

Frosh/Soph Internships

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Employer Recruitment Timelines

[Employer Timelines](#): Developed by Brandeis University.

- Recruitment timelines vary by industry. If you scroll down the webpage you'll find more information on a particular industry.
- The timelines posted for each industry are intended to serve as general guidelines. Not every employer within an industry will follow these particular timelines.

Internship Websites (*Recommended*)

[Handshake](#) - Access hundreds of internships on Stanford's online opportunity portal

There are multiple ways to search for opportunities

From the [Jobs](#) page

1. Click on **ALL Filters** on the top menu
 - Under **Job Type**, select **Internship, Experiential Learning** and **Fellowships**
 - Scroll down the pop up box
 - Under **Qualifications**, select **School Year** and/or **Graduation Date**
 - In the keyword box enter your field or role of interest
2. Select **Internship** and choose a **Location** (if you have a preference) on top menu.

Sophomores

In the keyword box:

- Strategy 1: Enter Sophomore or Rising Junior

- Strategy 2: Enter school year + industry / role / skill (i.e. sophomore finance, sophomore software engineer or sophomore writing)

First Years

In the keyword box:

- Strategy 1: Enter Freshmen or Freshman
- Strategy 2: Enter school year + industry / role / skill (i.e. freshman + film)

Stanford On- and Off-Campus Learning Opportunities (SOLO):

Listing of internships, fellowships, research, public service, study abroad and more. Use the index on the side to search for 1st and 2nd year opportunities.

Google Internship/Job Search

In the keyword search, enter the role and the term intern (*i.e product intern*) or the industry and the term intern (*marketing intern*) and location.

Indeed.com

In the keyword search, enter a specific role or industry and intern (*i.e. finance intern*) and the location. In some cases adding the year (*i.e. sophomore*) can help.

Interstride: Internships in U.S. and abroad

Log in with Stanford email. Select *Jobs* and then *Job Search*. In keyword search, enter *intern sophomore* or intern and industry or role.

Idealist.org – Nonprofit internships and jobs

In the first search box select internships. In the keyword box or in the search menu to the left, select an issue area (*i.e. climate change or immigrants*)

Built In - Startups throughout the U.S.

In the search menu under *Job Category*, select *Internship* and choose the location. If you are targeting a particular area of the U.S., click [here](#) to see a list of Tech Hubs (*i.e Built In SF*).

Stanford Affiliated Internships

- [Stanford On- and Off-Campus Learning Opportunities](#) (SOLO)
- [Cardinal Service Opportunities](#): Fellowships and Internships Haas Center of Public
- [Cantor Arts Center](#): Student internships and Jobs
- [Stanford Internship in Arts Administration Program \(SIPA\)](#)

- [Global Studies Internship Program](#)
- [Science Undergraduate Science Laboratory Internship \(SULI\) Programs](#)
- [Students in Government \(SIG\)](#) – Internships and Fellowships
- [Stanford Management Company: Summer Analyst](#)
- [Stanford SEED](#) - Partner with Entrepreneurs in Africa and South Asia
- [StartX: Volunteer and Internship Opportunities](#)
- [Summer Internships in Sustainability](#) -Doerr School of Sustainability
- [Sustainable Stanford internship Program](#) - Sustainable Stanford
- [Tech Ethics and Policy Fellowship](#)
- [The Dalai Lama Fellowship at Stanford](#)
- [TomKat Energy Startup Internships](#)
- [Stanford School of Medicine: Clinical Summer Internship](#)
- [Stanford Medical Scribe Fellowship](#) (all years)

Industry specific Internships

From multi-day conferences to multi-week summer opportunities, below is a list of first- and second-year programs offered by many of the large organizations and companies. This resource is not an exhaustive list of every opportunity for frosh/soph in these fields. It has been created as a starting point as you explore different opportunities in these industries and companies. To explore programs and/or career paths at a particular organization, check to see if a company lists career events for students (i.e. [Mckinsey Events](#), [Accenture Events](#)).

