

Networking During an Internship: Why it Matters

Building professional relationships during your internship can:

- Open doors to future job opportunities.
- Provide mentorship and guidance.
- Help you learn about different career paths and industry trends.



● Be Proactive & Approachable

- Introduce Yourself: Take the initiative to greet colleagues and join conversations.
- Learn Names & Roles: Understand who does what and how their work connects to yours.
- Show Enthusiasm: A positive, curious attitude makes a lasting impression.

● Attend Events & Socials

- Participate in Team Activities: Join meetings, workshops, and after-hours events.
- Volunteer for Projects: Look for cross-department opportunities to expand your circle.
- Engage Virtually: In remote internships, attend virtual events and stay active in online chats.

● Build Relationships with Mentors & Supervisors

- Schedule Check-Ins: Regularly touch base with your manager or mentor.
- Ask for Advice: Inquire about their career journey and seek tips for your growth.
- Express Appreciation: Always thank people for their time and guidance.

● Network with Fellow Interns

- Create a Support Network: Fellow interns can be valuable connections now and in the future.
- Collaborate: Work together on projects to build teamwork and friendships.
- Stay in Touch Post-Internship: Connect on LinkedIn to maintain contact.