Career Center

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Internships have become an essential piece of the educational experience for college students. As students prepare for the professional world by immersing themselves in academic coursework, a viable internship is often a required component to complete a college degree. More and more employers recognize that student interns have a valuable perspective that enhances the workplace. This guide has been developed by the UNCW Career Center to respond to common questions from organizations about internships involving UNCW students. Specific issues not answered in this guide may be directed to the UNCW Career Center:

910.962.3174
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An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skill development in a professional setting. Students may earn academic credit from a degree-granting, educational institution. This work/learning arrangement for academic credit is overseen by a faculty member designated from the academic department within the student’s declared major. The work/learning experience is usually the length of a semester, may be part-time or full-time, paid or unpaid. A learning agenda in the form of specific learning objectives is established prior to the start of the internship. The internship also may include one or more forms of reflection integral to the experience to distinguish it from a volunteer position or job.

Should a student choose not to earn academic credit for the internship experience, then the student should work with their Site Supervisor to assure appropriate learning goals are established and met upon completion of the internship experience.

[Approved by UNCW Provost & Vice Chancellor for Academic Affairs, Summer 2011]
An Internship vs. a Part-Time Job

Differentiating between an internship and a part-time job is important for an employer to consider when hiring a UNCW student. Internships are established for the student to develop a better understanding of his/her field of interest. A crucial part of an intern’s experience is contributing to the organization through meaningful work, such as career-related tasks that encourage and allow the student to learn professionalism and obtain skills he/she does not yet possess. Part-time jobs, although important because of the transferable skills they allow the student to acquire, are done primarily for the student’s monetary gain and to fill a basic position within the place of employment.

**INTERNERSHIP**

- Completed for possible options: credit/no credit; credit and pay; pay/no pay
- Projects or ongoing work that is purposeful and of a professional nature
- Learning objectives reflect the goals of the student, the outcomes expected by the employer, and the requirements of the Faculty Internship Supervisor (if for credit)
- Supervisor serves as a mentor figure to aid the student in the learning process
- Duration/Hours: typically part-time (10-15 hours/week) in a semester (12-15 weeks) or a summer (2-3 months); occasionally full time throughout an entire semester

**PART-TIME JOB**

- Completed for monetary purposes
- Learn tasks of job in order to complete the work adequately but not necessarily for personal development
- Assigned work that needs to be completed, not necessarily professional in nature
- Duration/Hours: typically no specific start/end date or designated time frame
- Supervisor serves as an authority figure to whom
DOES YOUR ORGANIZATION HAVE WHAT IT TAKES TO SPONSOR AN INTERN?

Your organization can gauge its potential for being an effective Internship site by conducting this organizational audit.

The Organizational Audit was originally printed in The Internship as Partnership by Bob Inkster and Roseanna Ross (published by the National Society for Experiential Education in 1998). In consultation with the authors, Intern Bridge offers the following revised list:

How serious is my organization about hosting an internship program?

- Is my organization committed to working with a university?
- Will my organizational culture be supportive of an internship program?

What can interns do for us? What are our goals?

- Does my organization have meaningful work for interns to complete? Are there special technical skills we need in interns?
- Do we want to use the internship program to identify, test, and recruit interns as potential new employees?
- Would an intern’s naiveté and inexperience actually be an asset for our organization, providing a fresh perspective on our products or services? Or would a naive intern actually be dangerous to self and to others in certain positions?

What human resources do we have to support an intern?

- Can my organization provide an individual with efficient supervisory skills to work with interns?
- Can my organization provide an individual with sufficient time to organize the program?
- In which departments might interns work?

Does my organization have the time to support an intern?

- What is the best time of year for my organization to host interns?
- What should the duration of individual internships be?
What physical resources do we have to support an intern? For example,

- A safe, adequate workspace
- Access to computers
- Internet access
- Telephone and fax
- Other communication resources
- Adequate reference resources
- Parking
- Access to people who would be colleagues, resources, or internal clients

What financial resources do we have?

- Will my organization be able to afford to pay a salary to interns? If so, how much?
- What remuneration, instead of salary, can we provide? (Parking, paid conferences or workshops, gift certificates, stipend, etc.)

