

## SUMMER & WINTER INTERNSHIPS

### INTERNSHIPS 2018

- > Corporate Internships
- > Medical Internships
- > Internships in NGOs
- > Internships in IT Firms

“My time at Indus hospital has impacted my life tremendously. I learned basic life saving skills such as how to give a CPR and signs and symptoms of a heart attack. Interacting with the patients made me develop empathy and made me thankful for what I have. Volunteering gave my life meaning and it made me happy to know that I impacted lives.”

Simrah Sharjeel

Class of 2019

### ENRICHING THE HIGH SCHOOL EXPERIENCE THROUGH INTERNSHIPS

The Lyceum endeavors to find summer and winter internship opportunities in various fields to benefit students and allow them to spend their vacations constructively.

In the past Lyceum students have interned at the Aman Foundation, the Aurat Foundation, the Aga Khan University Hospital, the Avari Towers, Bond Advertising, Circle Pakistan, the Express Tribune, Helium Pvt. Ltd., Indus Hospital, the International Union for the Conservation of Nature, the Kidney Center, the Legal Aid Society, the National Institute of Child Health, Pie in the Sky, the Sindh Institute of Urology and Transplanta-

tion and in dentist's offices as well as veterinary clinics. This wide variety has ensured opportunities for students with differing interests.



### HOW INTERNSHIPS BENEFIT STUDENTS

Internships, both paid and unpaid, can be a great thing to help build up a student's experience, which will be helpful for college applications as well as when graduation comes around.

After all, a strong résumé is one of the most important qualities employers consider when looking at applicants.

Students who graduate with completed internships are more likely to find a full-time job upon graduating.

HOW INTERNSHIPS HELP WITH CAREER CHOICES

Many students are undecided about their majors and often they change their majors during their college life.

These changes can be costly because they can set you back and require extra semesters/years in order to complete your degree once you finally decide what you want to do.

Taking an internship

can give you the opportunity to get real, hands-on experience in the type of career you think you want to pursue.

From there, you'll have a much better idea of whether or not it's something you're truly interested in.

Students who opt for internships during their school and college years are more likely to

end up happier with their career choices after college.

This is because their internships allow them to decide before entering full-time into a particular field whether or not it was something they enjoyed.

The last thing you want is to end up in a career you hate just because you thought you'd love it, but never really tried it out.

"The internship experience was a positive one, and helped me in deciding a future career path....teaching."

Raed Altaf  
Orange Tree  
Foundation

NETWORKING OPPORTUNITIES

How many other times in your life will you have such a great opportunity to meet and network with so many people from all over the place?

Meet people now and stay in touch because somewhere down the line, you just might

need them to put in a good word for you via a letter of recommendation for another internship, job, scholarship, etc.

Everyone you meet can be a source of advice, a potential mentor, or a link to your first job once you

graduate.

After all, Isn't college all about gaining important skills and making connections?

*From an employer's standpoint, it is definitely preferable to hire someone who already has a sense of the job, expectations, and has demonstrated interest in the company.*

BOOST YOUR SELF CONFIDENCE

Confidence is key when applying for a professional job. One way to build confidence is to complete an internship that provides opportunities for you to demonstrate your skills and ambition.



## FEEDBACK FROM OUR STUDENTS

*"The internship, for me, was a major life changing experience that laid down the footsteps for my career path. I learned what it was like to be at the corporate side of the world that helped in preparing me for my own journey in becoming a lawyer. Thus, my time at Avari was a wonderful experience and I got to share it with such amazing co-workers who not only taught me the principles of running a business but the merits in life and how one must face the challenges in life with complete confidence and perseverance."*

Anous Asif Ahmed (Class of 2019)

Avari Towers

**"The experience was, on the whole, a worthwhile and productive experience. It opened my eyes to how reality is for most of the population i.e. the underprivileged and impoverished. Most of the time I felt I was a step outside my comfort zone which itself is a great teacher."**

**Shahnoor Ahmed (Class of 2019)**

**National Institute of Child Health**

"I HAD A GREAT EXPERIENCE DURING THE INTERNSHIP AND LEARNED A LOT. I WAS RESPONSIBLE FOR GRAPHIC DESIGNING WHICH I HAVE NEVER DONE BEFORE. THE ASSIGNED TASKS WERE NEW TO ME SO I GOT TO LEARN THE REQUIRED SKILLS AND REALLY ENJOYED THE TASK."

MOHAMMAD MOHIB (CLASS OF 2020)

CIRCLE PAKISTAN

**"I learnt how a marketing company works, the in's and outs and the different ways they make their social media strategies. This was always an interest of mine to learn and I experienced many new things."**

**Kamil Hasan Dahodwala  
(class of 2020)**

**Trout**

**"I got the opportunity to learn a lot of things and got a good feel of the corporate world. We all know that practical experience is the best and internships give students that hands on experience they need. I am grateful that Lyceum offered me this opportunity which helped me in choosing my career path."**

**Adeena Irfan (Class of 2020)**

**Hub-Pak Salt Refinery**