

## What to Do If Your Internship is Cancelled

Heraclitus, a Greek philosopher, said “Change is the only constant in life.” Sometimes we must be especially philosophical! Here are some actions you can take to keep developing your career if your internship was cancelled due to COVID-19.

### 1. Explore remote internship options

Even if your internship is cancelled, speak with your employer about potentially doing some work for them virtually. Be flexible and let them know you want to add value.

Search for a virtual internship. JMU's online career portal, [Handshake](#), allows employers to indicate when remote work is an option. (Search for a position with no location in the search bar). You can also search online. There are many out there and we suggest that you read postings carefully. Here at JMU we do not approve postings for companies that charge fees for internship placements.

### 2. If your internship for credit was cancelled *during the internship period*, discuss options with your instructor.

There is expanded access to credit/no credit grading for spring 2020 only. Speak with your academic advisor. Your instructor **may** accept alternate ways to fulfill credit requirements if you want to pursue a grade. Ideas include:

- Complete informational interviews and submit reflection papers
- Mock work assignments: research, a marketing plan, graphic design
- A reflection paper on how this situation has affected your career development

### 3. Start your own project

If you have been thinking of an amazing project you would like to do, now is the time! Start a crowdsourcing campaign for an art installation, create a club, set up a charity fundraising effort, create a business plan! It will look great on a resume.

### 4. Conduct your own scholarly research

Browse the [JMU Libraries](#) website and connect to [online journals](#) from off campus. Choose a topic and seek the guidance of a mentor who would be willing to mentor you remotely. The advantage of remote research is that your scope of possible mentors just grew to universities all around the world!

### 5. Prepare for grad school

Investigate programs of interest to you. Start thinking about costs, admissions requirements, and job growth for your field (check out [O\\*Net](#) for occupation details and job outlook. CAP can help!). Study for graduate admissions tests such as GRE, LSAT, MCAT. Take sample tests and work to improve where you need to. Think about who might be good references.

### 6. Work on your career development

Make use of the resources available at [Career and Academic Planning](#). We have shifted all our services online, including one-on-one sessions. We can help you with your [LinkedIn](#) page, your resume and cover letter, and interview practice, among other things. Make an appointment on [Handshake](#)!

Make the most of [Handshake](#). Look for online events, read reviews, check out employers, and make sure your profile is great. 80% of students who fill out their preferences get a message from employers. Check out these super helpful articles:

[How to Get a Last-Minute Internship](#)  
[Get a Job Online as a College Student](#)  
[Finding a Job on Handshake: FAQs](#)

### 7. Learn something new

There are many online courses out there, and you could use them to learn things like coding, presentations, leadership, or time management. JMU students have free access to LinkedIn Learning (you must sign in through JMU [here](#)). You can also read up on subjects related to your career, perhaps a sub-topic of your major.