

# The Gamecock's Guide to INTERNSHIPS VS. CO-OPS



|                                       | INTERNSHIPS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                       | COOPERATIVE EDUCATION PROGRAMS (CO-OPS)                                                                                                                                                                                                                                                 |                                                                                                              |
|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| DESCRIPTION                           | A short-term experience that provides hands-on work and insight into a career field                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                       | A structured extended program combining classroom education with work experience in a company/organization that correlates with a degree and career field                                                                                                                               |                                                                                                              |
| TYPES                                 | Part-Time: Working between 15-20 hours a week                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Full-Time: Working 30-40 hours a week | Parallel: Participating in a co-op part-time while attending school full time                                                                                                                                                                                                           | Alternating: Participating in a co-op full-time for one semester and then attending school the next semester |
| LENGTH OF TIME                        | The length of a semester (10-14 weeks) and could be done during the summer, spring or fall                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                       |                                                                                                                                                                                                                                                                                         |                                                                                                              |
| COMPENSATION                          | Can be paid or unpaid                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                       | Paid                                                                                                                                                                                                                                                                                    |                                                                                                              |
| ACTION STEPS TO FIND ONE              | <ul style="list-style-type: none"><li>• Search on Handshake</li><li>• Utilize the <a href="#">Career Center job postings page</a></li><li>• Talk to your professors</li><li>• Use your network: peers, professors, advisors, LinkedIn</li><li>• Attend fairs and employer tabling</li></ul>                                                                                                                                                                                                                                |                                       | <ul style="list-style-type: none"><li>• Use your network: peers, professors, advisors, LinkedIn</li><li>• Attend fairs and employer tabling</li><li>• Search for programs directly online or search for specific companies that offer co-op programs in your interested field</li></ul> |                                                                                                              |
| USC SUPPORT                           | <ul style="list-style-type: none"><li>• <a href="#">Carolina Internship Program and Co-op Program</a> ensures full-time student status while completing internship or co-op</li><li>• <a href="#">South Carolina Internship Program</a> can provide a financial supplement to students who obtain internships and co-ops in high-demand industries within the state of South Carolina</li><li>• Academic department scholarships</li><li>• <a href="#">Richter Mini Grant and Richter Internship Scholarship</a></li></ul> |                                       |                                                                                                                                                                                                                                                                                         |                                                                                                              |
| CAN YOU STILL BE A FULL-TIME STUDENT? | Yes, you can register for the Carolina Internship program by the add/drop date for the semester you will be interning in                                                                                                                                                                                                                                                                                                                                                                                                   |                                       |                                                                                                                                                                                                                                                                                         |                                                                                                              |
| IS IT REQUIRED?                       | No unless your major requires an internship or co-op experience, but it is highly encouraged to participate in one                                                                                                                                                                                                                                                                                                                                                                                                         |                                       |                                                                                                                                                                                                                                                                                         |                                                                                                              |
| BENEFITS                              | <ul style="list-style-type: none"><li>• Can earn academic credit</li><li>• Gain and/or increase professional work experience</li><li>• Increase your network</li></ul>                                                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                                                                                                                                                                         |                                                                                                              |
| BEST FOR...                           | <ul style="list-style-type: none"><li>• Exploration in various careers paths</li><li>• Trying out your interested career field</li></ul>                                                                                                                                                                                                                                                                                                                                                                                   |                                       | <ul style="list-style-type: none"><li>• Specific career interests (typically for engineering, construction and science-related fields)</li><li>• Can be a direct pathway to full-time employment with a company</li></ul>                                                               |                                                                                                              |



**Career Center**

UNIVERSITY OF SOUTH CAROLINA



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## OR VISIT ONE OF OUR LOCATIONS

Thomas Cooper Library  
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Pre-Professional & Graduate School Advising  
Graduate Student Career Services