

BASIC TIPS:

- Networking is one of the most important things you can do during your internship or co-op; it helps you build upon your career.
- Network with your professors! They may know people in the industry you are interested in working in and can help you get your foot in the door.
- Begin building your network early on! Reach out to others within your company during your internship or co-op.
- Most organizations are very receptive to interns reaching out for knowledge. It is the conversations you have early on that position you well when opportunities become available in the company.
- Create a LinkedIN page! Start by adding your friend, your co-workers, your professors. You will begin to create a whole network of people you can reach out to.
- After you complete your internship or co-op stay in contact with your co-workers! It is important to build relationships for your future career.
- Even if there is an individual or department where you're not assigned, but are interested in learning more, ask them to grab lunch or coffee so you can learn more and network!
- Make the most of your internship or co-op, start making those connections now, you never know when they will come in handy down the line!