Internship Application Checklist and Application Open Dates

Ready to land an internship that will help boost your professional skills, give you experience, expand your network, and launch your career? Here's how.

Internship Application Checklist

- Find a list of internships you want to apply for.
- Figure out when these internship applications open (see 40+ open dates below!) and mark your calendar.
- Create a general version of your resume with all of your relevant experience, activities, skills, strengths, certifications, Forage job simulations, etc.
- If you have work you can showcase easily in a web format, create an online portfolio.
 Add a link to your resume.
- Update your LinkedIn with your resume experience, skills, certifications, and online portfolio.

Then, for each application, repeat the following steps:

- Create a tailored resume for the job application. Use the job description and the company website as your guide to figure out what relevant skills and experience to pull from your general resume.
- Do your research on the company. Get familiar with its mission, values, and what it does.
- □ Write a cover letter for the company (even if it's not required).
- Submit your application as soon as the open date arrives (again, see 40+ open dates below!).



Internship Application Open Dates and Deadlines

Ready to start applying to internships? Here are the application open dates, deadlines, and other relevant information you need to get started.

Abbott U.S.

- Internship application open date: Late August.
- Internship application deadline: Early spring; applications may close before then if the positions are already filled.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply?: Students who've completed at least one year of college and enrolled in school for the fall semester following the internship.
- Where to apply: <u>Abbott U.S. career page</u>.
- Is this position paid or does it offer school credit? Paid; interns are also eligible for select company benefits.
- Work location: In-person.
- Additional information: Selection is competitive and based on GPA, with only candidates with a GPA of 3.0 or higher considered. The company says it looks for extracurricular and leadership experience, relevant coursework, and <u>soft skills</u> like integrity, innovation, initiative, teamwork, and <u>adaptability</u>.

Amazon

- Internship application open date: August.
- Internship application deadline: No application deadline; however, the company encourages students to apply in late summer or earlier autumn to increase their chances of interviewing for an open role.



- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Undergraduate and graduate students and recent graduates.
- Where to apply: <u>Amazon internships for students page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: In-person across the U.S.

American Express

- Internship application open date: August.
- Internship application deadline: End of September.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Students who will graduate within the year after the internship (either in the winter or spring semester). Must be currently enrolled in a full-time bachelor's degree program.
- Where to apply: <u>American Express students page</u>.
- Is this position paid or does it offer school credit? Paid; hourly and a sign-on bonus.
- Work location: Hybrid in New York, Phoenix, and Atlanta.

Archer-Daniels-Midland Company (ADM)

- Internship application open date: August.
- Internship application deadline: March.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Students currently enrolled in an associates, bachelor's or master's degree program.



- Where to apply: <u>ADM careers site</u>.
- Is this position paid or does it offer school credit? Paid, hourly.
- Work location: In-person across North America. Furnished housing and relocation reimbursement are available.
- Additional information: ADM hires students based on their academic performance, previous work or internship experience, and willingness to relocate to one of the ADM facilities. The company strives to match the student with the best location for their skills and interests.

AT&T

- Internship application open date: Recruitment starts in the fall semester and continues until positions are filled.
- Internship application deadline: Applications are accepted into the spring semester if there are remaining openings.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Students currently pursuing a degree. Some internships may require a specific degree (e.g. STEM) or degree level (e.g. bachelor's vs. MBA).
- Where to apply: <u>AT&T students site</u>.
- Is this position paid or does it offer school credit? Paid. Interns also have access to some AT&T benefits like a community day, paid time off, and collaborative networking opportunities.
- Work location: Primarily in-person across the U.S., including Atlanta, Chicago, Dallas, Middletown, St. Louis, and San Ramon. Some internships offer a hybrid work schedule.

Bain & Company



- Internship application deadline: Varies by program. The Associate Consultant internship deadlines are in July, August, and September. The Summer Associate Program application deadline is around November of each year. The deadline for the ADvantage Program, a week-long advanced degree program that shows first-hand what it's like to be a Bain consultant, is in early March.
- Are applications reviewed on a rolling basis or after the deadline? It can vary depending on the program, but generally applications are reviewed after the deadline.
- Who's eligible to apply: Students currently pursuing a degree.
- Where to apply: On each program's overview page: <u>Associate</u> <u>Consultant Intern</u>; <u>Summer Associate Program</u>; <u>ADvantage</u> <u>Program</u>.
- Is this position paid or does it offer school credit? Bain Associate Consultant Interns, Summer Associate interns, and ADvantage participants are paid.
- Work location: In-person. Locations vary based on program, and can be found under each "Application Information" on program page.

