



HOW TO GROW YOUR EXPERIENCE

Internships, Volunteering, Community-Based Education and More!

Experiential Learning Can....

- Have a positive and powerful effect on your academic, career and personal development.
- Strengthen the development of important skills such as critical thinking, problem-solving, self-confidence, leadership abilities and industry-specific technical skills.
- Provide you with hands-on experiences that can help guide you on your career journey.
- Expand your network of both professional and personal contacts including potential professional references for the future!
- Help you gain relevant work experience prior to graduation, thereby enhancing your marketability.

Selected Trent Opportunities and Resources:

For Credit:

- Degree-specific experience: Check out the academic calendar to see if there are internships, placements, practicum, lab work, simulated workplace projects & undergraduate research opportunities as a part of your degree. For example, the Psychology program has a research practicum; Biology has internships and placements; Anthropology, ERS and Biology have field schools and courses.
- The Trent Community Research Centre: For 25+ years TCRC has connected students & faculty with local organizations to create community-based research, community service learning & experiential education opportunities.
- Study Abroad: Contact the Trent International Programs office to find out about these opportunities to spend a semester or an academic year studying internationally.

Not For Credit:

- Co-op: Trent offers 20+ competitive co-op streams in programs across the sciences, humanities and social sciences that allow students to gain valuable career experience through paid work terms.
- Impact Program (trentu.ca/impact): A leadership program that prepares you to assume a wide variety of leadership roles within the Trent community and beyond.
- Student Government: Getting involved in student government through TCSA and colleges can provide leadership, teamwork, organization, communication and other skills and experience.
- Student organizations, clubs and groups.
- The CBC Radio Peter Gzowski Internship: Gzowski Interns are selected annually to receive a week of training in the basics of radio production at the CBC in Toronto and spend the remainder of the internship gaining first-hand experience in contributing to radio programming in a variety of ways. One intern from Trent is selected every year.

Volunteering

- Volunteering is an impactful way to contribute to your community, develop practical skills, gain experience and learn more about a specific sector/role.
- Volunteering allows you to grow your network with staff, fellow volunteers and community members. It could lead into a job down the road or a contact that you could use as a reference.

Tips on finding volunteer opportunities:

- Do your research, find opportunities that align with your interests and allow you to develop your skills.
- Many not-for-profits have extensive volunteer programs and have information on their websites.
- Some places to search for volunteer opportunities online are the TrentU Job Board, Charity Village, Volunteer Peterborough, & Volunteer Durham.

Keep in Mind:

- Finding the right opportunity takes time. Set clear, and realistic goals for your volunteer experiences. Remember to reflect on what you are learning to ensure that this experience is meeting your goals.
- Remember to approach your volunteer experience professionally and ensure you are ready to commit! Treat it like a real job.

Internships, Part-Time Work and Summer Jobs

Internships are designed to be a learning opportunity. Often, an internship includes career development and coaching. Compensation can range from none, a small stipend, to a competitive salary. Internships can be during the summer months, during the school year or after graduation. It is common for larger organizations to have new graduate internship opportunities which you can discover directly on their websites.

In addition to internships be on the lookout for student employment opportunities, summer jobs, on-campus jobs, entry-level roles and new grad opportunities.

Some websites to have on your radar are:

- www.careeredge.ca
- www.careeredge.ca
- www.aiesec.ca
- www.eco.ca
- www.workinculture.ca
- Ontario Internship Program
- Internships at the Ministry of Natural Resources & Forestry
- Ontario Legislative Internship Program
- www.pip-psp.org
- Ontario Summer Jobs
- Federal Student Work Experience Program (FSWEP)
- www.jobbank.gc.ca/youth
- Be sure to check out the job board on the Student Experience Portal, companies websites & your local municipalities career pages