

Advice if your internship has been cancelled

The ramifications of COVID-19 have been widespread. Unfortunately, some organisations are no longer in a position to offer internships. Whatever the reason we understand it's disappointing; you invested time in your application, you were excited to develop skills, expand your network and gain experience with the organisation. It is absolutely valid to be sad, process your feelings and grieve the loss of the opportunity.

If the organisation hasn't been in touch recently and you are unsure if the internship is proceeding, check-in with your contact at the organisation. Acknowledge that we are all in a difficult situation, demonstrate that you are flexible and interested in discussing how the internship can continue in an alternative format.

If you have been notified that your internship has been cancelled, here's some advice to help you move forward:

1 Express gratitude.

Thank the organisation for informing you, express your interest in staying connected and reiterate your interest in resuming the internship if/when the appropriate time comes. We can guarantee the organisation will be just as disappointed as you to cancel; use this opportunity as a chance to leave a positive impression.

2 Reflect.

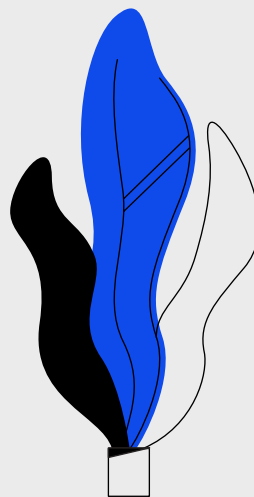
What action did you take that helped you secure the initial internship? What can you learn from the experience? Who did you meet along the way? Focus on the things in your control and how you can leverage those aspects for the next opportunity.

3 Take action.

Consider and write down your next best options. Be prepared to pivot and explore alternative industries. All our 2020 plans have changed. Use this experience to demonstrate and develop resilience and adaptability. It's the ideal time to diversify your experience perhaps in an industry you wouldn't typically target. There are industries experiencing booms such as EdTech, digital entertainment, healthcare and supermarkets.

4 Attend virtual events.

Employers are still hiring! Instead of coming on campus to meet you at careers events, many are hosting their own online events. We always recommend you attend the webinar live for the best experience. However, if you are unavailable at the date/time you can always watch at a more convenient time. Check out [CareerHub](#) for upcoming virtual industry events. Attending online events will give you access to recruiters to ask questions, which will help you gain a better understanding of the market conditions.



5 Connect with a mentor.

UTS Students are fortunate to have access to the [Professional Mentoring Platform](#), which gives you access to connect with industry, alumni and UTS Staff. Use this time to conduct an [informational interview](#); expand your network, ask questions, learn, but don't ask your mentor for a job!

6 Be visible.

Now is the time to create/update your LinkedIn profile, create your own website and let people know you are available and looking for opportunities. Our [LinkedIn playlist](#) will help you get started.

7 Get back in the market.

Organisations are still hiring interns, we recommend checking the following sites for advertised opportunities:

- [UTS CareerHub](#)
- [UTS Careers Directory](#)
- [GradConnection](#)
- [Rabit](#)
- [Hatch](#)

Remember that while internships are an important part of your UTS experience, any time you spend developing your soft skills is time well spent. Some opportunities within UTS that will help you do this include:

- **UTS Startups** is the home of student entrepreneurship at UTS. No matter what degree you are studying, they can equip you with the tools to become an entrepreneur. Whether it's with virtual inspirational events, masterclasses, or the startup community, there's an entrepreneurship offering available for you.
- **SOUL** allows UTS students to venture beyond their degree and into the community. Skilling up, giving back and making meaningful change.

Another great way to develop your soft skills is through part-time work. We've created [Spotted Jobs](#) - a space to find organisations hiring right now.

Finally, at UTS we have staff who are here to help. You can discuss your situation with one of our [Recruitment Advisors](#) or if you need more support you can make an appointment with a [counsellor](#).