

# Internships offer benefits

## UNL offers internships in variety of fields

By Michael Hooper  
Senior Reporter

Carie Moser's summer internship with Madonna Professional Care Co. taught her to deal with patients who have had injuries that keep them from functioning normally.

Moser, one of 481 students who got summer internships through the UNL Experiential Education Office, said her internship gave her valuable experience she will use for her career in physical therapy.

Millie Katz, coordinator of the office, said internships give students a chance to explore their field of study and gain experience that may prove to get them a job after graduation.

Internships also give students an opportunity to apply what they have learned in school and to see what it takes to be successful in their fields,

Katz said.

Of the 481 internships offered through her office last year, 175 were related to business and management. Two hundred and three were in arts and sciences, and 103 in other fields such as journalism, agriculture, architecture, home economics and teaching, Katz said.

She said not all interns are paid for their work. Some have their tuition costs reimbursed, and others receive an hourly wage. Some interns receive a small stipend and/or free housing. Others receive nothing but the experience. And yet others get college credit for their work, she said.

Students interested in internships need to complete written applications from the Experiential Education Office that are screened by the office staff. Companies review the applications and

select the students they want to interview, Katz said.

That interview is the most important part of the process, she said.

Employers want juniors and seniors, she said, but they may take freshmen and sophomores if they "prove to be outstanding."

Students also should have work experience which shows they are able to work with people. Restaurant work can give them this, she said.

If students want an internship for next semester, they should stop in Katz's office before November.

"It's good to prepare early by reading about the internships," she said. If students are interested in applying for internship next summer, she said, they should stop in her office in January or February. Students can call 472-1452 or visit the office in Teachers College 102.

## Self-help book out Monday at Seaton Hall

The Self-Help Information Service of Nebraska will have available Monday a booklet identifying self-help groups located in Lincoln and Omaha.

Director Barbara Fox said the booklet contains telephone numbers of groups such as Gamblers Anonymous and Alcoholics Anonymous.

The booklets will be available at the Counseling Center in Seaton Hall 1316.

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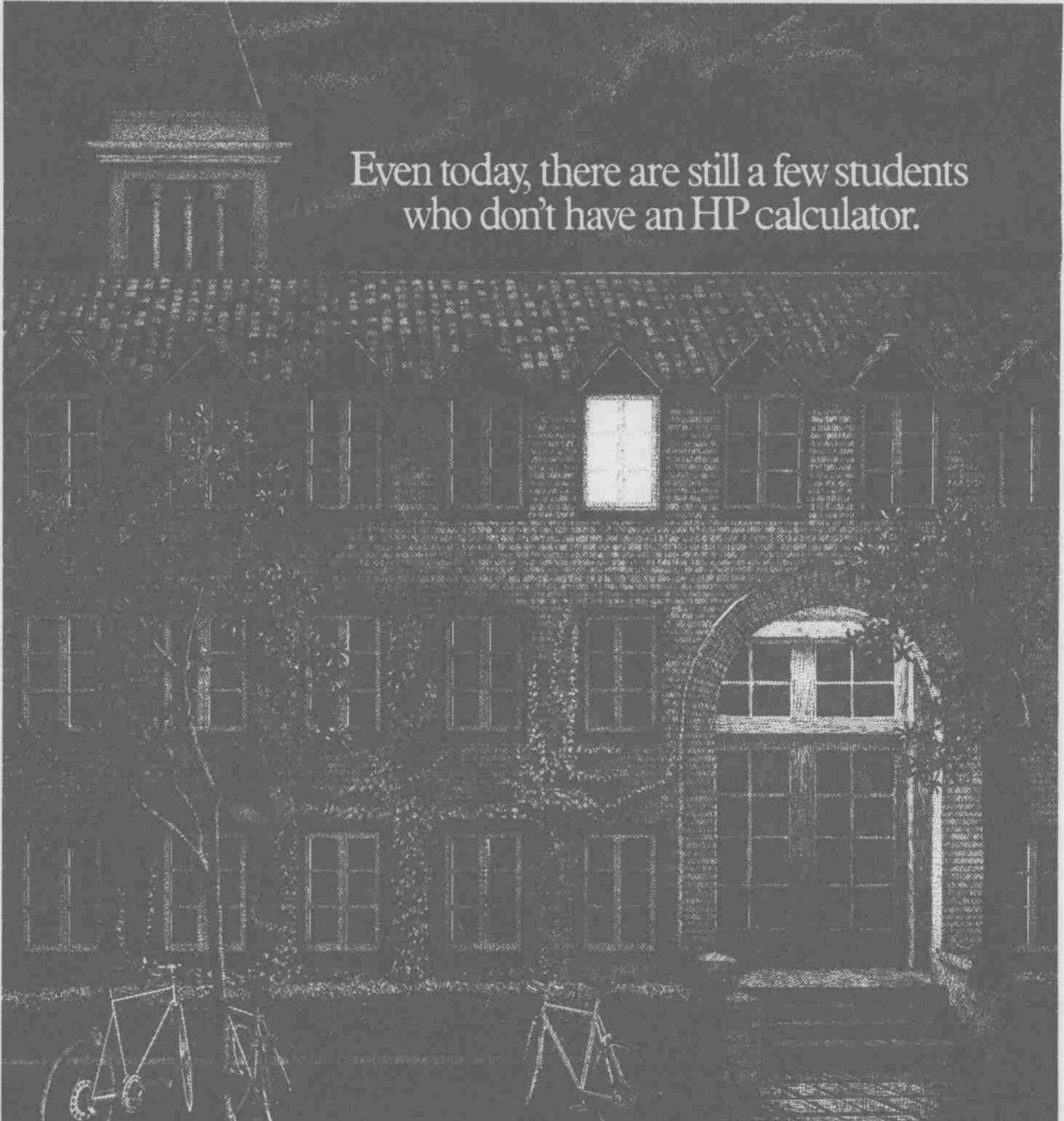
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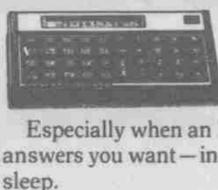
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