

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

Applied Learning Internship Program (ALP)	Deb Artz, Coordinator, 961-4418 Counseling & Career Services Building
California Public Interest Research Group (CalPIRG)	Andrea Raphael, Coordinator, 961-8319 306 B & C Trailers (across from pool and old gym)
Capitol Hill Internships	Eric Kittary, 961-2067 Trailer 310 E
A.S. Community Affairs Board (CAB)	Dulcie Sinn, Advisor, 961-4296 3rd floor UCen
Engineering Academic Internships	Jacqueline Hynes, Asst. to Dean for College of Engineering, 961-3885 Engineering Annex, Bldg. 380 or Oscar Perez, Asst. to Dean, Minority Affairs, 961-4026 Lynne Altizer, ECE Industrial Affiliation Program Coordinator, 961-3586
Environmental Studies Internship Program	Lisa Harrison, Internship Coordinator, 961-3185 3313 Phelps Hall
EOP/SAA Career and Professional Programs	Hymon Johnson, Assistant Director, 961-4292 Bldg. 434 or Harold Kennedy, Chicano and Other Components, Bldg. 406, 961-4040
Geography Internship Program	Kris Ellison, Internship Coordinator, 961-4529 5704 Ellison Hall
Student Health Service, Peer Health Education and Volunteer Programs	Contact Student Health Service, Rm. 1308, 961-2630

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

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This fifth annual supplement is a cooperative endeavor conceived by the UCSB 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 Deb Artz, 961-4418 or Lisa Harrison, 961-3185.

PROGRAMS/DEPART

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 most ALP 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 Asst.
- ★ 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.



Deb Artz, Program Coordinator, Alex Jimenez, Career Advisor and Peer Supervisor and Peer Advisors: Kim Lopez, Kelly Murphy, Cindy Hatmaker, and Sherri Geeser.

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, education, and advocacy, CalPIRG provides the means for transforming students' 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.

Engineering Sum

If you are an engineering sophomore or 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 winter quarter workshop on January 22 or 23. 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 Program 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 Jacqueline Hynes in the College of Engineering Office or Lynne Altizer if you are an ECE major.

DEPARTMENTS OFFERING INTERNSHIPS

CalPIRG Internships

California Public Interest Research Group

Public times a quarter and cover public policy issues and skills training in such areas as public speaking, graphics and 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 prepare for graduate school in business, government, environmental science, public health, journalism, law and more.

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.

Internship information sessions 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 Trailers 306 B and C (across from the pool and Old Gym).

Summer Internships



UCSB graduate John Wetzork now conducts real-time analysis of fire signals for fire suppression systems being developed at Santa Barbara Research Center, where he first worked as an IAP summer intern.

A.S. Community Affairs Board Learning Through Volunteer Service

Do you have an enthusiasm about learning and living which you would like to share with others? Would you like to spend time with young people or old people with young hearts? Are you considering a career in medicine, law, education, management, or counseling and would like some "real world" experience to broaden your perspective of the field? Does the idea of helping an individual in need create a warm sense of personal satisfaction within you? If you answered yes to any or all of these questions, you owe it to yourself to check out the A.S. Community Affairs Board (CAB).

CAB, a student run organization, is open to all UCSB students and is

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 quarter in Washington D.C. or Sacramento working for a congressman, senator, private interest group, federal or state agency? You can be in the center of the action if you are accepted by the Capitol Hill Program and are placed in an internship in our state or national capitol.

The Capitol Hill Program is a non-profit, completely student run organization which screens applicants, places them in internships and secures housing. The Program has placed nearly 1,000 interns since 1973, and has an excellent reputation for sending quality interns.

Internships last approximately ten weeks during any quarter. The Program is open to all majors who meet eligibility requirements based on interest, maturity and academic achievement. Most participating interns are eligible for academic credit, but this is not a requirement to enter the Program. If academic credit is needed, it must be arranged by the intern through individual departments.

What will I do? Tasks and duties of an intern vary greatly from office to office. Responsibilities may include monitoring the House and Senate floors, researching and/or composing legislation, working with 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 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 Capitol Hill office is located in Trailer 310 E. The directors are Eric Kittay, Kathy Starky, Adrienne Miller, Stephanie Sperber, Patty Nawey, Kathryn Lowe, Marie Finnigan and Art Auerbach.



