



Book Review

Student's Name

Professor's Name

Course

Date



All Work No Pay

Internships are one of the most valuable experience in modern college education. The chance of making a successful career for a student with internships are much better than of a student without them. An internship is an essential tool for student's future.

Five components make an internship so significant for career success. Firstly, it gives us a hands-on education that you cannot get in the classroom. It is a practical knowledge of how to perform day-to-day tasks and how to use your education in real life. Secondly, it is a great way to start networking, making new contacts, which can be crucial for your future career. Another benefit you get from an internship is resume building. Employers will see in you dedication and experience, and you will have the advantage over other candidates. Furthermore, if you make sure your executives notice you, you will be able to acquire great references in the future. Lastly, doing an internship you can eliminate fields and jobs that are not interesting for you and avoid wasting your time on them after you graduate.

When you try to get a job or an internship, your resume represents you as a candidate. You should avoid nine “trash can resume” traits:

- You should tailor your resume to fit in one page
- Exclude any statements that you wrote specifically for another job or internship
 - Never write “text me” on your resume
 - Include contact information
 - Include education information
 - Format your resume properly
 - Do not attach a photo and do not print it out in colored ink

- Always state your name and email address
- Put everything in chronological order

Social media is a key part of our life and our social interactions nowadays. Lauren Bergen advises to use them for networking and creating your personal brand. You should monitor your profile, posts and comments so they do not contain obscenities and inappropriate content. In addition, it is essential to find profiles of your dream companies and follow them (268). The more you interact with these profiles, the higher your chance of getting an internship or a job with one of these companies in the future.

An employer chooses whether to hire you or not at an interview. First step of preparation for interviews should be researching the company website, getting familiar with their mission. The second stage is figuring out what your learning objectives are and how this internship will help to achieve them. The next one is visiting a career center to have a rehearsal interview with a career counselor. Then it is good to practice answering the typical questions aloud and prepare a couple of questions for the interviewer but keep them to a minimum. In addition, do not forget to dress appropriately for the interview.

As mentioned above, networking is an essential part of professional growth. When you are at work, always introduce yourself to everyone. This way everybody will remember you. It is also useful to greet people by names and create deeper relationships with managers by having a casual chat with them sometimes. Never forget to write down all the names and contact information as soon as possible, so you can stay in touch and get references from them if you need. Lauren Berger also thinks that setting meetings where you gather all executives or employees together to introduce yourself can be of great service (531).

To make the most of your internship you should always volunteer and give your employer undivided attention. If you do not have any current assignment, you should make yourself useful and find something to do. Always take everything seriously and listen to the end before you ask questions. Keep all the information entrusted to you private and keep track of all the tasks you have done during the internship. This way everybody will remember you as a great asset and a dedicated person with strong work ethics.

The author of this book had fifteen internships while being a student. It is very encouraging. I will use her advice to get an internship and make the most of it. One of my chief “take-aways” from this book is that one should always follow up after applying for an internship or making a call to an internship coordinator. It would make chances of landing an internship higher. Overall, this book will be a great asset for me when I try to get an internship and start my career.

Works Cited

Berger, Lauren. *All Work, No Pay: Finding An Internship, Building Your Resume, Making Connections, And Gaining Job Experience*. New York: Ten Speed Press, 2012. Print.