

**for Students Participating in Internships, Co-ops & Research**

**Spring 2020 Deadline to Enroll: March XX, 2020**

The Practicum (PRAC 95/98/99) is a zero-credit course coordinated by the UMBC Career Center, designed to support students participating in internships, co-ops, and research. It has no cost and results in a transcript notation. Many UMBC departments require the Practicum for students earning credit for these experiences.

**About the Practicum**

**Eligibility:**

* Must be completed concurrently with the student’s internship, co-op, or research
* Open to students of all majors/degrees
* Requires students to intern for at least 120 hours (flexible if the student is co-enrolled in a credit internship course with a different requirement)

**Benefits for Students**

* Promotes goal-setting and critical reflection
* Adds structure to the overall experience, including the student/ supervisor relationship
* Gives students the opportunity to connect with other UMBC intern/co-op/research students
* Prompts students to connect their experience to their long-term career goals
* Exposes students to the Career Center, including our 1:1 services and employer events

**What Students Say About the Intern Success Practicum**

“I liked having the opportunity to **reflect on my experience;** it not only made my research experience richer but also opened my eyes to how to be a better mentee and what excellent mentorship is. Additionally, I found that I learned more about **professional practices in the workplace** through this course.

“[The Practicum] helps you reflect on what you learned in the short term and **helps you reevaluate your long term goals.** In addition it makes you feel grateful for the opportunity.”

“I was able to set goals and evaluate my own performance for this experience as well as discuss with and receive **feedback from my mentor** throughout and towards the end of the experience.”

“I liked that we had **goals and an action plan** that we had to write out at the beginning. Now I am able to reflect on what I did and see if I met the objectives.”

**Questions? Email Internships@umbc.edu**