

Tufts Career Center FAQ of the Week

Do I have to secure an internship after my first year?

The short answer to this question is “no.” An internship is not a necessity during the summer after your first year. In many career fields, organizations don’t hire first year students; they may only hire rising juniors and seniors as interns because they have more experience and completed coursework.

Still, there’s plenty for rising sophomores to do! We encourage younger students to gain experience through summer jobs (e.g., working in retail, food service, an administrative office role, or as a camp counselor or lifeguard). You can also conduct research, study abroad, perform volunteer service, or, possibly, complete an internship. These activities will allow you to learn more about yourself, gain professional experience, and [build your resume](#) -- all critical pieces of career development! [Meet with a career advisor](#) to explore summer opportunities for first year students.



Explore



Build



Launch