak, a California graduate. John Wetzork now conducts public service.
**Student Health Services**

**Peer Health Educators**

"I like being a Peer because I like working with people. As a Peer Coordinator I am getting a different perspective of the program, it's a real challenge and I have the opportunity to learn how to work with and deal with lots of people. Plus, I just love doing it!" — B.C., UCSB senior

"The thing I like best about being a Peer Health Educator is the excitement of having an impact and making a difference." — T.B., UCSB senior

The Student Health Services, in conjunction with the Sociology and Psychology departments, offers students the opportunity to become Peer Health Educators through a number of two-quarter courses. During the first quarter, students are trained to become Peer Health Educators and then may apply for field placement the following quarter. During their field placement as Peer Health Educators, students provide a variety of health-related services to other students, including group discussions and offering one-to-one consultation through the following Peer Health Education Programs:

**Peer Patient Education**: After completing Biology 91A students can choose to become a Peer Patient Educator through Biology 91C. These peer educators provide information to students concerning the Cold Care Clinic and the Peer Sports Medicine Clinic. The Cold Care Clinic peers provide information, take throat cultures, dispense over-the-counter medications and make appropriate referrals to Student Health Services Medical staff. In the Peer Sports Medicine Clinic students can have athletic injuries attended to by a trained Peer Patient Educator for a minimal fee. Peer Patient Educators who staff the Cold Care Clinic also provide hyperbaric oxygen therapy to students, including group discussions and providing referrals to appropriate Boiler Health Services.

**Relationships Program**: Friendship, romance and intimacy are things most students seek within college relationships. Student Health Services offers the Relationships Program to help students get what they want out of relationships, both emotionally and physically, without hurting themselves or others. The program involves two academic courses Sociology 191 C&D that students take in a small-group setting to understand the development of positive healthy relationships and Sociology 191E allows students to lead discussion groups about relationships with their peers in settings on and off campus.

**Stress Management**: Because it is estimated that at least 50 percent of the medical visits to Student Health Services are stress-related, it is essential that students learn to manage their stress. The Stress Management Peer Health Educators provide several important services to students to help them learn to deal with their stress. Through a 2-unit class (Soc. 191 C&D) taught every Spring, students learn stress management techniques as well as the skills necessary to effectively communicate the concepts of stress management to other students. As Peer Health Educators, stress peer leads group and provide individual consultation to help other students manage their stress.

**Alcohol and Drug Awareness Program**: Each Fall a 2-unit course "Making Positive Health Choices — Alcohol and Drugs" (Soc. 191 C&D) is offered to help students learn to prevent the onset of alcohol and drug use and related problems. Peer Health Educators in the Alcohol/Drug Awareness Program. These Peers provide educational presentations the following quarter to encourage responsible use and moderation in the use of alcohol and drugs.

**Eating Disorders Education Program**: Peer Health Educators in this program are trained each Spring through Sociology 191 C-D. The Peer Health Educators are trained to prevent the onset and/or worsening of eating disorders among UCSB students. The following quarter, Peer Health Educators lead presentations on topics such as eating disorders, body image and sociocultural pressures to diet and be thin.

**Nutrition Education**: Winter quarter students interested in becoming a Nutrition Peer Health Educator can take Sociology 191 C&D and be trained to provide individual dietary consultation using a computerized nutritional analysis, or lead group discussions to promote responsible dietary practices the following quarter.

**ADDITIONAL INFORMATION and class application forms are available in the Student Health Services, Health Education department (room 130B) or by calling 961-2630.**

---

**Geography Internship Program**

The Geography Internship Program has entered its seventh year, offering a variety of experiential learning opportunities to Geography students. The Internship Program complements the Department's emphasis on the application of geographical analysis skills to both human and physical resource management. The program's coordinator is Kris Ellison, a student in Geography.

Student interns are currently working with public agencies, including the U.S. Forest Service, the U.S. Bureau of Reclamation, the State Department of Water Resources, the County Department of Recreation Services, and both public and private medical facilities. A complete list of agencies and agencies interested in geography training is available by visiting the Internship Office.

