

## Co-op vs. Internship

### *What is the difference between a co-op and an internship?*

Although both programs are excellent opportunities for students to gain relevant career-related experience, there are differences between the two programs.

<u>Co-op</u>	<u>vs.</u>	<u>Internship</u>
Co-op is administered by Career Services Career Services		The Internship Center coordinates internships in partnership with Academic Depts.
Co-op positions are always paid		Internships can be either paid or unpaid
Co-ops are not for credit		Internships are for credit
There is no fee for students to co-op		Students must pay for credits earned

### *Is it better to do a co-op or an internship?*

One program is not better than the other; however, one program might better fit a student's needs. Co-op could be a better fit for students who are not required by their major to do an internship; students who do not need internship credit; students whose GPA is above a 2.0 but does not meet his/her academic department's internship guidelines for GPA; or students whose main goal is to earn money during the summer but would like to have a job that is related to his/her major. Internship could be a better fit for students who are required by their major to intern; students who are interested in excellent unpaid opportunities, or students that are interested in receiving credit for their experience. Students may do multiple co-ops or multiple internships or students have the option of doing a co-op one year and then an internship the following year. The more experience a student has, the more marketable that student is. Cal U students are fortunate to have two excellent ways to gain a relevant work experience before graduating.