1. Identify your public health interests.
   - Content area/topic: 
   - Agency: 
   - Geographic location: 
   - Experience: 

2. Review form student intern recommendations
   - ph.byu.edu ⇒ Undergrad Internships ⇒ Internship Recommendations ⇒ search by geographic location ⇒ read reviews from former students (Form G)

3. Internship board on department website
   - ph.byu.edu ⇒ Undergrad Internships ⇒ Internship Postings

4. Read the weekly department newsletter
   - Wednesday afternoons, watch for internship postings, read it EVERY week

5. UPHCareers listserv
   - To sign up for membership/weekly email alerts ⇒ https://docs.google.com/forms/d/1XwtopwGDfpCmJ4FysevMjsf3OdTchRkxqXJjib2LY/viewform

6. On-campus resources
   - Kennedy Center (international internship opportunities) ⇒ kennedy.byu.edu
   - Washington Seminar (DC internships and housing) ⇒ washingtonseminar.byu.edu
   - Ballard Center (on and off campus internships) ⇒ marriottschool.byu.edu/selfreliance/
   - General BYU Internship Information ⇒ University Internship Office ⇒ intern.byu.edu

7. Network with department faculty
   - Make an appointment & come prepared to discuss internship ideas based on your interests
   - Humbly request contact information and follow up

8. Network with professional/family/friend contacts
   - Update LinkedIn with your internship interests and location
   - Talk to personal contacts about internship goals
   - Request contact information and follow up

9. General and Agency Specific Internet search
   - Google search: public health internships at certain agencies or in certain locations
   - Agency website: internships, volunteer, staff, job postings

10. After completing this worksheet, make an appointment with Department Internship Coordinator
    - Stephanie Lutz, MS, CHES, 2060B LSB, stephanie_lutz@byu.edu,
    - To make an appointment, call 422-3386 and schedule w/secretary, M-Th, 9am-2pm, phone
    - Before appointment, read entire internship syllabus and bring this completed worksheet
    - (801) 422-1943 office, (801) 830-1605 cell/text