Multiple Industries

- [Early Career Talent Programs](#) - Internships (juniors/soph)

Arts

- [SFMOMA: Internships](#) (all years)
- [Smithsonian Opportunities](#) (all years)
- [The Met Internships](#) (all years)

Biotechnology

- [List of Biotech/Pharma Summer Internships](#)
- [BioSci Student Success Center](#) - Life science internship programs
- [BioSpace](#): Biotech, Pharmaceutical and Clinical Research Internships in California

Engineering and Tech

- See [Tech for Frosh/Soph](#)

Consulting

- See [Consulting for Frosh/Soph](#)

Finance

- See [Finance for Frosh/Soph](#)

Government

- [Federal Reserve Bank of SF](#) (all years)
- [Federal Reserve Bank of NY Sophomore Career Exploration Internship](#) (soph)
- [Federal Government](#): Pathways Internship Program (all years)
- [Go Government](#): Finding federal internships
- [Washington job listings](#)
- [Capitol Hill jobs and internships](#)
- [Senate Internship Opportunities](#): [senate.gov](#)
- [White House Internship Opportunities](#)
- [California state jobs](#)
- [Idealist](#): Nonprofit internships

Health

- [Health Career Connect Internships](#) - Health, public health, advocacy, biopharma (frosh/soph)
- [Health Career Connect: Health Equity Scholars Program](#) (frosh/soph)

Diversity Programs

Organizations are interested in recruiting students from diverse backgrounds and experiences. Below you can find a list of organizations and companies that have programs designed to support students in their first and/or second year.

Internship programs providing mentorship and professional skill development

- [INROADS](#): Internships and professional development
- [SEO Career](#): Internships on Wall Street, in tech and corporate
- [SEO Tech Developer](#): Tech training and 6-week paid residency
- [T-Howard Foundation](#): Internships in media and entertainment

Multiple Industries

- [Organizations Hiring Students from Underrepresented Backgrounds](#)
- [Claremont McKenna: Inclusive Identity Recruitment Programs](#)
- [STEM Internships for BIPOC students](#)

Engineering and Tech

- See [Tech for Frosh/Soph](#)

Consulting

- See [Consulting for Frosh/Soph](#)

Finance

- See [Finance for Frosh/Soph](#)

Corporate

- [P&G Standout Emerging Leaders Camp](#) (frosh/soph)

Health

- [University of Michigan Future Public Health Leaders Program](#) (soph)
- [Kaiser Permanente Launch: College Internship Program](#) (all years)
- [NAAHP: Student Opportunities](#) (all years)
- [Summer Health Professions Education Program \(SHPEP\)](#) (frosh/soph)
- [Univ of Michigan Summer Enrichment Program: Health Management and Policy](#) (soph)
- [Faces for The Future: Health/Research Internship Program Opportunity](#) (all years)

Career-Focused Newsletters

Campus newsletters featuring curated resources and internship opportunities:

- [Student Career Listserv](#) - Internships and jobs posted by employers at CareerEd
- [ArtsUpdates](#)
- [Cardinal Careers](#) – Nonprofit opportunities
- [Communication Internship Email Listserv](#)
- [Computer Forum: Student Subscription Mailing List](#)
- [Academic Advising Pre-business Mailing List](#)

Funding for Unpaid Internships

- [Rising Bird Fellows](#) – Funding for unpaid internships or short-term projects during Spring or Summer quarters
- [Summer Equity Grant](#)
- [First Generation and/or Low Income: Opportunity Fund](#)
- [Haas Center for Public Service](#) – Cardinal Quarter Undergraduate Fellowship Funding
- [Students in Government \(SIG\) Stipends](#) – Unpaid public policy internships
- [SPIRE: Stanford Student Impact Fund](#) - Interest in Real Estate
- [Fund Your Project](#): Undergraduate Research and Independent Projects
- [List of Campus Departments Providing Funding](#)

Housing

- [Summer Internship Housing Options](#)