

FRIDAY AFTERNOON CHAT

# YOUR INTERNSHIP AND CAREER DEVELOPMENT





# PLAN FOR TODAY

- Overview of internships
- What an internship really does for you
- What skills do internship hosts really want
- Hard skills and soft skills
- How to use an internship to get ahead
- Change your way of thinking... *about internships*
- Bridging the gap from internship to career
- Panel of Internship Grads

# OVERVIEW OF FOSS INTERNSHIPS

140 Community partners  
190 internship topics  
450 internship placements

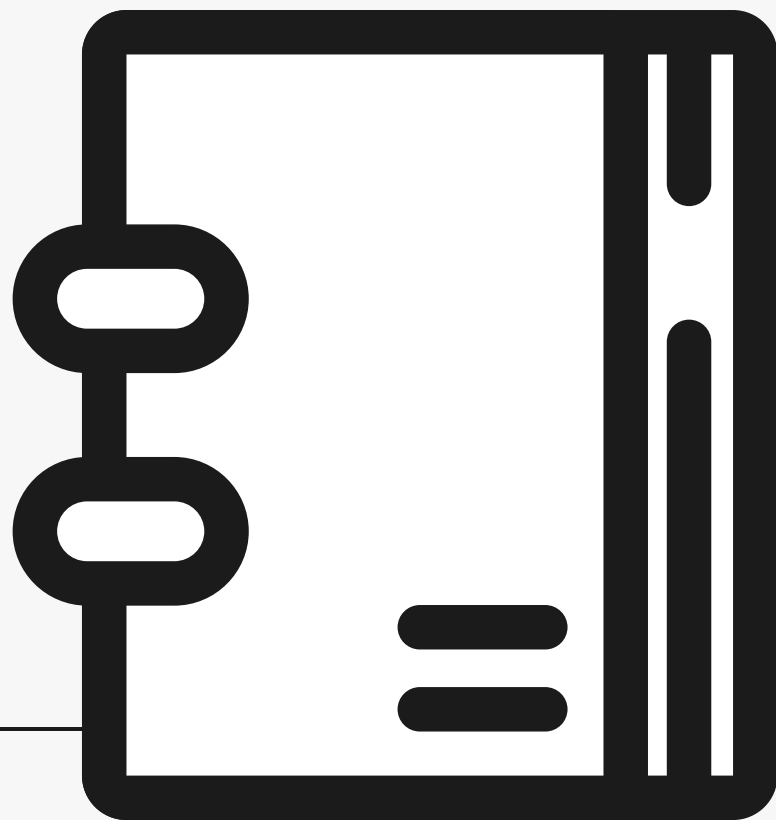
# **WHAT AN INTERNSHIP DOES FOR YOU...**

Refine and define your passions

Demonstrates your capabilities & abilities for career or further study

Opens up other possibilities

# WHICH SKILLS DO INTERNSHIP HOST MOST WANT...



- Employers look for a core set of skills and traits when considering applicants for both internships and entry-level jobs;
- There is no expectation that you know everything, have every skill mastered, and all the certifications;
- They are looking for a balance of some knowledge and skill and the desire to learn and contribute to the organization.

**According to a 2019 LinkedIn survey, employers said their top five valued soft skills were persuasion, collaboration, adaptability, emotional intelligence, and most importantly - creativity.**



# CREATIVITY

Creativity was ranked the most in-demand soft skill because it allows people to solve problems in unique ways. Companies want creative employees because they can think of new, better solutions to problems.



# HARD SKILLS VERSUS SOFT SKILLS

## HARD SKILLS

Categorised as 'a skill that one can learn and develop through education and training'.

## SOFT SKILLS

Characterised as 'personality traits and relate more to social and emotional intelligence'. These are not as much about knowledge and learning, but rather behaviour that you exhibit in various circumstances.





