Internship 495 is a course where Foster students may receive general elective credits for their internship. Read through this handout to ensure you meet the requirements and follow the required processes.

### Internship 495 Courses Available to Students

- ACCTG 495
- BA 495
- IS 495
- MGMT 495
- FIN 495
- IBUS 495
- MKTG 495
- OPMGT 495

### Students Are Eligible for Variable Credit Amounts Based on the Number of Hours Worked:

- **4 Credits** — 400 hours across the academic quarter
- **3 Credits** — 300 hours across the academic quarter
- **2 Credits** — 200 hours across the academic quarter
- **1 Credit** — 100 hours across the academic quarter

### Guidelines for Internship 495 Registration

- The course is taken as Credit/Non-Credit.
- Credit cannot be given for past internships; this applies to summer quarter deferrals.
- Credits must be taken during the same quarter as the internship. Exception: students have the option to do an internship during SUMMER quarter and defer credits to AUTUMN quarter. All internship registration steps must be taken with Foster Career Services before the last day to add a course through MyUW for SUMMER quarter.
- All Internship 495 registration steps must be taken before the last day to add a course through MyUW of the quarter you are registering for (follow the steps on the back side of this handout).
- Students may earn 1-4 credits per internship AND up to a total of 8 internship credits.

### Course Requirements

In addition to completing the hours at the internship, all assignments must be completed by the assigned deadlines to receive credit. Detailed instructions and due dates will be available on Canvas after you register for the course. **Late assignments will not be accepted. Failure to complete assignments by due dates will result in not receiving credit.**

1. **Reflection papers**: Complete a response to an internship prompt for every credit you are taking (e.g., 3 credits = 3 prompts).
2. **Updated resume**: Update your resume to include your internship experience.
3. **Student evaluation about internship.**
4. **Debrief meeting**: Schedule an appointment with a Foster Career Coach to discuss your internship experience, takeaways and updated resume.

Note: Course requirements 1–3 must be completed at least 24 hours prior to your scheduled meeting.
**STEPS TO RECEIVE CREDIT FOR AN INTERNSHIP**

**READ THROUGH THE FRONT SIDE BEFORE PROCEEDING WITH THE FOLLOWING STEPS**

Did you secure an upcoming internship?

- **NO**
  - Internship 495 is open to current Foster students who have secured an internship offer. If you have questions, meet with a Career Coach to discuss.

- **YES**
  - Are you a Foster Student?
    - **YES**
      - Fill out the internship 495 approval form found in Husky Jobs in the“Academic Profile & password” section called “Exp. Learning”.
    - **NO**
      - Did you receive approval to register for Internship 495?
        - **YES**
          - Are you an International Student?
            - **YES**
              - Fill out the online CPT form (see box to the left for instructions).
            - **NO**
              - IMPORTANT
                - You must register before the last day to add a course through MyUW of the quarter you are registering for.
        - **NO**
          - Meet with a Foster Career Coach during drop-in hours to review your Internship 495 form.

  - **NO**
    - Non-Foster students may be able to receive credit via GEN ST 350 offered through the Carlson Leadership & Public Service Center.

  - We are unable to approve your request based on the internship duties you shared.

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**INSTRUCTIONS FOR CPT FORM**

1. Fill out the CPT form at www.iss.washington.edu/cpt-instructions
2. On the CPT Form, list the career coach you had the initial 495 meeting with as an adviser:
   - Natalie Chan: nhchan@uw.edu
   - Lindsey Friessnig: lfriessn@uw.edu
   - Jessica Matula: jmatula2@uw.edu
   - Zak Sheerazi: sheerazi@uw.edu