Draft an internship/job description that clearly explains the intern’s duties. A good description will structure the experience for the intern and for your organization to measure goals and accomplishments during the internship experience.

Producing effective position descriptions involves the development of challenging work assignments that complement students’ academic programs. A basic way to do this is to design a preliminary list of work activities that will fit the needs of your department/organization. Later, when the interns are selected and join your team, you will have a chance to review the work activities and modify them according to the interns’ knowledge and personal work/learning goals.

Consider including the following:

- The purpose of the internship and how it contributes to the organization’s overall mission
- The essential activities/job functions that will be required of the intern
- The name of the department where the intern will work
- The expectations regarding outcomes of tasks/projects
- The physical and mental requirements of the internship—this may include a list of the academic majors suitable for the internship, the GPA, class standing and any technical or job specific skills the intern would need to perform the internship successfully
- The length and required number of hours per week for the internship
- The supervisor responsible for mentoring and evaluating the interns’ progress
- Any training that will be provided
- The application and selection processes and who will be the contact for questions related to the description
Recruiting Your Intern from UNCW

Register in SeaWork:  www.hireaseahawk.com

A. New Users - Registration: If you are not a current user, click on “Click here to Register!” and follow the directions on that page.

1. Search for your Organization and select; if it you can’t find it click on Can’t Find Your Organization.
2. Complete all sections. Required * fields are marked with an asterisk.
3. Click on the Register button.
4. To post a job follow the Steps in To Create a New Job

NOTE: Once you have registered and posted a job, both your account and job will be in pending status.

An administrator will review both your account and job. If your registration is approved, you will receive an email notification. If you do not receive your email notification within 48 hours, please contact our office at (910) 962-3174.
Employers who think about hosting a student intern often consider an intern as possible “free labor”. Employers should be aware of and ensure compliance with the Fair Labor Standards Act (FLSA) before classifying an intern as an unpaid “trainee.” If an intern is considered an “employee” for purposes of the FLSA, then the employer must pay its interns at least the minimum wage.

“Employee” is defined by the FLSA as “any individual employed by an employer.” Under the FLSA, to “employ” means “to suffer or permit to work.” The U.S. Department of Labor (U.S. D.O.L) specifies that an internship can legally be unpaid ONLY if:

1. The training, even though it includes actual operation of the facilities of the employer, is similar to that which would be given in a vocational school;

2. The training is for the benefit of the trainees or students;

3. The trainees or students do not displace regular employees, but work under close supervision;

4. The employer who provides the training receives no immediate advantage from the activities of the trainees or students and, on occasion, the employer’s operations may even be impeded;

5. The trainees or students are not necessarily entitled to a job at the conclusion of the training period; and

6. The employer and the trainees or students understand that the trainees or students are not entitled to wages for the time spent in training.
FAQ’s

How much, if anything, does an intern get paid?

If any of the above six criteria are not upheld, the intern must be paid the minimum wage or a higher hourly rate if qualified; the intern will then technically be considered an employee, according to the US DOL. The employer and intern will agree that the intern will receive college credit, a small stipend in place of wages, or both if applicable.

Does the company have to provide workers’ compensation?

Workers’ compensation is provided to replace wages and medical care programs for an employee whose injuries or illnesses are work related. For more information, visit the US Department of Labor’s Office of Workers’ Compensation at: http://www.dol.gov/dol/owcp/

Can an employer ask colleges and universities to sign a “hold harmless” or indemnity agreement?

Some internship employers request UNCW faculty and staff to sign indemnity and hold harmless agreements, transferring from the employer to UNCW the liability for personal claims, wrongful death or property damage arising out of the performance of their student internship program. The University of North Carolina system counsel has informed the UNCW Career Center that there is a list of “prohibited contract clauses” that the NC Attorney General has published for state agencies (including UNC schools). Number three on that list of prohibited clauses is “Hold-Harmless or Indemnification Clauses, Both in Tort and Contract, in Favor of the Contractor.” Therefore, UNCW and all state agencies actually lack the authority to indemnify and hold harmless another entity, and no UNCW faculty, staff or student should sign such an agreement.

Does the student assume any responsibility for liability?

Students participating in the North Carolina University system whom are engaging in paid or unpaid internships for academic credit only, are required to purchase liability insurance to cover damages because of property damage, bodily injury or personal injury due to their participation in a UNCW credit bearing internship program.

