

Fact Sheet: Internships in journalism for credit at UMD

What is an internship?

An internship is a work-based experience where you learn practical skills and gain new knowledge in a professional setting. It's not simply a part-time job. An internship experience gives you an opportunity to apply theory and knowledge you've gained in coursework to the workplace. In other words, an internship allows for the practical application of what you've learned in the classroom.

While some journalism courses teach practical skills, an internship fully immerses you in a work setting. It's a chance to learn what it might be like to pursue a career in your chosen area of interest.

Internships vary in length of time. Some coincide with the semester, others happen during the summer months. Sometimes an internship can span two terms. Some are paid or offer a stipend.

Requirements

Because an internship experience draws on classroom learning, **students cannot complete an internship for credit until they have:**

1. Completed at least 60 hours* of general coursework
2. Taken and passed JOUR 1000**, JOUR 2001 and JOUR 3700

*** Effective for students declaring major Fall 2025 or later. Students enrolled before 2025 do not have this requirement.*

How does an internship count toward the journalism degree (major or minor)?

For students enrolled with a declared major before Fall 2025:

Before you graduate with a Bachelor of Arts degree in journalism, you must either

complete 3 credits of internship credit OR complete JOUR 4102 Newsroom Practicum. JOUR 4102 offers students the opportunity to use what they have learned across their coursework in a course designed to provide a newsroom experience. Students often take both JOUR 4102 and complete a traditional internship. Journalism minors may also complete an internship that can count as an elective.

For students enrolled with a declared major Fall 2025 or later:

Before you graduate with a Bachelor of Arts degree in journalism, you must either complete 3 credits of internship credit OR complete an additional 4xxx level JOUR course.

Credits earned for on-site working hours	
1 credit	45 total hours (roughly 3 hours/week)
2 credits	90 total hours (roughly 6 hours/week)
3 credits	135 total hours (roughly 9 hours/week)

What types of internships can students seek?

The journalism program educates students to enter a variety of media fields. Internships at a newspaper, magazine, and broadcast station (radio, television), and newsletter writing are common. Students also often take internships in social media communications and other communication-related positions at a variety of organizations are the most common.

I found an internship. What do I need to do in order to receive credit?

You need to contact the journalism program internship coordinator before your internship begins to ensure you will receive credit toward the major or minor. The coordinator will give you access to register for JOUR 4197.

Current internship coordinator: Jennifer Moore: mooreje@d.umn.edu

Student Intern Responsibilities

Participating in an internship is not a part-time job. Rather, it's an opportunity to use the critical thinking and practical skills you've learned in the classroom and apply it to a work environment.

Students from UMD's journalism program who participate in an internship should approach the experience with an open mind and a willingness to learn from both successes and mistakes.

What to expect for the **internship course**

- Participate in a Canvas course and complete short assignments and check-ins with UMD journalism program internship coordinator.
- Attend professional development seminars and meetings when available.
- Check in with the journalism program internship coordinator and report any issues at the internship site.

What to expect at the **internship job site**

Internship experiences are unique, but there are general standards and practices you will need to keep in mind as you represent the journalism program at an organization outside of the university.

- **Practice professionalism.** Know and follow the organization's policies and procedures. These may include a dress code, keeping a time card, and more.
- **Attendance and punctuality.** Show up on time. Notify your supervisor ahead of time about any conflicts or delays.
- **Be an active learner.** Take advantage of the opportunities offered to you. Ask for clarification when you need it. Ask questions and demonstrate a willingness to learn from both your successes and errors.
- **Take initiative.** Show initiative and ask how you might be able to contribute to the organization beyond the minimum expectations and requirements. Ask questions and seek advice from your supervisor or co-workers.
- **Timely Communication.** Understand what's expected of you. Media jobs often require quick and decisive communication that will help build your decision-making skills.
- **Be adaptive and flexible.** This is an essential life skill that will maximize your internship experience.