

SOC 490 Practicum: Career Service Internship

* **SOCIOLOGY 490**
  + Graded as credit/no credit
  + Offered Fall, Winter, and Spring/Summer
    - Spring/Summer count as one
* **PREREQUISITES**
  + 15 hours in Sociology with permission from the coordinator
* **REQUIREMENTS**
  + Choose between 1-9 credit hours
  + Keep a daily reflective journal
  + Schedule a meeting with internship coordinator
  + Submit an evaluation of the place of internship
  + Submit an 8-10 page document that explains how your sociology background helped with your internship
* **BENEFITS\***
  + Hands-on experience for future career
  + Exposure to new careers
  + Increased network opportunities
  + Stronger ties to your school, your community, and society
  + Personal leadership development and personal growth
  + Skill development and training on relevant topics desired by future employers

\*List of benefits taken from the Laker Leadership and Service Internship packet.