

INTERNSHIPS & EXTERNSHIPS

Internships are designed for college students to meet service-learning, program, or capstone requirements embedded within their college majors or courses. These volunteer internships require a minimum 20-hour service commitment by the participant during an academic semester; however, service hours can be adjusted to meet college requirements. One internship in each career field is available per academic semester.

Field Observations and Practicums are designed in conjunction with a college student's academic department to provide experiential learning and research opportunities that allow targeted observations of professionals in the workplace. Students gain insight into required behaviors, activities, and processes of their chosen career fields.

Externships are available May through July each year. These short-term job shadowing experiences are designed for high school (age 16+) and college students to gain an understanding of the educational and interpersonal skills required for successful pursuit of employment in their fields of interest. Students observe a Goodwill professional's routine workday and/or engage in a guided work demonstration by scheduling one or two 4-hour days of job shadowing.

The following career fields are available:

Business & Retail Management • Communications • Economic & Workforce Development • Education • Human Resources • Human Services • Information Technology • Non-Profit Administration



CAREER IMPACT

"I was impressed to learn how much Goodwill fills the gap in support services. My internship was a very rewarding experience."

– **McKenzie W.**

B.A., Human Services
and Counseling, 2025
Lindsey Wilson University
Intern, 2024



Please scan the QR code to view eligibility criteria, program requirements, and contact information:
volunteerservices@goodwilltnva.org