# WHICH OTHER SKILLS...



Dependability  
Conflict Resolution  
Integrity  
Teamwork  
Work Ethic  
Problem Solving  
Persuasion

Collaboration  
Adaptability  
Emotional Intelligence  
Communication  
Time Management  
Critical Thinking  
Research and Analysis  
Initiative

# HOW TO USE THIS INTERNSHIP TO GET AHEAD



- Pay Attention to Culture
- Make Mistakes with Poise
- Say YES More Than NO
- Ask For More Work
- Be Social and Friendly
- Ask For Feedback

# CHANGE YOUR WAY OF THINKING...

## ABOUT AN INTERNSHIP

YOU MAY THINK...  
*"They will guide the internship"*

- Before the internship starts sit down and consider the skills you already can offer, and which skills you would like to develop further. Share that with your supervisor
- They will give you some things to do, but it will be the minimum.



YOU MAY THINK...  
*"I'm doing them a favour!"*

- An intern is more work for the host, than the intern can ever produce,
- You have to make yourself useful and valuable, it will not start that way

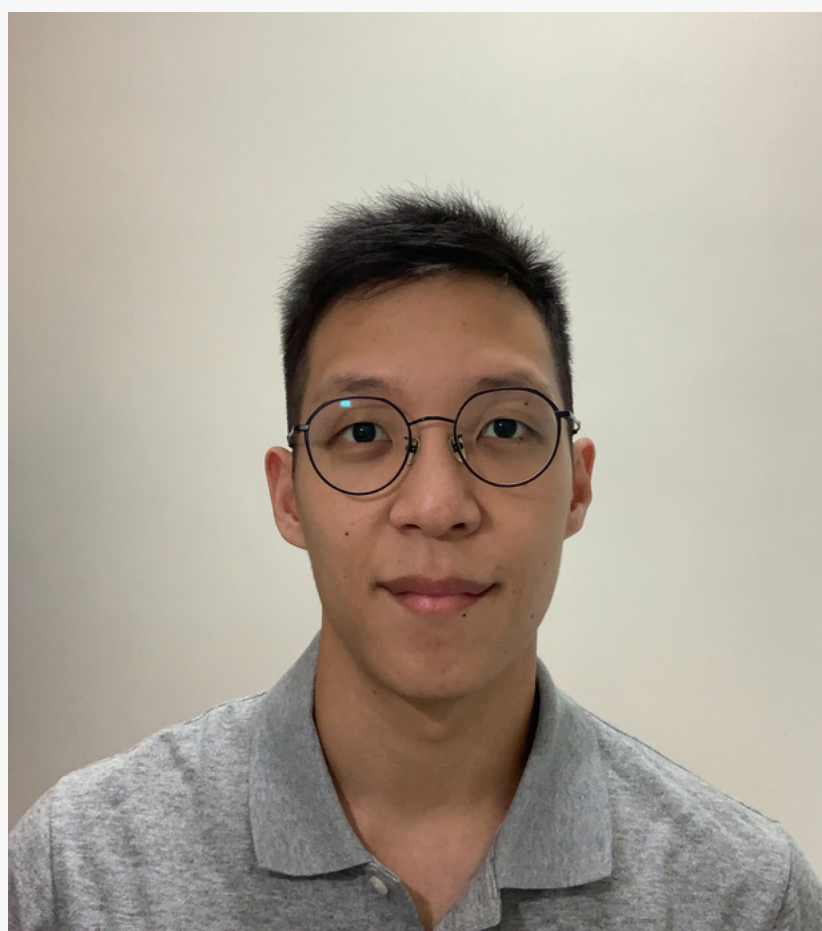


# HOW TO BRIDGE THE GAP BETWEEN YOUR INTERNSHIP AND CAREER

- Create a list of learning goals
- Update your resume
- Network and build contacts
- Define and build upon your Professional Identity



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# FOLLOW UP

<http://www.socsc.hku.hk/InternWeek/#Sharing>

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