



## 1 Career Center: Lassen 2000 or NSM Satellite office Sequoia 334A

Ask a Career Counselor to aid you in your search, to review your resume or cover letter, and/or to help you with interviewing.

## 2 Family, Friends, Professors

Ask them to help you come up with the top 10 organizations in your geographic area, and for any contacts they may know in organizations you would like to intern in.

## 3 Paper-based Resources available in SEQ. 334A or LSN. 2000

- Sacramento Area Companies with Laboratory Opportunities handout
- Volunteer Opportunities at Sacramento Hospitals
- Largest Sacramento Area Employers List
- Career and Job Hunt Resources on the Internet
- Job Choices Magazine for Science, Engineering, & Technology Students
- See resources in the Career Information Library (Lassen 2000) on the shelf labeled, "Internship Guides"

## 4 Career Center Online Job Listings

Career Connection: An online posting with jobs, internships, co-ops, upcoming career events. Visit the Career Center to find out more and get the registration password.

## 5 Internet Search Engines

- Visit the Career Center's website at [www.csus.edu/careercenter](http://www.csus.edu/careercenter)
- Visit google: [www.google.com](http://www.google.com), type in a simple phrase ex: "Biology Internship in Washington, DC"
- University Enterprises lists student job openings at [www.foundation.csus.edu](http://www.foundation.csus.edu)
- Visit [www.volunteermatch.org](http://www.volunteermatch.org) for volunteer opportunities
- Visit [www.wetfeet.org](http://www.wetfeet.org) for career and internship seeking tips
- Visit [www.scienceline.org](http://www.scienceline.org) or science career information
- Visit <http://www.cacnews.org/labs.htm> for a list of Forensic and Crime labs in California
- Visit [biospace.com](http://biospace.com) for Biotech and Pharmaceutical career information

## 6 Phone Book

Use the phone book to contact organizations or individuals in your interest area to see if they take interns.

# NSM Resources for Finding an Internship or Co-op

## 7 NSM List Proc

Sign up for the NSM List Proc for e-mail information about career events, and to receive information about current jobs, internships, or co-ops.

## 8 Student Organizations or Clubs

Join a relevant student club in your interest area to network with peers interested in the same field (i.e. AMSA, PPSO, SALS, FPSO, Math Club, Chemistry Club, Physics Club, MOSS, etc.)

## 9 Professional Organizations for Your Career Field

Join a professional organization in your field, or visit the website. Some examples: American Chemical Society (ACS) [www.acs.org](http://www.acs.org), or the Association of Clinical Scientists [www.clinicalscience.org](http://www.clinicalscience.org).

## 10 Career Center Events

- Attend an Information Forum on Internships and Co-ops
- Internship, Co-op, Job Fair
- A Career Fair

## 11 Government Internships

- Visit [http://www.spb.ca.gov/employment/college\\_student\\_employment.htm](http://www.spb.ca.gov/employment/college_student_employment.htm)
- Visit [studentjobs.gov](http://studentjobs.gov)
- Check the Gov. Job Listing Binders (Lassen 2000)

## 12 Chambers of Commerce

- Google search for the Chamber of Commerce in your region
- Look for an online member directory
- Some chambers will list members by categories such as accountants, engineering, etc.

## 13 Business Journal

- Google search for the Business Journal in your region
- Look for the Journal's "TopList" or "Book of Lists" online
- The Career Center also purchases the Sacramento Business Journal's yearly publication of the Top 25 Book of Lists and makes it available for student browsing. It is kept in Lassen 2000 behind the recruitment counter.