Environmental Studies Internship Program

Environmental Studies Internships Offer Practical Experience, Faculty Support, Career Advancement

Interface Planning and Counseling Corporation exemplifies the way students and local professionals can help each other and derive mutual benefits. It is unique in that *all of its professional staff began working with the corporation as Environmental Studies interns.* These former interns and UCSB alumni are now the *Vice President, Environmental Analyst,* and *Environmental Specialist* of the corporation! Out of 29 other students who have interned with Interface over the past ten years, at least fifteen have gone on to careers in planning or other environmentally related jobs. Both the company and the students are enthusiastic about their working relationship:

"...we all have a unique rapport with interns because each of us has been in the position of learning and growing within a professional environment while trying to define where we plan to go with our career choices." — Kelly Knappe, former intern and current Environmental Analyst with Interface

"I will carry this experience for the rest of my career. I am certain no course or lecture could have done this in one quarter." — Michael Reynolds, former intern with Interface

Internships are an integral part of the curriculum of the Environmental Studies Program, an academic major which integrates many related subjects to provide a rigorous analysis of environmental issues. Over 1,300 students have earned academic credit for internships over the past ten years through a departmental Internship Program which is fully supported by the faculty. Students, faculty, and community professionals all see internships as a vital bridge between academic coursework and its practical applications. In addition to a "first-hand" understanding of the complex environmental issues of this decade, students report many other benefits from their internships, including increased success in the job market.

There is no question that Environmental Studies internships increase your employability. Agencies are very enthusiastic about the opportunity to work with you and students are enthusiastic about testing their interests. Many students report that their internship was the biggest factor in securing employment, even though many of them are not hired by their actual internship agency. It is the skills, experience, resources, contacts, and personal growth

they achieve which they cite as the key to their success.

Combined with the appropriate coursework, E.S. internships often lead to jobs in urban and regional planning, environmental impact analysis, natural resource management, energy, environmental education, and many other career areas. Because Environmental Studies is inter-disciplinary, many students combine the degree with a second major and all students have a course concentration and E.S. "track." The Internship Program, therefore, offers a diverse number of opportunities in response to the diversity of career goals among its students. In addition to local positions, a smaller number of students are placed in positions statewide and in Washington, D.C.

Environmental Studies internships are open to upper division E.S. students with at least a 3.0 GPA. Internship information meetings and gatherings are offered each quarter and a slideshow is available for interested groups. Contact Lisa Harrison, Internship Coordinator, at 961-3185 for more information, or stop by the peer advisors' office in Phelps 3207.



- Criminal Justice
- Isla Vista
- Legal
- Medical/Special Medical
- Schools
- Scouts
- Special Education
- Special Olympics
- Special Projects
- St. Vincents
- Volunteer Reserve Corp

You can get involved by visiting the CAB office on the 3rd floor of the UCen or by calling CAB at 961-4296 Monday through Friday from 8 am to 5 pm. Get involved — Do it today!

Student Health Services Peer Health Educators

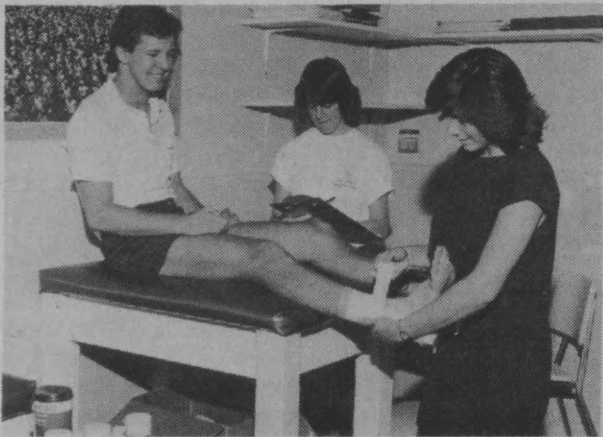
"I like being a Peer because I like working with people. As a Peer Coordinator I am getting a different perspective of the program, it's a real challenge and I have the opportunity to learn how to work with and deal with lots of people. Plus, I just like doing it!"

— 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 Biological Sciences Department, 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 91B in Cold Care/Hypertension or Sports Medicine staffing 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 taping done by a trained Peer Patient Educator for a minimal fee. Peer Patient Educators who staff the Cold Care Clinic also provide hypertension screening to students, staff and faculty who can have their blood pressure taken and receive relevant information.

Relationships Program: Friendship, romance and intimacy are things most students seek within college relationships. Student Health Services offers the Relationship 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 trains students in a small-group setting to understand the development of positive healthful 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 peers lead groups 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 open to students interested in becoming a Peer Health Educator in the Alcohol/Drug Awareness Program. These Peers provide educational presentations the following quarter to encourage responsibility 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 purpose of this program is to prevent the development 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 1308) or by calling 961-2630.