BCG

- Internship application open date: Depends on the location of the internship. Some offices open applications in the fall, others in the spring, and some are open year-round. Consulting internships, for example, tend to open in March.
- Are applications reviewed on a rolling basis or after the deadline? Generally, on a rolling basis; some applications for specific internships are reviewed within the deadline period.
- Who's eligible to apply: Specific requirements vary, but typically students currently pursuing a degree.



- Where to apply: <u>BCG career page</u>; you can also sign up to receive email alerts for internships.
- Is this position paid or does it offer school credit? Paid; school credit offerings vary by location, school approval, and specific roles.
- Work location: Varies.
- Additional information: When hiring interns, BCG focuses on academic performance, previous work or internship experience, motivation for working within the consulting field and at BCG, and your personal, non-academic interests.

Booz Allen Hamilton

- Internship application deadline: For the Summer Games Internship program, the deadline is usually January 31.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: University students, from rising freshmen to students graduating in the winter of the same year. Students must be able to obtain a security clearance.
- Where to apply: <u>Summer Games internship page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: Hybrid in the D.C. Metro, Atlanta, Colorado Springs, El Segundo, Huntsville, San Diego, and Honolulu. Flexible to be remote if needed.

Capital One

- Internship application open date: July and August.
- Who's eligible to apply: Rising college juniors and seniors.
- Where to apply: <u>Capital One internship programs page</u>.



- Is this position paid or does it offer school credit? Paid.
- Work location: Hybrid. Interns should be open to working in any of <u>Capital One's locations</u>.
- Additional information: Interns are evaluated for full-time positions within the company's rotational programs. These positions start six months to a year after the internship is completed.

Citi

- Internship application open date: March to early September.
- Who's eligible to apply: Students graduating the semester after the internship to a year and a half after the internship; for example, students applying to 2024 summer positions must graduate between December 2024 and May 2025.
- Where to apply: <u>Citi students and graduates page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: Hybrid in one of <u>Citi's office locations</u>.
- Additional information: Citi also offers an apprenticeship program for non-graduate candidates. This program is designed to provide an alternative route into a career in financial services and successful candidates are considered for permanent positions after their apprenticeship is over. The company also has a short-term pre-internship program for students who want to learn more about the company. Successful pre-interns may get the chance to be assessed for a future internship opportunity.

Cognizant Technology Solutions

• Internship application open date: Late fall.



- Internship application deadline: Applications close once all positions are filled.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Rising college seniors.
- Where to apply: <u>Cognizant careers page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: This varies depending on which specific business unit an intern supports, but the company makes the location terms clear in each respective offer letter. In-person internships are aligned to offices in Atlanta, Dallas, Denver, Phoenix, and Toronto.

Coinbase

- Internship application open date: Fall semester.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Anyone with skills relevant to the field (varies by position); a degree, or pursuing a degree, is a "nice to have," not a requirement.
- Where to apply: <u>Coinbase careers page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: Remote.

Dell Technologies

- Internship application open date: August.
- Internship application deadline: March; applications close once the position is filled.



- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Current students enrolled in full-time college programs.
- Where to apply: <u>Dell internships page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: Hybrid in Round Rock, Texas and Hopkinton, Massachusetts.

Delta

- Internship application open date: August and September.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Must be at least 18 years old, enrolled in a four-year degree program, and have authorization to work in the U.S. Some positions require certain degrees or majors; some positions prefer rising juniors and seniors.
- Where to apply: <u>Delta students and early careers page</u>.
- Is this position paid or does it offer school credit? Paid; out-of-state students receive a housing stipend.
- Work location: In-person in Atlanta, Georgia.

Expedia Group

- Internship application open date: September.
- Internship application deadline: Applications close once all positions are filled.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis



- Who's eligible to apply: Rising seniors enrolled in a university program.
- Where to apply: <u>Expedia early careers page</u>.
- Is this position paid or does it offer school credit?: Paid.
- Work location: Hybrid in Austin, Chicago, and Seattle.

Figma

- Internship application open date: August.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Where to apply: Figma careers page.
- Is this position paid or does it offer school credit?: Paid; Figma also offers a housing stipend and travel reimbursement.
- Work location: Hybrid in San Francisco and New York.

