What is Cooperative Education?
The Cooperative Education program works with students and employers to help students find paid Co-ops/Internships that relate to their academic majors.

Co-ops/Internships are Paid
Usually pay varies from each employer. Some employers may pay in the form of a stipend. The employer determines the salary.

All Co-ops/Internships Must Relate Directly to the Student’s Major
Positions should provide students with the opportunity to apply the theories and knowledge they have gained in class. Job descriptions are screened; only those that will be academically enhancing are deemed Co-op eligible.

Will I Earn Credit?
Yes. After you have been placed in a Co-op position, you must be enrolled for credit hours through your department. Most departments have a 194 course designated for undergraduate students and a 294 course for graduate students. Typically, students earn 3-6 credit hours for a part-time job and 9-12 credit hours for a full-time job.

How Will Coop Credit Count?
Up to 12 hours of Co-op credit may count for general elective credit toward your degree. Co-op credit may or may not count toward your major requirements. Each department on campus makes this decision.

What Do I Need to Do to Earn Credit?
After you are placed in a job, registration occurs through your department. You will be required to complete a certain number of Co-op hours per unit, the criteria is determined by your department. Your faculty coordinator will award you Credit/No Credit. Some departments require Co-op students to follow the same guidelines they have set-up for their internships.

How Will the Co-op Office Help Me Find a Position?
There are Co-op Coordinators in the Career Center who are assigned to assist students from different Colleges. Your Co-op Coordinator can help you to find out more about your career interests, goals and background, assist with revising your resume, discuss interviewing strategies, and outline the job search process for you.

Am I Guaranteed to Find a Co-op Placement?
There are no guarantees. However, this is a process that you and your Co-op Career Coordinator will work on together. If you are proactive and persistent, your chances of finding a placement are quite good.

What Are Coop Jobs Like?
You will be working in a position of responsibility; performing tasks that allow you to apply the knowledge you have gained during your course work and to learn new skills. Employers ask for both part-time and full-time Co-ops and most are in the Sacramento area.

Can International Students Participate in the Co-op Program?
Yes. International students are permitted to work off-campus because this is an academic program (you will earn credit hours). The Global Education Office will assist you with VISA questions.