

Interterm can be a great time to explore a field that is of interest to you. Although three weeks may seem short, it can be just the right amount of time to take the next steps in your career exploration, self-assessment or skill-building progression. Very few formal “internship” programs fit into the 2-3 weeks of Interterm, but there are many ways to use your Interterm wisely:

EXAMINE

- Complete a self assessment (on the Loeb Center Discover Your Career Fit webpage) that can help you identify possible career paths that would fit your interests, skills and values
- Talk to people who know you well and ask them to describe your strengths and skills for you
- Reflect on what is most important to you and what talents and skills you’d like to utilize in your future work

EXPLORE

- Read about different career paths using the resources on the Loeb Center Discover Your Career Fit webpage
- Build your knowledge of career options by shadowing a professional in a field that interests you (shadowing refers to following a professional through their typical day at work in order to learn more about what is involved in that particular job/career)
- Set up informational interviews to learn more about the various career paths

EXPERIENCE

- Create your own opportunity
- Set up a job shadow experience
- Volunteer at a non-profit or community service organization
- Find a short term or temporary job through a temp agency
- Go back to a previous employer/internship site
- Stay on campus and take a non-credit course, or attend Loeb Center events: <https://www.amherst.edu/campuslife/our-community/interterm>