Giving thanks during your internship/job search process

Since it’s Thanksgiving week we felt it was appropriate to talk about giving thanks. We were taught at an early age to say “please” and “thank you.” This practice can become more of a common courtesy than an expression of genuine gratitude.

Related: 7 times when you should just say thank you but you don’t

By expressing more gratitude in your life, you will contribute tremendously to your level of success in your future career in engineering. It shows that you do not take anything for granted. Hopefully, you are grateful for the opportunity to obtain a degree in a field that you chose to pursue, rather than complaining about all of the studying you have to do for finals.

And hopefully you are grateful for the opportunity to secure an internship or job in your field of study, instead of stressing out over your lack of results or not securing your “dream job.”

Related: Research shows gratitude heightens quality of life

By giving thanks, we focus on the good. When we focus on the good, we invite more of that into our lives.

Internships, co-ops and jobs posted on UICcareers

› Bioengineering: 41
› Chemical Engineering: 61
› Civil Engineering: 78
› Computer Engineering: 183
› Computer Science: 274
› Electrical Engineering: 124
› Industrial Engineering: 73
› Mechanical Engineering: 134

Make sure your resume is updated and uploaded to UICcareers

Employers review profiles often

New to UICcareers? Go here

NETWORK FOR JOB REFERRALS

76% of job seekers ranked employee referrals as being of high to extremely high importance during their job search.