"Some people when they are uncertain have a tendency to do nothing... If you lean/use a variety of practical and marketable skills. While geography interns are given the opportunity to learn/use a variety of practical and marketable skills, they are also assisting them in identifying potential financial resources to enable them to participate in programs which might otherwise be inaccessible. As an example, Carmen Ponce, a political science major, might have been unable to accept her Capitol Hill position with the United Nation's Development Program at Georgetown University without this assistance. It is true also of Rhonda Dowly, who received internship experience during her senior year with the National Geographic Society, National Aeronautics and Space Administration (NASA), and the Defense Mapping Agency among others.

"The thing I like best about being a Peer Health Educator is the excitement of having an impact and making a difference." — T.B., UCSB senior

"If it had not been for this program, I probably would never have continued my education beyond the bachelors... feel happy to have found a field of study that keeps me challenged and interested." — D.C. during her senior year.

**EOP/SAI Career and Internship Opportunities**

Even students in the Educational Opportunity/Student Affirmative Action Program (EOP/SAI) do not often realize the variety of career and internship opportunities available to them through the EOP/SAI Career and Professional Planning Committee. Operating as the program's centralized coordinating unit, the committee is made up of Linda Billey-Sevedge, John Cummings (Peer), Keiko Inoue, Christine Israit and John Johnsen, Diane Williams-Hale and is chaired by Hynon T. Johnson.

Students should take advantage of the following resources and services:

**Annual Minority Job Faire**: March 6, 1987, in the Old Gym

This annual event attracts over 40 different employer representatives from a wide variety of career fields. As one student remarked, "The job fair is a great place to get information on what is going on and job search techniques. I also learned how to better prepare the job market for hidden internships and summer jobs.

**Internship Development Task Force**

Coordinated by Christine Iriart, this program provides research opportunities to undergraduate interested in research projects that lay the foundation for future graduate study. The program is unique in that it involves a faculty mentor who provides research information on a particular topic and job search techniques. Many students working together on the same project. As one student put it, "It's encouraged me to actually work in pioneering research and be a part of what 'academia' is really about." Many said they wanted to "get a closer look at graduate school," as a possibility for themselves. The program provides students working together on the same project. As one student put it, "It's encouraged me to actually work in pioneering research and be a part of what 'academia' is really about." Many said they wanted to "get a closer look at graduate school," as a possibility for themselves.

**Graduate Research Mentorship Program**

"Getting Academic Credit for Internship or Field Experience" is a program provided by the Department of Geography. Students working in the field are given the opportunity to receive academic credit for their work. Special summer internships are also available at several national organizations including the National Aeronautics and Space Administration (NASA), and the Defense Mapping Agency among others.

"If it had not been for this program, I probably would never have continued my education beyond the bachelors... feel happy to have found a field of study that keeps me challenged and interested."

For more information about any of these programs or credit can be used satisfy part of the technical requirement for the Geography major. In addition to the duties assigned as an intern, students are required to complete a short paper describing their internship projects. Each intern is assigned a faculty advisor who assists the student throughout the period and who is responsible for assigning the final grade.

---

**Getting Academic Credit for Internship or Field Experience**

1. Check with the Undergraduate Advisor within your department to find out if this is an option and if so, what types of requirements are associated with this course. For example, this course may require a physical or chemical analysis, computerized analysis, etc. You must have written permission from the faculty sponsor to enroll in these classes.

2. Approximately 14 departments have established internship courses usually listed under a 192 or 193 course number. They include: Geography, Art Studio, Biology, Communication Studies, Economics, Environmental Studies, Geography, History, Law & Society, Math, Political Science, Psychology, and Sociology.

3. Other departments sometimes allow the 195 Independent Study course number to be used. In general, this course number is only offered in the fall or spring term or field experience.

4. As a general rule, students must be a junior or senior, have a 3.0 GPA or close to it, and have a willing faculty sponsor to enroll in these classes.

---

**EOP/SAI**

**Career and Internship Opportunities**

---

**DO NOT WAIT — DO AN INTERNSHIP NOW!!**