General Dynamics

- Internship application deadline: Varies depending on the opportunity and the business unit.
- Who's eligible to apply: High school and college students.
- Where to apply: <u>GD careers page</u>. If there are no internships listed, there are none available at the time. Opportunities are updated regularly. You can search the site based on your interests and qualifications.
- Work location: In-person, across the U.S.

Goldman Sachs



- Internship application open date: March 15, 2023 for programs in the Americas, and between July 1 and August 15, 2023 for global programs.
- Internship application deadline: Applications close once all positions are filled.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: For summer analyst positions, students currently pursuing an undergraduate, typically in their second or third year. For summer associate positions, you must be pursuing an advanced degree.
- Where to apply: <u>Goldman Sachs programs and internships page</u>.
- Is this position paid or does it offer school credit?: Paid.
- Work location: Various locations across the U.S.
- Additional information: You can apply to programs in up to three different locations and business combinations.

Grant Thornton

- Internship application deadline: Winter intern application deadlines are generally in September/October and summer intern application deadlines are in February/March.
- Are applications reviewed on a rolling basis or after the deadline: Both; the company keeps applications open until it's filled its roles.
- Who's eligible to apply: Generally, college sophomores, juniors, and seniors, yet qualifications for each specific role are listed in the job descriptions.
- Where to apply: <u>Grant Thornton careers page</u>.
- Is this position paid or does it offer school credit? Paid.



• Work location: Hybrid; in-person work will occur in one of the firm's 50 U.S. offices.

JPMorgan Chase

- Internship application deadline: Varies by program, from late February (the year before the internship) to December.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Typically for rising juniors; some postgraduate and PhD level internships are also available.
- Where to apply: <u>JPMorgan Chase careers page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: In-person and hybrid across 50 U.S. cities.

Keurig Dr Pepper Inc

- Internship application deadline: For all summer internships and the company's winter and summer co-op programs, the deadline is March 31.
- Are applications reviewed on a rolling basis or after the deadline? For summer internships, applications are reviewed after the deadline; for the winter and summer co-op programs, applications are reviewed on a rolling basis.
- Who's eligible to apply: School year and degree requirements vary by internship. Students entering their third year of undergraduate schooling are given the highest priority for summer internships; for co-op opportunities, second year through fourth year students are typically considered.
- Where to apply: <u>Keurig Dr Pepper campus relations page</u>.



- Is this position paid or does it offer school credit? Paid and school credit is available.
- Work location: Hybrid in Frisco, Texas, and Burlington, Massachusetts. Some roles that require lab work or manufacturing responsibilities work in-person full-time.
- Additional information: Keurig Dr Pepper accepts applications from students at all colleges and universities and participates in over 60 on-campus recruiting events during the fall and spring semesters. The company starts recruitment for internship and co-op opportunities one season ahead.

Kohl's

- Internship application open date: August.
- Internship application deadline: Beginning of May. The internship begins in June.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis. Applications that come after the May deadline will be reviewed when the next recruitment cycle begins in August.
- Who's eligible to apply: Current juniors who will be rising seniors during the internship.
- Where to apply: Kohl's internship page.
- Is this position paid or does it offer school credit? Paid. Students can also use their internship for school credit.
- Work location: In-person. Most corporate internships are in-person in Menomonee Falls, Wisconsin. Internships in technology are based in San Ramon, California, and production, sourcing, and design internships are based in New York. Interns can also be based across the country in Kohl's stores and e-commerce fulfillment centers.



Mastercard

- Internship application open date: August.
- Internship application deadline: Undergraduate applications remain open until positions are filled; some programs are at capacity as early as November. The MBA program accepts applications through December.
- Are applications reviewed on a rolling basis or after the deadline? Applications are reviewed on a rolling basis for undergraduate internships. For MBA programs, they're reviewed after the deadline.
- Who's eligible to apply: Most programs accept applications from students in their junior year; however, there are also some opportunities available for students in their sophomore year and graduate students. Many (but not all) positions require students to have eligibility to work in the U.S. and who will not require sponsorship for employment now or in the future.
- Where to apply: <u>Mastercard Jobs for Students page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: Hybrid across multiple locations in the U.S.

Microsoft

- Internship application open date: August and September.
- Internship application deadline: Not available.
- Who's eligible to apply: Current students in Bachelor's, Master's, MBA, and PhD programs.
- Where to apply: <u>Microsoft careers page</u>.
- Is this position paid or does it offer school credit? Paid.