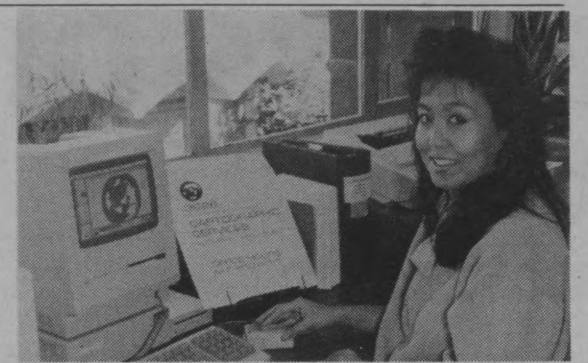
Geography Internship Program

Geography Internships Emphasize Skills

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 urban and natural resource management. The program's coordinator is Kris Ellison, a graduate student in Geography.

Student interns are currently working with public agencies, including the U.S. Forest Service, the Santa Barbara County Resource Management Department, and the Ventura County Department of Recreation Services Planning and Development, and private firms, such as the Nature Conservancy and Pacific Western Aerial Survey. The Geography interns are valued for their technical skills, including Remote Sensing, Data Analysis, Programming, and both computerized and manual Cartography. It is not unusual for interns to introduce new technical skills to their sponsoring firm.

While most of the positions are filled on a voluntary basis, Geography students are encouraged to pursue paying jobs within their field of interest during the summer months, and to



Geography interns are given the opportunity to learn/use a variety of practical and marketable skills.

apply for internship credit for their work. Special summer internships are also available at several national organizations including: National Geographic Society, National Aeronautics and Space Administration (NASA), and the Defense Mapping Agency among others.

The Internship Program has been very well received by participating firms and agencies, as have the student interns. Approximately 20 percent of the interns have been hired by their sponsors at the end of their internship period.

To qualify for an internship, a student must be an upper division Geography major with at least a 3.0 GPA. Intern positions range from one to three quarters in length with hours ranging from one-half day or more per week. Credit for an internship depends on the amount of time spent by the student, the type of position, and varies from 1-4 credit hours per quarter; up to 4 units of Internship credit can be used to satisfy part of the techniques 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 intern period and who is responsible for assigning the final grade.

EOP/SAA Career and Internship Opportunities



Even students in the Educational Opportunity/Student Affirmative Action Program (EOP/SAA) do not often realize the variety of career and internship opportunities available to them through the EOP/SAA Career and Professional Planning Committee. Operating as the program's centralized programming unit the committee is made up of: Linda Billey-Sevedge, John Cummings (Peer), Keiko Inoue, Christine Iriart, Harold Salas-Kennedy, Diane Williams-Hale and is chaired by Hyman 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 Faire provided information on jobs and job search techniques. I also learned how to better survey the job market for hidden internships and summer jobs."

Internship Development Task Force

Comprised of Harold Salas-Kennedy, Linda Billey-Sevedge, Keiko Inoue, Christine Iriart and Student Peer, John Cummings, this group is responsible for actively connecting EOP/SAA students with existing internship programs and opportunities and developing new ones. Students will now have a convenient, central resource for exploring their options without having to investigate each campus program separately.

EOP/SAA "Special Projects"

Through this endeavor, EOP/SAA helps upper division students identify and develop academic internship programs appropriate to their needs,

while 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. This is also true of Rhonda Dowdy, who received economics academic credit for her internship with The Washington Center in Washington, D.C. during her senior year.

Graduate Research Mentorship Program

Coordinated by Christine Iriart, this program provides research opportunities to undergraduates interested in research projects that lay the foundation for future graduate study. The program is unique in that it involves a faculty member and both graduate and undergraduate students working together on the same project. As one student put it, "It intrigued 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 above programs can be critical in giving you a head start on a career that is both financially rewarding and challenging. As a recent graduate writes "If it had not been for these programs, I probably would never have continued my education beyond the bachelors... I feel happy to have found a field of study that keeps me challenged and interested."

For more information about any of these programs or services, contact any committee member in Building 434 or 406.

"Some people when they are uncertain have a tendency to do nothing... If you want something to happen make a space for it."

— David Campbell

DON'T WAIT — DO AN INTERNSHIP NOW!!

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 the specific requirements and procedures are.
2. Approximately 14 departments have established internship courses usually listed under a 192 or 193 course number. They include: Anthropology, Art Studio, Biology, Communication Studies, Economics, Engineering, Environmental Studies, Geography, History, Law & Society, Math, Political

Science, Psychology, and Sociology.

3. Other departments sometimes allow the 199 Independent Study course number to be used in developing a research project that is tied to an internship 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.