What are the steps that need to be taken when paying an intern?

If payments will be made at regular intervals or on a pay period, the employer should check with their own Human Resources department.

Does the company have to provide unemployment compensation?

Typically, interns are not eligible to receive unemployment compensation because they are hired for an end-date position.

The Department of Labor’s Unemployment Insurance (UI) programs provide unemployment benefits to eligible workers who become unemployed through no fault of their own and meet certain other eligibility requirements. Human Resources professionals or payroll professionals can advise to verify payment methods.

If the intern is to receive a stipend, the amount will be paid upon completion of the internship. The stipend amount and date of pay should be stated in a written contract or agreement.
Successful Practices

Once you have hired an intern, consider from their perspective the basic information and arrangements they need to know:

1. **Give the Intern real work.**
   It can't be said too many times that interns want to work and learn. An internship can help you get a job done that you couldn't otherwise. If you've brought on an intern as a recruitment tool, then how will you be able to assess their abilities? It just makes sense to utilize your interns well.

2. **Do what you say, and say what you do.**
   Be honest with your interns about what they can expect during their internship. If the job will require stuffing some envelopes, then make that clear. But if you tell the intern they will be researching a project, and they spend 90% of their time doing “grunt work,” then bad feelings will develop. Honesty doesn't cost you anything, and it will make the interns feel that much more respected.

3. **Interns like feedback.**
   Remember that interns are students, and they may not have the business skills and experiences that you take for granted. If your intern makes an oversight, just pull him or her aside and explain how the situation should be handled in the future.

4. **Interns want to be included too.**
   Is there a staff meeting that they can attend? Can they quietly tag along to that next project meeting? Headed to lunch with a couple of people in the office? Please include them in the daily life of your workplace. After all, if you provide a little more perspective on the intern's work, the product will be much better.

5. **Please explain.**
   When you assign work, make sure you give a detailed explanation. While the work may seem trivial and obvious to you, it may not be obvious to someone who's never done it before. Patience and a few extra minutes at the beginning will pay off later when your intern can produce good work independently.

6. **They want/need a mentor.**
   Make sure that interns have a mentor or supervisor to provide guidance. Make it someone who truly likes to teach, and the experience will be even better.
7. A minute of your time please.
The best mentor in the world is useless if he or she can't or won't spend the necessary time mentoring. As newcomers, interns may not speak up if they're feeling ignored, so the burden of making sure they're okay is on the mentor. If the busiest person in the office wants to be the designated mentor, he or she should schedule regular times to meet with the intern.

8. Be prepared.
That wonderful day has arrived and the intern goes to start their internship only to learn that no one knew they were coming, and there is no place for them to work. Provide a “welcome” for your new intern(s).

9. Um…I need a chair.
It is amazing how many employers hire an intern and don't think about the fact that they will need a desk, chair, phone and a computer in order to do the task assigned. It is no fun, and not efficient to move an intern from desk to desk as people are out one day to the next. If you want to get a job done, you need to supply the intern with the tools to do the job.

10. Show me the money (as best you can).
While each internship experience is different, and each industry has its own personality, remember that interns have expenses. Your organization may not be in a position to pay much, but paying at least minimum wage can help. You also can help pay for parking, take them to lunch every so often, or develop other creative ways to assist.
The beginning of an internship can often be the defining days for success or disappointment of interning in your organization. When you instruct interns about their first tasks, you are signaling what can be expected in the future. To give the student nothing to do sends the student a signal that this job will be easy --- and boring. This is the last thing that an intern wants/needs, and of course neither do you as the sponsoring employer.

Many student interns are unfamiliar with the activities, nature of work, environment, and objectives of the business. Consider an orientation session for the intern to emphasize the partnership and commitment to your student intern and the reinforcement to their potential success. The sooner the intern understands what your organization does and how it operates, the sooner they can assume responsibility and become productive. Suggestions for the orientation might include:

- Tour the facilities with the intern and introduce them to other employees
- Provide company/organizational materials to read such as newsletters, annual reports, an organizational chart, or memos from the CEO
- Encourage the intern to utilize their break and lunch times by spending time in places where employees gather
- Schedule regular weekly or biweekly one-on-one meetings with the intern
- Offer opportunities to observe (or participate in) professional meetings
- Allow the intern to interview organizational personnel
- Encourage the intern to move around your facilities to observe and discuss work issues with employees
As an intern supervisor you must invest time to establish an important bond with the intern and set a crucial tone for the internship experience.