- Work location: Hybrid in Redmond, Washington, and Bay Area, California; <u>Microsoft Garage</u> internship programs are in Cambridge, Massachusetts.
- Additional notes: Microsoft has internships across functions, as well as two programs specific to pre- and early college students. These programs are a four-week project-based learning program for rising college first-years and a 12-week software engineering internship for first and second-year college students.

NASA

- Internship application deadline: For summer internships, the application deadline is in October. For fall internships, it's January; for spring internships, it's August.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Must be a full-time student, high school through graduate-level, or a part-time college-level student enrolled in a minimum of six semester hours. If you're a high school student, you must be at least 16.
- Where to apply: <u>NASA internships page</u>.
- Is this position paid or does it offer school credit? Paid; most interns receive a stipend award, based on academic level and session duration.
- Work location: In-person at one of NASA's centers across the U.S.
- Additional information: Besides NASA's main internship opportunities, the company also offers a Pathways internship program, which is a direct pipeline to full-time employment after graduation. NASA also offers a fellowship program for graduate students and international internships for international students.



Phillips 66

- Internship application open date: Mid-August.
- Internship application deadline: Applications close when positions are filled, usually by Thanksgiving.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Applications are open to everyone, but the company targets sophomores and juniors. They target specific majors depending on the business units hiring.
- Where to apply: <u>Phillips 66 careers page</u>.
- Is this position paid or does it offer school credit? Paid; students can also use their experience to get school credit.
- Work location: In-person, located all across the U.S.

PwC

- Internship application open date: December, two years prior to when the internship will take place. For example, applications for summer 2025 will open in December 2023.
- Internship application deadline: For summer internships, the deadline is in late February the year prior. For example, applications for summer 2025 are due in February of 2024. For winter internships, the deadline is in late September the year prior. Candidates are encouraged to apply as soon as possible.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: For the <u>PwC Start program</u>, a diversity summer internship experience, sophomores and juniors who self-identify as a member of a traditionally underrepresented racial and ethnic minority group, a protected veteran, and/or an



individual with a disability are eligible. For the <u>PwC Advance</u> program, a summer and winter internship, college juniors in a four-year program and seniors in a five-year program are eligible.

- Where to apply: <u>PwC entry-level careers page</u>; students can search for "intern."
- Is this position paid or does it offer school credit? Paid; students can also use their experience to get school credit.
- Work location: In-person, virtual, and flex (hybrid) are all available. The company has a <u>"Explore our Ways of Working" page</u> with more details on each location type.

Qualcomm

- Internship application deadline: Depends on the specific internship, but usually in March or April.
- Are applications reviewed on a rolling basis or after the deadline? After the deadline.
- Who's eligible to apply: Students enrolled in a two- or four-year institution.
- Where to apply: Qualcomm jobs page.
- Is this position paid or does it offer school credit? Paid.
- Work location: Remote; hybrid, if interns are located locally. The office is located at the company's headquarters in San Diego.

Raytheon Technologies Corporation

- Internship application open date: Fall semester.
- Internship application deadline: There's no official deadline, but the company recruits on a rolling basis. The spring semester is used to fill any remaining openings.



- Are applications reviewed on a rolling basis or after the deadline? Rolling basis; students are encouraged to apply immediately.
- Who's eligible to apply: Students currently enrolled in a bachelor's or master's degree program; some positions may require U.S. citizen or U.S. person status due to the ability to obtain a security clearance.
- Where to apply: <u>Raytheon technologies careers page</u>.
- Is this position paid or does it offer school credit? Paid hourly; co-op positions may qualify for school credit and hourly pay.
- Work location: Remote, hybrid, or in-person depending on the position; for in-person internships, the company will provide relocation assistance if the move meets Internal Revenue Service (IRS) guidelines.

Salesforce

- Internship application open date: August-October.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Undergraduate students. Some positions require you to be a U.S. citizen.
- Where to apply: <u>Salesforce internships page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: In-person in cities across the U.S.

Santander U.S.

• Internship application deadline: Based on the business group, there are rolling deadlines from mid-October through early December.



- Are applications reviewed on a rolling basis or after the deadline? Again, this varies based on the business group, but most applications are reviewed after the deadline. Roles are re-posted if more candidates are needed.
- Who's eligible to apply: Rising undergraduate juniors and seniors, and graduate-level students.
- Where to apply: <u>Santander careers page</u>.
- Is this position paid or does it offer school credit? Paid; they have accommodated for school credit.
- Work location: Flexible, but most opportunities are hybrid or in-person in offices in New York, Boston, Dallas, and Miami.

