

Internships 101 for Anthropology Majors

Internships, field study projects, study abroad programs or independent research enable you to put your ethnographic, archaeological, or physical anthropology skills to work. You can:

- Learn how anthropology applies to diverse occupations in medicine, nutrition, law, forensics, social work, social justice work, education, international development, human rights, social policy, immigration, architecture, business, design, cultural resources management, environmental conservation, museums, zoos, tourism.
- Build your resumé with practical experience and gaining marketable skills - giving you that edge in today's job market.
- Develop research skills through independent study projects supervised by UCD Anthropology faculty.
- Transform a study-abroad experience into anthropological research.

Why internships are important for Anthropology majors:

Few entry-level occupations will include "anthropologist" in their title. That said, the anthropological perspective is excellent preparation for a wide range of occupations due to a growing need for analysts and researchers with sharp thinking skills who can manage, evaluate, and interpret the large volume of data on human behavior. The extent of occupational flexibility reflects the emphasis on breadth, diversity, and independence of thought. What we know about the future marketplace indicates a need for the type of global, holistic knowledge that an anthropological perspective brings.

However, the advantages of being an Anthropology major are only as good as you can translate them for a potential employer in terms of concrete skills acquired through *actual work experiences*. This is why an internship is a valuable way to start developing these skills and experiences.

Key reasons to pursue internship experience:

- Enables you to explore a variety of career interests, occupations, and work environments
- Develops new skills and builds on your experience for your resume
- Cultivates professional relationships and mentors
- Increases self-confidence, leadership skills, and interpersonal skills
- May lead to a permanent position in the organization after graduation

What are qualities of an ideal internship experience?

- Allows you to apply knowledge from your classes in a practical way
- Develops relevant skills
- An experience in which you receive professional supervision/mentorship

What are “red flags” of a bad internship?

- Primarily clerical, unskilled labor (you can get paid to do this)
- An experience you gain nothing from
- A vague, undefined experience
- An unguided/unsupervised experience

Questions to ask yourself when looking for internship opportunities:

- What careers/companies/organizations are you interested in learning more about?
- What work-related activities or settings would you like to gain hands-on experience in?
- What skills do you want to use, refine, or develop?
- What are your goals for the internship?

The many variations of internships:

- Paid/Unpaid
- For Academic Credit / No Academic Credit (Many students do internships without earning academic credit, but some unpaid internships require that interns receive credit. To learn more about receiving ANT 192 units for an internship, contact Pam or Kelli at the emails below)
- Full-time/ part-time
- Regional/ National/ International

So, how do I get one?

Find existing internships by exploring these options:

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- [Washington Program](#)
- [UC Sacramento Center](#)
- [Multicultural Immersion Internship Program](#) (applications due every February)
- [UCD Internship and Career Center](#)

Other internship resources from the American Anthropological Association:

<http://www.aaanet.org/profdev/internships/>

Create your own internship:

- Think about what/where you'd like to intern
- Do informational interviews to talk to people at these organizations
- Ask friends, relatives, former employers for ideas/leads
- Is there an option for doing an internship where you now work or volunteer?
- Attend on & off campus internship/career fairs
- Develop a proposal for this type of internship & present it to the organization where you'd like to intern

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