Internships and Careers in Nursing

If you've picked up this handout, you're already moving in the right direction towards finding a great internship or landing your first job! Career searches can be tough, especially if you don't know where to start. The Office of Career Services wants to assist you in starting off on the right foot because substantive work experience allows you to:

- Contribute to the work of an organization and have something impressive to write about on a resume.
- Explore an organization and profession, and get one step closer to answering the BIG question: “What am I going to be when I grow up?”
- Enhance your skills, expand your knowledge, and develop increased confidence that, yes, you can be successful in the world of work.
- Meet and develop relationships with professionals who often become mentors, role models, and friends. This is sometimes called networking — a scary term for an otherwise simple concept.

General Internship/Career Resources

- Cougarjobs.com
  www.cougarjobs.com
- Indeed
  www.indeed.com
- CareerBuilder
  www.careerbuilder.com
- Monster
  www.monster.com
- After College
  www.aftercollege.com
- Inside Jobs
  www.insidejobs.com
- What Can I Do With This Major?
  www.whatcanidowiththismajor.com/major/majors/

Resume Walk-In Hours
(during regular semester; no appointment necessary)
Mondays and Wednesdays
1 – 4 p.m.

Career Services
Modular behind Pacelli Hall
(773) 298-3131
careerservices@sxu.edu
sxu.edu/student-life/career

Connect with us:
www.CougarJobs.com
Facebook: SXU Career Services
Twitter: @SXUCareer
LinkedIn: SXU Career Services
**Tips for a Successful Search**

- **Define your goals.**
  What area would you like to “test-drive” to see if you like it? Develop a list of criteria. Employers want applicants who understand their strengths and have specific goals.

- **Plan to spend time each week on your search.**
  Schedule and organize the time you spend on your search. Stay focused and motivated. It is easier and more effective to do a little each week instead of trying to do everything at once. Be proactive in your search.

- **Research and identify opportunities (also see resource list at the end).**
  There are three ways to find opportunities: A) You can search advertised listings; B) You can be proactive and approach employers that interest you, and C) You can build your network of people who can help you identify unadvertised listings. It’s best to spend time on all three approaches.

- **Prepare and submit application materials.**
  Every employer has specific requirements; following instructions is key. Always send a cover letter with a resume unless it specifies otherwise.

- **Keep records and follow up.**
  Typically, the best time to follow up is a few days to a week after you think they have received your application. If at all possible, do not leave a message. Keep calling at different times until someone picks up.

- **Interview effectively.**
  Career services staff can provide suggestions and strategies to help you interview with confidence and competence.

- **Make the decision that is right for you.**
  There is not one best internship or job opportunity. Career services staff can assist you in weighing all of your options.

**Getting Started: Information on Internships in Nursing**

While undergraduate students are somewhat limited in the types of experiences they can obtain prior to CNA certification, there are a number of pre-professional experiences that can serve to supplement coursework and prepare students for work in this field. Appropriate placements for undergrads would enable them to increase their comfort level in working in a helping relationship or with populations of interest to them in their future career work. These may include:

- **Hospitals**
- **Medical and Dental Offices**
- **Health Centers/Clinics**
- **Nursing Homes**
- **Agencies/Organizations that work with special needs clients**
- **Respite Work**

**Internship and Career Resources**

- **Advocate Healthcare**
  (Christ Hospital, South Suburban Hospital, Good Samaritan Hospital)
  [www.advantagehealth.com](http://www.advantagehealth.com)
- **Lurie Children’s Hospital**
  [www.luriechildrens.org](http://www.luriechildrens.org)
- **Little Company of Mary Hospital**
  [www.lcmh.org](http://www.lcmh.org)
- **Palos Community Hospital**
  [www.paloscommunityhospital.org](http://www.paloscommunityhospital.org)
- **Northwestern Memorial Hospital**
  [www.nmh.org](http://www.nmh.org)
- **North Shore University Health System**
  [www.northshore.org](http://www.northshore.org)
- **University of Chicago Hospital**
  [www.uchospitals.edu](http://www.uchospitals.edu)
- **La Rabida Children's Hospital**
  [www.larabida.org](http://www.larabida.org)
- **Mercy Hospital & Medical Center**
  [www.mercy-chicago.org](http://www.mercy-chicago.org)
- **Loyola University Medical Center**
  [www.loyolamedicine.org](http://www.loyolamedicine.org)
- **Rush University Medical Center**
  [www.rush.edu](http://www.rush.edu)
- **Silver Cross Hospital**
  [www.silvercross.org](http://www.silvercross.org)
- **Adventist Midwest Health (Hinsdale Hospital, LaGrange Hospital)**
  [www.keepingyouwell.com](http://www.keepingyouwell.com)
- **Vanguard Healthcare (MacNeal Hospital, West Suburban Hospital)**
  [www.vanguardhealth.com](http://www.vanguardhealth.com)
- **Ingalls Hospital**
  [www.ingalls.org](http://www.ingalls.org)
- **St. James Hospital**
  [www.stjamesshc.org](http://www.stjamesshc.org)
- **Holy Cross Hospital**
  [www.holycrosshospital.org](http://www.holycrosshospital.org)
- **University of Illinois Medical Center at Chicago**
  [www.uillinoismedcenter.org](http://www.uillinoismedcenter.org)
- **Marianjoy Rehabilitation Hospital**
  [www.marianjoy.org](http://www.marianjoy.org)
- **HCR Manor Care**
  [www.hcr-manorcare.com](http://www.hcr-manorcare.com)
- **Maxim Healthcare Services**
  [www.maximmnurses.com](http://www.maximmnurses.com)
- **HealthcareSource**
  [www.healthcaresource.com](http://www.healthcaresource.com)