



# Bethesda-Chevy Chase High School

## Internship Program

### About the Program

Each year, B-CC students intern in a variety of entities, including local businesses, government agencies, advocacy groups, research laboratories, schools and hospitals. Our location gives students unparalleled access to opportunities at premier institutions, including NIH, NIST, WRNMMC, Bethesda Magazine, the National Air and Space Museum, and the Washington National Zoo.

The B-CC Internship Program is invaluable in preparing our students to enter into the competitive job market. Student interns get hands on experience, learn new skills, develop lifelong learning habits, clarify their interests and make connections for future job opportunities.

### Logistics

- The program lasts the entire academic year, from September through May.
- Students choose a single, double or triple period internship. For each period, they are released 45 minutes early from school and are required to work 5 hours a week, for a minimum of 75 hours per semester.
- Students earn academic credit and a grade for the course. They turn in biweekly time sheets and journals and other projects as assigned. They are evaluated by their sponsor on a quarterly basis.
- Students attend in- school seminars the first two weeks of school and every other Monday thereafter. On the other days, they report to work.
- Internships are unpaid.

### Commonly Asked Questions

**Can I play a sport or be in the school play if I am an intern?** Yes. Some of our best interns are athletes or are involved in other activities. Ideally, students work a set number of hours each week, but if a student can find a sponsor who is willing to offer some flexibility, s/he may work fewer hours during the sports or activity season and more hours after it ends. Please also be advised that if you need to be back at school for an after school activity, it is going to limit your options. It's difficult to get the perfect internship at the perfect time and in the perfect location. You may need to make some trade-offs.

**If I am accepted into the program, am I guaranteed a job?** If accepted into the program, you will need to work with the coordinator to secure a position. We will help connect you with previous sponsors who might be a good fit for you and will teach you how to network. Each year, we get many new sponsors. Most of them come to us through a new connection that an industrious student establishes. In general, the harder a student works to find a position, the more s/he enjoys it.

**Do I have to work every day?** Ideally, students go to work each day. However, some students, particularly those who travel long distances to get to their internship, find that it is easier to work several longer shifts each week to save on travel time. Some sites also prefer to have students work a few days each week. Therefore, each intern may coordinate with his/her sponsor to develop a set schedule and to communicate that schedule with the coordinator.

**Do I have to attend the required seminars?** Yes, there are approximately 15 required seminars each semester. A schedule will be distributed at the start of the year.