**KEY POINTS**

- Maintain an open channel of communication with formal and informal meetings
- Keep the intern busy and directed towards their learning objectives. Students rarely complain of overwork, but they do complain if they are not challenged
- Provide opportunities for increasing responsibility
- Encourage professionalism by assisting the intern to develop human relations skills, decision-making abilities and manage office politics
- Remember that you are a role model
- Develop connections to support the success of the intern
Resources and Acknowledgements

National member organizations can offer excellent assistance. The following organizations and individuals have provided valuable assistance in the development of this employer guide:

National Association of Colleges and Employers (NACE)
62 Highland Avenue
Bethlehem, PA 18017-9085
800-544-5272
www.naceweb.org

Cooperative Education and Internship Association (CEIA)
16 Santa Ana Place
Walnut Creek, CA 94598
800-824-0449
www.ceiainc.org

National Society for Experiential Education (NSEE)
515 King Street, Suite 420
Alexandria, VA 22314
703-706-9552
www.nsee.org

Bottner, Richard, Intern Bridge Inc. Total Internship Management
136R Main Street, Suite 3
Acton, MA 01720
800-531-6091
www.internbridge.com
Guidelines for UNCW Internships

More students pursue experiential learning, particularly internships, more colleges and universities promote student engagement in experiential learning such as internships, and a greater number and variety of employers offer these experiences in the form of internships. Significant national discussion has developed, particularly around the concept, purpose, structure, and function of internships, and the conditions under which internships can be accomplished on an unpaid basis.

UNCW has a rich history of students participating in internships—both for credit and not-for-credit, both paid and unpaid. Our current efforts at establishing “Applied Learning” as the theme for our QEP (Quality Enhancement Plan) for our SACS accreditation further emphasize internships as one of the approaches for students to participate in applied learning activities. In addition, our new University Studies will include “Explorations Beyond the Classroom” as part of UNCW’s core curriculum.

Definition of “Internship”

To establish uniformity in the use and application of the term “internship,” UNCW has approved the following definition:

An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skill development in a professional setting. Students may earn academic credit from a degree-granting educational institution. This work/learning arrangement for academic credit is overseen by a faculty member designated from the academic department within the student’s declared major. The work/learning experience is usually the length of a semester, may be part-time or full-time, paid or unpaid. A learning agenda in the form of specific learning objectives is established prior to the start of the internship. The internship also may include one or more forms of reflection integral to the experience to distinguish it from a volunteer position or job.

Should a student choose not to earn academic credit for the internship experience, then the student should work with their Site Supervisor to assure appropriate learning goals are established and met upon completion of the internship experience.

[Approved by UNCW Provost & Vice Chancellor for Academic Affairs, Summer 2011]

To effectively implement this definition, it is necessary to develop criteria that UNCW students, faculty, staff, employer recruiters, and the Career Center can use to identify workplace experiences that can legitimately be identified as “internships.” The discussion of these criteria is framed by several conditions. These conditions are the legal definitions set by the Fair Labor Standards Act (FLSA) from the U.S. Department of Labor (DOL); the varying guidelines set by individual academic departments; employer perspectives on and objectives for internships; and the unique experiential learning objectives of students.

The legal considerations are addressed through six criteria for unpaid interns for the service they provide to “for-profit” private sector employers articulated in the Fair Labor Standards Act (see FLSA Fact Sheet #71). Essentially, if the six criteria are met, the Department of Labor (DOL) considers there to be no employment relationship. The six criteria established by the DOL are:

- The internship, even though it includes actual operation of the employer’s facilities, is similar to training that would be given in a vocational school.
- The internship experience is for the benefit of the student.
- The intern does not displace regular employees, but works under the close observation of a regular employee.
- The employer provides the training and derives no immediate advantage from the activities of the intern. Occasionally, the operations may actually be impeded.
- The intern is not necessarily entitled to a job at the conclusion of the internship.
- The employer and the intern understand that the intern is not entitled to wages for the time in the internship.

