

CAREER TOOLKIT

Explore our **FREE** career readiness tools below to help you prepare for the workforce and connect with Career Services for more information and support! Scan the QR codes below with your smartphone camera.

H Handshake



Handshake is our online job board and one-stop-shop for kick-starting careers. Gain access to career services and appointments with Handshake!

sdccd.joinhandshake.com/login

CAREER SERVICES CANVAS SHELL



Add the Career Services Shell to your Canvas Dashboard to have quick access to all of our career resources!

bit.ly/SDMesaCareerCanvas



CAREER COMPASS



The Career Compass links your interests to relevant industries and academic programs offered at San Diego Mesa College.

bit.ly/SDMesaCareerCompass



The Mesa Impactship Program (MIP) is designed to promote workforce training & employment opportunities through internships, volunteering, and Directed Clinical Practice with focus on underserved student populations.

www.sdmesa.edu/MesaImpactship

CAREER HANDBOOKS



Access **FREE** downloadable PDFs to aid in career preparation:

- Resume Preparation Handbook
- Cover Letter Handbook
- Interview Preparation Handbook
- Internship Handbook

linktr.ee/SDMesaCareerHandbooks1

CONNECT WITH US!



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@sdmesacollegecareer



bit.ly/SDMesaCareerEvents



INTERNSHIP TOOLKIT

WHAT IS AN INTERNSHIP?

An **internship** is a form of experiential learning that gives students the opportunity to gain valuable, applicable experience and form connections within the professional fields that they are considering for career paths.

WHY INTERNSHIPS ARE VALUABLE:

- Provides an opportunity for professional development
- Provides an opportunity to try out a job in your field of study
- Builds a network with professionals in the field
- Develops and refines career readiness competencies
- Enhances your resume



The Mesa Impactship Program (MIP) is designed to promote workforce training & employment opportunities through internships, volunteering, and Directed Clinical Practice (DCP) with focus on underserved student populations.

Eligible Mesa students may receive a **one-time \$1000 payment (stipend) for student workplace training** & enrollment in a Work Experience or DCP course. Funding is intended to support students with reducing or eliminating out-of-pocket expenses such as childcare, equipment, fees, meals, professional attire, & more.

Applications are accepted every semester!

www.sdmesa.edu/MesaImpactship

H FIND AN INTERNSHIP ON HANDSHAKE!



Find internship opportunities through the online job board, Handshake!

sdccd.joinhandshake.com/login

FIND AN INTERNSHIP WITH MIP!



View & apply for internship opportunities from MIP Employer Partners!

<https://bit.ly/InternshipFinder>

CAREER HANDBOOKS



The following handbooks may help you prepare as you apply for internships!

- Resume Preparation Handbook
- Cover Letter Handbook
- Interview Preparation Handbook
- Internship Handbook

linktr.ee/SDMesaCareerHandbooks1



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@mesaimpactship



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www.sdmesa.edu/MesaImpactship