

On-the-Job

How internships and co-ops can pave the path to a great future

Internship and cooperative programs (co-ops) are great ways to get experience in the working world. You may be thinking, "But I'm just a high school student.

Why do I need to worry about an internship?" The fact is, no matter if

you're a freshman or a senior, work experience – especially if it's related to a field you might pursue in college – will only strengthen your college applications... and your resume down the road.

The benefits of being an intern are incredible. Not only are you getting on-

the-job experience that you can't learn in a classroom, but it is an easy way to network with people who can help you with your career in the future. Interning also helps you discover areas in which you excel and enjoy, gives you an edge in the competitive job market, makes your resume more impressive and could help you land a full-time job after graduation.

I know numerous people who have been hired from previous internship employers. I myself spent a summer

interning at WKYT-TV in Lexington before my sophomore year of college. Not only did I discover that broadcast journalism is the career field I want to pursue, but after putting in the time, energy and hard work, I was hired to work as a part-time reporter while I finish college. My experience from WKYT also led me to work as a summer intern at Fox News Channel's headquarters in New York.

Even if you don't know what subject you want to major in or what career you want to pursue, internships can help you develop important skills like teamwork, communication, or organization that can be applied to almost any work setting.

So how do you get an internship? It's actually a lot easier than one might think. When you



Interning at a Lexington TV station helped Meredith Lane decide what career path she wanted to pursue.