Sysco

- Internship application deadline: March 31, unless filled before that date.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Current college students, preferably junior status with eligibility to work in the U.S. who will not require sponsorship for employment now or in the future.
- Where to apply: <u>Sysco careers page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: In-person in Houston, Atlanta, Detroit, Nashville, Philadelphia, Charlotte, Phoenix, San Francisco, and Boston.

Target

- Internship application open date: Fall semester.
- Internship application deadline: Until positions are filled.



- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Where to apply: <u>Target internships and entry-level programs</u> page.
- Is this position paid or does it offer school credit? Paid.
- Work location: In-person in Target locations across the U.S.
- Additional information: Target offers two <u>student leadership</u> programs for students to participate in before they intern: Women in Technology Symposium and Diversity Leadership Symposium. These multi-day events give students the chance to learn more about the company and interview for internships the following year.

T-Mobile

- Internship application deadline: April; roles are posted on a 1:1 basis, so once the position is filled, the application is closed.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Students currently pursuing bachelor's or master's degrees and recent college graduates.
- Where to apply: <u>T-Mobile internships page</u>
- Is this position paid or does it offer school credit? Paid and paid time off included.
- Work location: In-person and hybrid in Bellevue, Washington, Overland Park, Kansas, Atlanta, Georgia, Reston, Virginia, and Denver, Colorado.

Thermo Fisher Scientific

• Internship application open date: September.



- Internship application deadline: Applications remain open until positions are filled (typically by December).
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Students currently enrolled in a bachelor's, master's, or MBA program. They must be eligible to work in the U.S. and not require sponsorship for employment now or in the future.
- Where to apply: <u>Thermo Fisher Students & Graduates page</u>.
- Is this position paid or does it offer school credit? Paid. School credit offerings vary by location and school approval.
- Work location: Primarily in-person across the U.S., including but not limited to Waltham, Carlsbad, Pittsburgh, Cincinnati, San Francisco, and North Carolina. Some internships offer a hybrid or remote work schedule based on the primary team location.

The Travelers Company

- Internship application open date: September.
- Internship application deadline: Typically March; applications close when positions are filled.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Candidates must meet minimum qualifications for each position. Typically, they're looking for rising juniors, seniors, and graduate students, but freshmen and sophomore interns can also apply if they meet the qualifications..
- Where to apply: <u>Travelers career page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: Hybrid; most opportunities are in Hartford, Connecticut, and St. Paul, Minnesota.



- Internship application open date: The fall semester.
- Internship application deadline: Mid-February.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Rising seniors pursuing a bachelor's degree from an accredited college or university.
- Where to apply: <u>TQL careers page</u>.
- Is this position paid or does it offer school credit? Paid and offers school credit
- Work location: In-person; sales interns work in one of 18 offices across the U.S., and sales support interns work at the company's headquarters in Cincinnati, Ohio.

Uber

- Internship application open date: September.
- Internship application deadline: November.
- Who's eligible to apply: For internship and co-op programs, undergraduate and graduate students. For the <u>UberSTAR</u> <u>internship program</u>, freshmen and sophomores pursuing computer science, engineering, math, and related majors.
- Where to apply: <u>Uber careers page</u>.
- Is this position paid or does it offer school credit? Paid and offers school credit.
- Work location: For internship and co-op programs, various locations across the U.S.; for the UberSTAR internship program, San Francisco.

Ulta Beauty

✤Forage

TQL

- Internship application open date: Mid-January.
- Internship application deadline: End of March, but roles can be filled before the application deadline.
- Are applications reviewed on a rolling basis or after the deadline? Rolling basis.
- Who's eligible to apply: Current juniors and seniors, recent college graduates, and graduate students.
- Where to apply: <u>Ulta careers page</u>.
- Is this position paid or does it offer school credit? Paid; can also offer school credit depending on school requirements.
- Work location: Distribution center internships are in-person in one of six D.C. locations : Chambersburg, Fresco, Greenwood, Dallas, Jacksonville, and Romeoville. Corporate internships are virtual, with a hybrid option for candidates located in Chicago.

Walmart

- Internship application open date: September and October.
- Who's eligible to apply: Current juniors with a GPA greater than 3.0. Immigration sponsorship is not available.
- Where to apply: <u>Walmart internships page</u>.
- Is this position paid or does it offer school credit? Paid.
- Work location: In-person in Bentonville, Arkansas, Hoboken, New Jersey, Reston, Virginia, Silicon Valley, and Dallas and Austin, Texas.

