Dear [student],

Here are some things to get you started:

* [Fill out this guided form](https://www.uvm.edu/cas/forms/how-get-internship-step-step) that will provide you with some online tools to help you search.
* Check out the CAS Internships website: <https://www.uvm.edu/cas/internships>
	+ Make sure to look for opportunities that are both within and outside of your major, but that are still interesting to you. Many internships help you learn transferrable skills such as social media, communication, writing and professionalism that will be helpful to you no matter what field you end up in!
* Credit can be awarded either through [**your department]** or through the CAS Internship Course – AS-190. Once you find an internship, we can help you figure out which option would be best for you.
* If you are having trouble finding something that interests you, make an appointment with CAS Internship Coordinator and faculty advisor, [Richard Watts](https://calendly.com/richard-watts/internships). He can meet with you to discuss ideas, etc.