

# Quick Tip Sheet

## Virtual and Remote Internships

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### What is a Virtual Internship?

A virtual or remote internship offers the student the opportunity to work from anywhere, while gaining professional experience, and developing essential skills within the industry.

### What are the Benefits of a Virtual or Remote Internship?

#### You can work from anywhere, once you have a laptop/tablet and access to a wireless network

- Virtual internships remove any and all physical and geographical barriers that prevent a student from participating or completing their internship
- Provide an opportunity for skill development needed in the industry
- Work at any company or organization of their choice regardless of its location

#### Flexible Work Schedule

- You have some flexibility with work hours, not having to be a traditional schedule
- Virtual internships make it possible for you to adjust your school and work schedules as needed

#### Develop Professional Job Skills

- Helps you become highly motivated and organized, while improving time management skills
- You can demonstrate a diverse marketable set of skills to employers
- You can enhance research experience and knowledge in computer software and programs
- You have an opportunity to develop and improve your digital communication skills and understanding of various applications and online platforms
- Virtual internships are a great resume booster

#### Exposure to working with a more diverse workforce

- You can meet and work with individuals from across the country and possibly around the world
- You'll become more culturally aware knowledgeable of what it means to work in a remote and diverse work environment
- You'll improve your interpersonal and communications skills by collaborating with colleagues

#### Can be more focused and goal oriented

- You can control your work environment free from the distractions of a regular office setting
- You'll become more computer savvy and are able to work independently
- Virtual internships provide opportunities to be result driven and getting the job done