# Hosting a Win-Win Internship Experience

**Rachel Rodney** 

Leadership and Engagement Program Manager

ChamberRVA

### Objectives

What makes a great internship experience?

What should an intern do?

Generation Z in your workplace

Executing a virtual experience if needed

ChamberRVA resources and programs

What is an internship?

An opportunity for employers to **evaluate and guide talent** and supplement staffing.

Students **apply knowledge and theory** learned in the classroom in a professional setting.

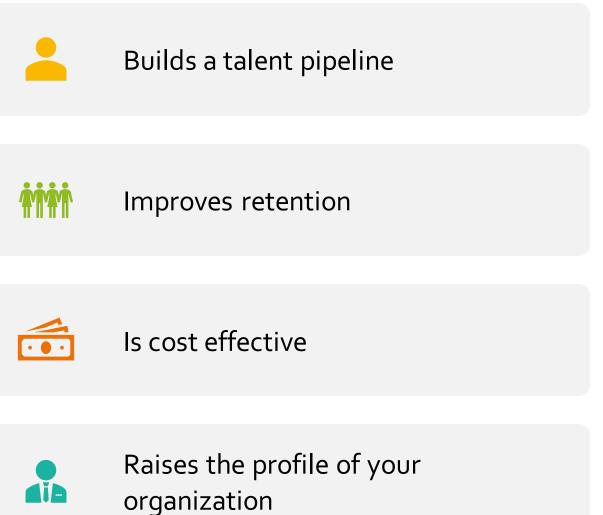
#### Internship components

A defined beginning and end (typically 2-9 months)

Part-time or full-time

Paid or unpaid

Connected or not connected to an educational program with academic credit Why have an internship program?





1	2	3	4	5	6
Set goals and policies for your internship program	Outline a plan for the internship opportunity, including onboarding	Recruit a qualified intern and openly discuss expectations	Manage the intern's work and development – continuous feedback	Build in evaluations and surveys	Offer opportunities to learn and network

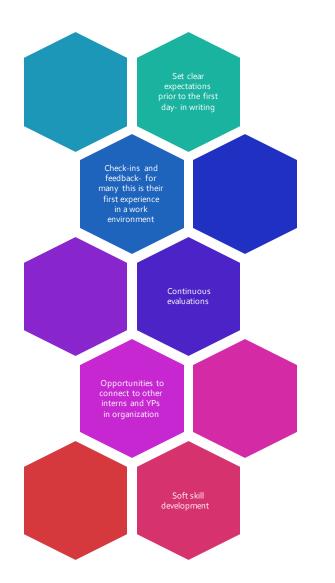
## Best Practices for an Internship Program

## Internship projects

What projects have been on the back burner? If you had more staff, what would you want accomplished?

#### Examples of intern projects:

Assisted with a strategic plan; did research; used social media; made prospect calls to secure corporate sponsorships Wrote articles; took photographs; conducted interviews; factchecked; edited; compiled and edited press releases



### During the Internship

# Attracting and Retaining Gen Z

- Understanding Gen Z
  - The most racially and ethnically diverse generation ever, born beginning in the mid-1990's
- They believe that connections are the way to jobs and internships
- Digital natives use of technology is second nature and it is a high priority for them
- Incredibly concerned with professional development, excellence, and fear of failure
- Mental health is important
- Financial stability is key
- More feedback and in person contact

Unique to the COVID-19 Era

- Keep in touch with your interns and remain transparent
- Consider how you will facilitate professional development opportunities, even if your interns aren't remote
  - Hybrid approach
  - Microinternships
- Keep in touch with career services offices

Virtual Internship Experiences How do we execute?

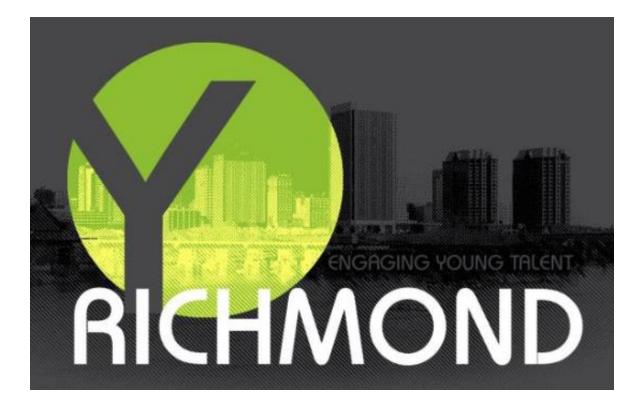
What are the advantages? The pitfalls?

**Project-based** 

Utilizing technology

Soft skills development

Building opportunities to network and receive mentorship



# Engaging Interns in RVA



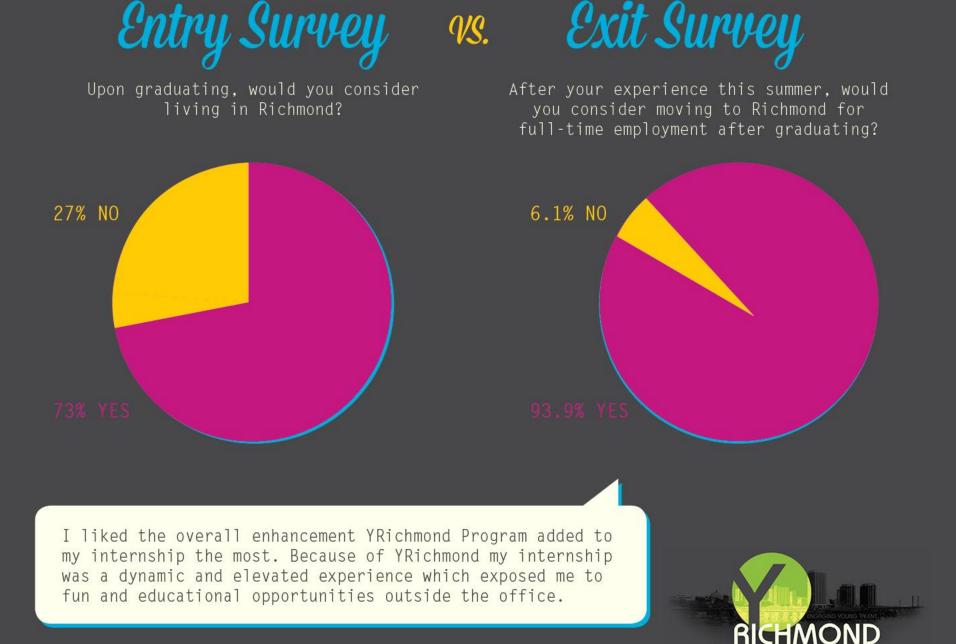
Features:

- 5 professional development & networking sessions
- Virtual happy hours
- RVA Scavenger Hunt
- And more robust virtual content! When:
- 6 weeks from June 15th July 29th Who:
- 150+ remote and on-location interns from major Richmond employers



Interns at the YRichmond Launch Party hosted @Flying Squirrels Stadium





# **Questions?**

**Email Rachel Rodney** 

rachel.rodney@chamberrva.com