

Why an Internship?

Open to all interested Health, Wellness, and Occupational Studies students, the **HWOS 490 Internship Course** provides students with for-credit professional experiences at community-based health and wellness organizations.



Learn and Grow

- Benefit from hands-on, real-world experiences and skill development.
Apply and practice course concepts in professional settings.
- Gain confidence in teamwork and collaborative leadership.

Help Others

- Provide important and fulfilling work to local community members and organizations.

Develop Relationships

- Network and build lasting relationships with professionals and community members.
- Learn from and receive mentorship from experts.

Enhance Your Resume

- Culminating internship portfolio provides tangible, lasting demonstration of experience.
- Demonstrate your ambition and experience to employers and grad schools.

You're Supported

- Backed by ample faculty support throughout:
 - Planning and preparation,
 - Finding a site and initial site contact,
 - Weekly meetings during internship and as needed advice and guidance.
- Provided orientation, training, supervision, and guidance at internship by site supervisor.



It's Flexible

- Offered every Fall and Spring Semester.
- Earn between 1-3 credits (40-120 internship hours), depending on time availability.

Bottom Line?

Make a difference in your community while gaining invaluable skills and experience!

Contact Internship Coordinator, Collyn Baeder, at cbaeder@une.edu or (207) 602-2024