

Comprehensive Guide to Public Health Internships

Internships offer valuable hands-on experience in the public health field, helping you explore potential career paths and build your professional network. This guide provides helpful resources, application tips, and practical advice to help you find the right internship for your goals.

Find your internships

Finding the right internship begins with knowing where to search. Below are organizations that specifically offer public health internships, along with general platforms to expand your opportunities. While not an exhaustive list, it's a strong starting point for your search for Public Health Organizations.

- [Graduate Student Short-Term Opportunities | Fellowships and Training Opportunities | CDC](#)
- [Graduate STEM Internships and Fellowships - ORISE \(orau.gov\)](#)
- [APHA Internships & Fellowships](#)
- [Summer Internship Program \(SIP\) | Office of Intramural Training & Education at the National Institutes of Health \(nih.gov\)](#)
- [Carter Center Internships](#)
- [Public Interest Internship Program | Center for Science in the Public Interest \(cspinet.org\)](#)
- [Information for Graduates - Funding at NSF | NSF - National Science Foundation](#)
- [Student Internships | Science and Technology \(llnl.gov\)](#)
- [NIMHD MHRT Program \(nih.gov\)](#)
- [United States – Amgen Scholars](#)

Local Employers

- [Internships | Alabama Department of Public Health \(ADPH\) \(alabamapublichealth.gov\)](#)
- [Internship Opportunity | Nourish Foundation](#)
- [Intern | Mysite \(rapecounselorsofeastalabama.com\)](#)
- [Internships | East Alabama Health](#)

Job Boards

- [Job Search | Indeed](#)
- [Sign In | Handshake](#)
- [LinkedIn](#)
- [USAJOBS - Search](#)

Steps to Find the Right Internship

1. Know Your Interests

Reflect on your career goals and the public health areas you're passionate about.

2. Research Opportunities

Look into organizations, agencies, and job boards that offer internships in your field of interest.

3. Use Your Network

Leverage university career services, faculty, alumni, and LinkedIn to discover opportunities.

4. Prepare Application Materials

Create a strong resume and tailor your cover letter for each internship.

5. Apply Strategically

Apply to multiple internships early and keep track of deadlines.

6. Practice Interview Skills

Prepare for interviews by practicing common questions and researching the organization.

7. Follow Up

Send thank-you emails after interviews and maintain communication when appropriate.

Tips for a Successful Internship Search

Finding the right internship involves thoughtful planning and research. Follow these key steps to guide your search and secure an opportunity that aligns with your goals:

Identify Your Interests and Goals

Reflect on your public health interests, career goals, and skills you want to develop.

Research Opportunities

Explore organizations, agencies, and platforms that offer internships in your areas of interest.

Use University and Professional Networks

Tap into your school's career services, faculty connections, and alumni networks.

Tailor Your Resume and Cover Letter

Customize your application materials to highlight relevant skills and experiences.

Apply Early and Widely

Stay ahead of deadlines and apply to multiple internships to increase your chances.

Prepare for Interviews

Practice answering common interview questions and be ready to explain your interest in public health.

Follow Up and Stay Organized

Track your applications, send thank-you notes after interviews, and stay in touch with contacts.

How to Make the Most Out of Your Internship

- **Set Clear Goals**

Define what you want to learn and achieve during your internship.

- **Take Initiative**

Volunteer for tasks, show enthusiasm, and seek out learning opportunities.

- **Ask Questions**

Don't hesitate to ask for clarification—internships are meant for learning.

- **Seek Feedback**

Regularly ask for input on your performance to help you grow.

- **Build Relationships**

Network with supervisors, colleagues, and fellow interns—you never know where connections may lead.

- **Reflect on Your Experience**

Keep a journal or notes about what you're learning and how it connects to your career goals.

- **Be Professional**

Arrive on time, dress appropriately, and communicate respectfully.

- **Stay Engaged**

Show interest in the organization's mission and contribute positively to the team.