Why do an Internship or Co-op?
To get a job! The National Association of Colleges and Employers (NACE) 2015 student survey revealed that 56.5% of students who participated in an internship or co-op received at least one job offer. Paid interns/co-ops who worked with private, for-profit companies had the highest offer rate at 72.2%. These students also had the highest starting salary offer with a median starting rate of $53,521 annually.

CEL already has many opportunities available for spring and summer. Start applying now to get a head start on a great internship that will put YOU in the highest starting salary class!

Fall Career & Internship Fair
Wednesday, 10/19 from 4-6 pm in the MCC Gymnasium
Over 70 employers will be there to fill full-time/part-time positions, internships, co-ops and volunteer opportunities.
Visit the Career Services website for a complete list of employers:
https://www.oswego.edu/career-services/spring-career-fair-2016-students

Spring and Summer internships/Co-ops are already available!
Learn how to find the best opportunities for you at one of our Information Sessions, held in 143 Marano Campus Center. No sign up necessary, come at a time convenient for you:
- Tuesday, October 18 11:00 am
- Thursday, October 27 10:00 am
- Thursday, November 10 10:00 am
- Wednesday, November 16 11:00 am
- Tuesday, November 29 3:00 pm
- Friday, December 2 2:00 pm

Emily Cole and Senator Charles E. Schumer at her internship in his Syracuse, NY office.
Students Getting Experience in 2016

Students are applying their classroom learning to real work experience this semester. SUNY Oswego students are participating in internships and co-ops at:

- Athlete Network
- Biogen
- Cadaret, Grant & Company, Inc.
- Catholic Charities
- Cleantec
- Fruit Valley Veterinary Clinic
- Fusion Advertising
- Good Monster
- Interfaith Works
- Jungle Friends Primate Sanctuary
- My Digital Discount
- NASA Jet Propulsion Lab
- New York City Police Department
- Novelis
- Onondaga County Center For Forensic Sciences
- Oswego County Sheriff’s Department
- Rosamond Gifford Zoo
- Summit Physical Therapy
- Time Warner Cable News
- Trinity Catholic School
- United Way of Oswego County
- Walt Disney World
- WRVO Public Radio
- WSYR News Channel 9 and more

Michael Chewens secured a co-op with Biogen, a pharmaceutical company in Cambridge, MA. He credits the Center for Experiential Learning and the Compass with helping him find such a valuable opportunity.

Students Visit Rapid Response Monitoring for Career Exploration Tour

On Wednesday, October 12th, students visited Rapid Response Monitoring in Syracuse, NY for a comprehensive industry tour.

“As a 3rd party wholesale monitoring company, we serve an international client base of over 1,700 independent dealers” according to Jonathan Sherrell, Director of Training and Quality Assurance. Valerie Dunn, Recruiter Manager and Vanessa Fitch, (Alumnae ’15, Recruiter Assistant) led an informational session on their history, followed by an operations tour. Afterward, the students were given information on internship/co-op and career opportunities.

Oswego students and staff on the tour included:
- Than Aung Sumiut, Accounting/Management (Syr)
- Daniel Reyes, Business Administration

Alexandra Kabunova, Marketing
Luke Cavanaugh, Computer Science
Bohdan Yevdokymov, Software Engineering
Sheila Cooley, CEL Staff

Highest Starting Salaries by Major

According to a recently released study by Michigan State University’s Collegiate Employment Research Institute, these college majors lead to the highest starting salaries for graduates. The information is based on a survey of more than 4,730 employers, accessed through nearly 200 collegiate career service centers throughout the country.

The top ten are:
1. Chemical Engineering
2. Computer Engineering
3. Electrical Engineering
4. Software Design
5. Mechanical Engineering
6. Computer Programming
7. Computer Science
8. Civil Engineering
9. Management Information Systems
10. Construction

View the complete list and article:
Intern Queen Visits SUNY Oswego

Lauren Berger presented on Tuesday, Sept 20 in the Marano Campus Center

The Student Association Programming Board (SAPB), Center for Experiential Learning (CEL), Career Services, and Community Services offices worked together to bring Lauren Berger, self-proclaimed “Intern Queen” back to SUNY Oswego. Berger founded the Intern Queen Inc. in 2009 as a way for college students to connect internships and career opportunities with their dreams. She is a champion in the corner of young, ambitious people fighting their way to the top, as she was once one of them. Berger has written two books: All Work, No Pay: Finding an Internship, Building Your Resume, Making Connections and Gaining Job Experience and Welcome to the Real World. She offers weekly advice on internships, jobs, leadership and entrepreneurship on her blogs and through her Youtube Channel. She is in demand as a motivational speaker at high schools, colleges and leadership events around the country. She last visited SUNY Oswego in 2011.

Senior Ilyssa Weiner, SAPB, initiated the visit after attending the Intern Queen Party in NYC this past summer at MACYs. Weiner reached out to the professional offices in the Compass after having an amazing time at the event and networking with companies such as NBCUniversal, Cosmopolitan, Buzzfeed, Citi Bank, and the Trevor Project. “I would like to see if we could bring Lauren Berger to speak at SUNY Oswego,” said Weiner. “Her website has helped me to grasp a better understanding of both intern life, from writing resumes to what to do while at an internship, and life after college, such as finding a job. On top of that, I was able to land an internship with Collegecandy.com during the Winter of 2016 using her website.” Students were thrilled to have the InternQueen back on campus. Her speeches resonate with student audiences as she has walked in their shoes and understands what needs to be done to land that dream internship!

“The Intern Queen was very educational and inspiring! Being so experienced, she showed us that with hard work we can really achieve something great. I loved her advice on marketing ourselves to employers. My takeaway is to always follow up with everyone you meet. You never know where it can lead!”

Emily Nassir, Class of 2017

Earn Credit over Winter Session

Students can earn 1-3 upper division internship credits over winter session, stop by our office or attend an information session to learn more.

GST 101, Professional Skills Preparatory Course will be offered online during the Winter Session

Students can earn 3 credits in this online course while equipping themselves with the critical skills and workplace competencies employers’ desire in successful employees.
SUNY Oswego Health Promotion and Wellness students and faculty volunteering at SUNY Metro Center’s Women’s Health & Fitness Day