



Consulting for Frosh/Soph

Consulting: The Basics

- [6 Different Types of Consulting: Which is Best for You?](#)
- [What Skills Do Management Consultants Need?](#)
- [Career In Management Consulting: 4 Paths to Break In](#)

Gain Insight into Consulting

- [Forage](#): Engage in virtual mock work experiences designed by employers in a variety of fields, including consulting. Register using your Stanford email.
 - [30+ Consulting Job Simulations](#) (BCG, Oliver Wyman, PWC, Accenture, etc...)
 - Once you complete a program, add the experience to your [resume and LinkedIn profile and use it in an interview](#)
- [Management Consulted](#) - A platform containing 600+ case interviews, framework/math drills, online courses (including Excel and PowerPoint), and resume and cover letter templates to help you prepare for consulting fit and case interviews. **Register with your Stanford email.**

Once you join:

- See [Business Basics](#) (*under Case Interview Prep*) to build your business acumen.
- Learn about [Case Interviews](#), as well as [digital assessments](#) that many firms now require you to take before extending an invite to formally interview.
- [Consulting Firm Directory](#) - list of firms by industry and practice area
- **Note:** Most frosh/soph programs require: A strong resume, 4-6 [behavioral stories](#), and the ability to do a mini-case (i.e. market sizing). In most cases you won't need to start intensive case prep until the winter quarter of your sophomore year in preparation for a summer internship following junior year.

Search for An Opportunity

Recruitment

- [What You Need to Know About Recruitment Timelines](#)
- [Upcoming Management Consulting Events](#)

Consulting Internships for Frosh/Soph

- [Accenture Student Leadership Program](#) (frosh/soph)
- [Cornerstone Research Recruiting Events Calendar](#)

- [McKinsey Sophomore Summer Business Analyst](#) (soph) - [Upcoming programs](#)
- [List of Top Sophomore Summer Internships in Consulting](#) (frosh/soph/diversity)

Diversity Programs

- [Bain & Co Building Entrepreneurial Leaders Program](#) (soph)
- [Bain & Company Connecting and Resourcing Empowered Women](#) (soph)
- [BCG Advance](#) (soph)
- [BCG Bridge to Consulting](#) (frosh/soph) - [Upcoming Programs](#)
- [BCG Consulting Kickstart](#) (frosh)
- [McKinsey Undergraduate Diversity Programs](#) (frosh/soph)

Researching Consulting Firms

- [Consulting Firm Directory](#)
- [Consulting Firms that Sponsor H1B Visas](#)

Join a Student Group

- [Stanford Consulting](#)
- [Stanford Pre-Business Association](#)
- [Complete list of Stanford Student Groups](#)

Skills Recruiters look for in Consulting Interns

Engaging in an internship is one way to explore consulting, develop skills, and build connections. However, it's not the only way to gain experience. To develop key consulting skills, consider [participating in a variety of activities](#), both on and off campus, such as joining clubs, taking on leadership roles, volunteering, or working on team projects.

Key Skills for Consulting	
Analytical & Problem Solving	Analytical skills involve gathering, interpreting, and analyzing data to derive meaningful insights and recommendations. Combined with strong problem-solving abilities, these skills help interns approach complex business challenges logically, identify patterns, and develop creative, data-driven solutions.
Communication	Strong communication skills are vital for interns to effectively convey complex ideas, findings, and recommendations. Both verbal and written communication are crucial for articulating thoughts clearly during client interactions, team meetings, and in drafting reports and deliverables.
Teamwork	Collaboration is essential in consulting, making teamwork a critical skill. Interns must work effectively with colleagues, contribute to team objectives, and support project milestones through active listening, participation, and conflict resolution.
Ownership	Consulting firms seek interns who take ownership of their work, demonstrating accountability, initiative, and commitment to delivering high-quality results.

	This involves managing tasks independently, being proactive in solving challenges, and showing resilience in the face of setbacks.
Adaptability	Interns must be adaptable to thrive in the dynamic consulting environment. This requires being open to feedback, learning new skills, and adjusting to evolving project requirements with agility and composure.
Resilience	Resilience is crucial for interns, given the demanding nature of consulting. Resilient interns maintain effectiveness under pressure, overcome obstacles, and view challenges as opportunities for growth, demonstrating mental toughness and emotional intelligence.
Leadership	Leadership skills are important for consultants to effectively guide teams and contribute to project success. Strong leadership involves taking initiative, motivating team members, and making informed decisions to achieve collective goals while fostering a collaborative environment.

Tips for Organizing Your Internship Search

- Create [a list](#) of Internship opportunities and deadlines
- Build a strong [Resume](#)
- [Write a Letter of Interest](#) (cold email) to connect with companies you are interested in working with that do not have a current internship relevant to you.
- Conduct [informational interviews](#) with alum at firms you are interested in
- Connect with recruiters through job postings and information sessions posted on [Handshake](#).
- Prepare for behavioral (fit) interviews and case interviews using [Management Consulted](#).

Additional Articles

- [Freshman Consulting Internships: Full Guide to Getting One](#)
- [Consulting Internships for Sophomores: Step-By-Step Guide](#)
- [Sophomore Year Success: 3 Opportunities to Pursue in Your 2nd Year to Prepare for Consulting](#)