

LOVE YOUR CAREER



18 FEBRUARY 2022

Make The Most out of a Virtual Internship

www.tudublin.ie/careers/loveyourcareer

Dr Debora Jeske, University College Cork

The basics about virtual/remote internship, please!

Often like traditional internships

- Usually with an employer
- Can be project-based for a few weeks to months
- Potential employment offer following internship
- (Peer) mentoring/working in teams
- An option for businesses of all sizes
- Became more popular in the pandemic
- Recruitment is still often local, however



Virtual



Remote



Online



Distance



E-internship



What's different?

Unlike traditional internships

- May not be tied to semesters/academia (time flexibility)
- Completion for experience (credit optional)
- Geographical flexibility (no mobility requirements, time zones)
- Good preparation for remote working
- Opportunity to increase and experience diversity
- Reverse mentoring: Bring, share and test your skills and expertise in the workplace



Why do a virtual/remote internship?

Work experience

A line on your resume
Academic credit
Networking

Job certificate

LinkedIn
recommendation

Mentoring
Job referrals

Career certainty
Digital skills
Remote working
expertise

Employment

As freelancers / employee
Consulting gigs

Support your
community

NGOs, start-ups etc

Where do I find these internships?

Vodafone is offering hybrid internships this year! Deadline for applications is 28 Feb!

Intern Programme

VODAFONE IRELAND LAUNCHES REMOTE SUMMER INTERNSHIP PROGRAMME

IRISH TECH NEWS × FEBRUARY 23, 2021

Symba (USA): internship platforms

Recruitment websites (Indeed, Linked)

Company websites (Vodafone etc.)

As an intern, you should be paid like an employee!

Offers of internship placements that charge a fee are common... go with a reputable employer that gives you proper work experience!

Micro-internships are also offered by organizations like Forage BUT these are simulation based: students get allocated of resources and tasks designed to simulate the real-world experience of starting a career (so they do not meet an employer or work with a team!).

What should I keep in mind prep-wise?

Clarify YOUR expectations

- Your goal for your internship is?
- What do you hope to learn?
- Why you? Why now?
- What's your sales pitch?
- Why them (the employer)?

Check your online and local resources

- Significant online resources
- Accessibility resources (universities)
- Tech infrastructure/ Internet speed

Do your research like for a regular job!

Tip: Consider learning more about “realistic job previews”, “reverse mentoring”, and how to do “informational interviews”

Chegg Internships SEARCH BROWSE CAREER ADVICE

Find Internships

Home // Career Advice // Get the Job // Cover Letters

Cover Letters

25+ INTERNSHIP COVER LETTER EXAMPLES



Dr. Debora Jeske

Guest Contributor: Work Psychologist & Adjunct Senior Lecturer

Successful internship experiences – featuring challenges, opportunities, and support to grow as professionals – can prepare interns in several ways for remote work in the future. Of course, a great deal will depend on the extent to which the internship features complex projects, teamwork, various roles and responsibilities.

Not all remote internships will feature the same room for learning, experimentation, and self-reflection. Furthermore, many internships vary in terms of the amount of autonomy, supervision and developmental support ([Hora and colleagues, 2020](#)). These circumstances have therefore

Succeeding needs the right mindset 😊

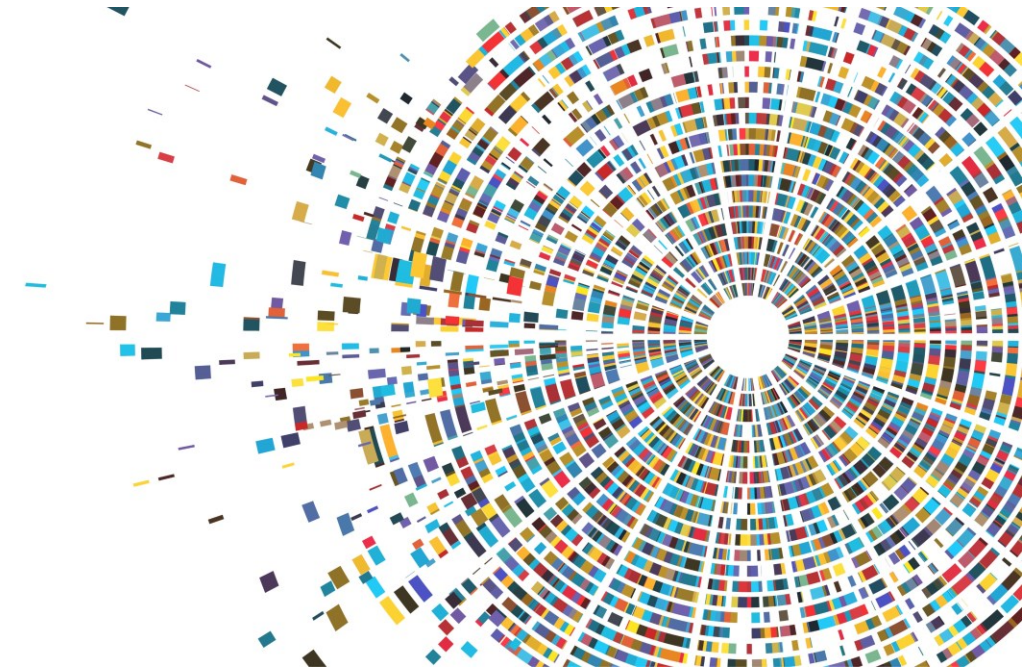
And when you get started, adopt the right mindset

- Proactive communicator and learner: Take the initiative
- Time management is key! As is patience!
- Reflect on your learning and engage in networking!
- Ask for a mentor after you identified your own goals!
- Be ready to be a mentor!
- Learn from mistakes ... and be supportive of your colleagues!

EXPLORING VIRTUAL INTERNSHIPS: KEY TIPS FOR STUDENTS

Posted on [August 18, 2020](#) by [arivera3](#)

Guest contribution from [Debora Jeske](#)



Tip: During interview, also ask about the tech in case of compatibility issues later (if you are using your own devices)

More resources for you to check out!

Exploring Virtual Internships: **Key Tips for Students.**

<https://blog.ccwt.wceruw.org/exploring-virtual-internships-key-tips-for-students/>

Running Virtual Internships: **Key Tips for Employers.**

<https://blog.ccwt.wceruw.org/running-virtual-internships-key-tips-for-employers/>

How Remote Internships prepare participants for remote work.

<https://symba.io/blog/how-remote-internships-prepare-participants-for-remote-work/>

Best practices for supporting and motivating remote interns.

<https://symba.io/blog/best-practices-for-supporting-and-motivating-remote-interns/>

Mentoring and skill development in e-internships.

<https://www.emerald.com/insight/content/doi/10.1108/JWAM-09-2019-0028/full/pdf>

Onboarding new hires: recognising mutual learning opportunities.

<https://www.emerald.com/insight/content/doi/10.1108/JWAM-04-2021-0036/full/pdf>

If you would like to learn more, feel free to find Dr Debora Jeske on LinkedIn, on ResearchGate, or email her (d.jeske@ucc.ie).



14-18 Feb. 2022 - 40 career webinars
www.tudublin.ie/careers/loveyourcareer

*Tips for
students and
employers!*

Thank you and all the best for your future plans!