

# Get Experience

...internships, volunteering, community-based education and more!

## Experiential Learning can...

- have a positive effect on your academic, career and personal development
- strengthen the development of important life skills such as critical thinking, problem solving, self-confidence and leadership abilities
- create an opportunity to confirm your choice of major
- expand your network of both professional and personal contacts
- help you to gain relevant work experience prior to graduation, thereby enhancing your marketability

## Selected Trent Opportunities and Resources:

### For credit:

**Degree specific experience:** Check with your academic department to see if there are internships, placements, practicum and undergraduate research opportunities for students as part of your degree. For example, the Psychology program has a research practicum; Biology has internships and placements; Anthropology, ERS and Biology have field schools and courses.

**The Trent Community Research Centre** ([trentcentre.ca](http://trentcentre.ca)): is an independent, charitable organization that connects post-secondary students and faculty (primarily at Trent University) with local organizations to create community-based research, community service learning and experiential education opportunities. Community-based research projects are for credit or part of a course requirement.

**Study Abroad** ([trentu.ca/studyabroad](http://trentu.ca/studyabroad)): Contact the Trent International Programs office to find out about these opportunities to spend a semester or an academic year studying internationally.

### Not for credit:

**Impact program** ([trentu.ca/impact](http://trentu.ca/impact)): A leadership program that prepares you to assume a wide variety of leadership roles within the Trent community and beyond.

**Student government:** Getting involved in student government through TCSA, colleges can provide leadership, teamwork, organizational, communication and other skills and experience.

### Student organizations, clubs and groups

(<https://trentcentral.ca/>)

**The CBC Radio Peter Gzowski Internship:** Gzowski Interns are selected annually to receive a week of training in the basics of radio production at the CBC in Toronto and spend the remainder of the internship gaining first-hand experience in contributing to radio programming in a variety of ways. One intern from Trent is selected every year.

**Tracking your co-curricular experience:** Trent's Co-Curricular Record ([trentu.ca/sep](http://trentu.ca/sep)) allows students to document their co-curricular involvement. Any Trent-sanctioned experiences which are co-curricular (non-academic) in nature can be included on a student's co-curricular record. The 'record' can then be used as a tool to facilitate reflection on the skills that the student gained through her/his experiences.

## Community Volunteering:

**There are many reasons to volunteer and one of them is the career-related benefits.** Employers recognize volunteer experience, especially if the skills relate to the job. Through volunteering you can develop specific skills that can enhance your résumé; you learn to market yourself through the application and interview process; you develop your network and get references; you can gain experience that is required for some careers, especially health, education and helping professions.

**Using volunteer experience to its full advantage for career and work experience:** Choose assignments that get you the experience you need and you are interested in; give yourself enough time to apply, be interviewed, and do training; choose a commitment that you can handle; develop a detailed description of your volunteer experience on your résumé in the experience section or under a separate heading for volunteer experience.

**Finding a volunteer opportunity:** Many not-for-profits have extensive volunteer programs, information on their web sites, and a volunteer coordinator to assist you in the process of applying. You can find listings of not-for-profits on the following web sites. Larger cities may also have a volunteer centre. Peterborough: [fourinfo.com](http://fourinfo.com), Durham Region: [volunteerdurham.net](http://volunteerdurham.net), Toronto: [211toronto.ca](http://211toronto.ca), Ontario: [ontario.ca/page/volunteering-ontario](http://ontario.ca/page/volunteering-ontario) and [211ontario.ca](http://211ontario.ca), Canada: [volunteer.ca](http://volunteer.ca).

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## Internships:

Internships are unique in that they are designed to be a learning opportunity. For new graduates, internships are a way to “try on” an organization or job to see if it’s a good fit. Often, an internship includes career development and coaching, mentoring, and access to networks of professional contacts. Compensation can range from none, a small stipend, to a competitive salary. If you are interested in getting experience while you are a student or after graduation, be sure to include internships in your search for work, but do not limit yourself to this in your search. Not all employers offer internships, even when they hire new grads. They just may call a position an entry-level, training, assistant, junior, or new grad opportunity

Career Edge - [careeredge.ca](http://careeredge.ca)

Heritage/Languages Internships - [pch.gc.ca](http://pch.gc.ca)

The Global Internship Program - [aiesec.ca](http://aiesec.ca)

Ontario Internship Program - [internship.gov.on.ca](http://internship.gov.on.ca)

TalentEgg - [talentegg.ca/](http://talentegg.ca/)

Ontario Legislative Internship Program – [olipinterns.ca](http://olipinterns.ca)

ECO Canada - [eco.ca](http://eco.ca)

Parliamentary Internship - [pip-psp.org](http://pip-psp.org)

Careers in Culture - [culturalhrc.ca](http://culturalhrc.ca)

Parliament Programs - [parl.gc.ca](http://parl.gc.ca)

You can find other internship listings on the [Careerspace Links](#) page.

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## Trent Careerspace Resources:

Trent Student Job Board

([trentu.ca/sep](http://trentu.ca/sep)) – The Trent Careerspace posts volunteer, internship, part-time, summer, on-campus, and full-time job opportunities.

Careerspace Web Site

There are more resources on the Careerspace web site. Check under Get Experience and Links.

Get Experience Fair (September)

Check the dates for this opportunity to meet local employers and organizations offering part-time and volunteer work.

For more information visit: [trentu.ca/careerspace](http://trentu.ca/careerspace)  
Or drop by the Student Centre, room 3.10.