While the DOL standards are a matter of law, they were originally created for vocational training programs. The National Association of Colleges & Employers (NACE) has recommended to the DOL that it reconsider and revise the FLSA criteria regarding “the employer….derives no immediate advantage” to ensure they account for the incredible diversity of students, higher education
institutions, and employing organizations involved in such programs. In fact, a recent decision by the 6th Circuit Court in *Solis v. Laurelbrook Sanitarium* addressed the issue of students working unpaid. The case turned on the issue of “primary benefit,” and the court held that students in this case were not “employees” for purposes of the FLSA. The ruling in this case bolsters NACE’s position. It should be noted, however, this case concerned a not-for-profit organization.

To advance this assessment, the ethics must be considered. *At the foundation of such an assessment is the tenet that the internship is a legitimate learning experience benefitting the student and not simply an operational work experience that happens to be conducted by a student.* The core question then is whether or not work performed by an intern will primarily benefit the employer in a way that does not also advance the education of the student.

**Standards for an Experience to Be Defined as an Internship**

To ensure that an experience—whether it is a traditional internship or one conducted remotely or virtually—is educational, and thus eligible to be considered a legitimate internship by the UNCW definition, all the following criteria must be met:

1. The experience must be an extension of the classroom: a learning experience that provides for applying the knowledge gained in the classroom. It must not be simply to advance the operations of the employer or be the work that a regular employee would routinely perform.
2. The skills or knowledge learned must be transferable to other employment settings.
3. The experience has a defined beginning and end, and a job description with desired qualifications.
4. Prior to the beginning of the internship there are clearly defined learning objectives/goals related to the professional goals of the student’s academic coursework. At the end of the internship, there is an established process for reflection on the learning objectives established earlier.
5. There is supervision by a professional with expertise and educational and/or professional background in the field of the experience.
6. There is routine feedback by the experienced supervisor.
7. There are resources, equipment, and facilities provided by the host employer that support learning objectives/goals.

If these criteria are followed, it is the opinion of UNCW and NACE that the experience can be considered a legitimate internship.

**Academic Credit**

While academic credit legitimizes an unpaid experience, in order to be identified as an internship, that experience must fit the criteria. For experiences that employers make available only if academic credit is awarded, the college or university’s requirements in combination with the criteria laid out in this paper should be used to determine if the experience is a legitimate internship.

Academic credit for an internship requires registration for the appropriate 498 course in the major and the payment of associated tuition and fees for the course. See the UNCW Student Internship Guide for information about requirements for internships for credit by individual academic departments.

**Conclusion**

This paper examines how to assess experiences often promoted to students as “internships” with the goal of determining the implications for compensation by exploring three components:

- The experience’s legitimacy as an internship must be determined. To do so, the educational value of the experience must be considered of most importance.
- Once the experience can be ethically identified as an internship, the implications for compensation can be determined. An experience that meets all the criteria may be offered unpaid.
- Only an experience that meets the criteria presented in this paper should be labeled an internship.

Sources for this document include the National Association of Colleges & Employers (NACE), the National Society for Experiential Education (NSEE), the Cooperative Education Association (CEA), and the U.S. Department of Labor (DOL). Revised September 2011

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**Checklist for UNCW Internships**

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- The skills or knowledge learned must be transferable to other employment settings.
- The experience has a defined beginning and end, and a job description with desired qualifications.
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- There is supervision by a professional with expertise and educational and/or professional background in the field of the experience.
- There is routine feedback by the experienced supervisor.
- There are resources, equipment, and facilities provided by the host employer that support learning objectives/goals.

**If Unpaid**

If an intern is unpaid for the service they provide to a “for-profit” private sector employer, in addition to the criteria above, the experience must meet all of the following six criteria as outlined by the U.S. Department of Labor:

- The internship, even though it includes actual operation of the employer’s facilities, is similar to training that would be given in a vocational school.
- The internship experience is for the benefit of the student.
- The intern does not displace regular employees, but works under the close observation of a regular employee.
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For more information, see “Guidelines for UNCW Internships” at this web site: [www.uncw.edu/stuaff/career/internships.htm](http://www.uncw.edu/stuaff/career/internships.htm)  
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