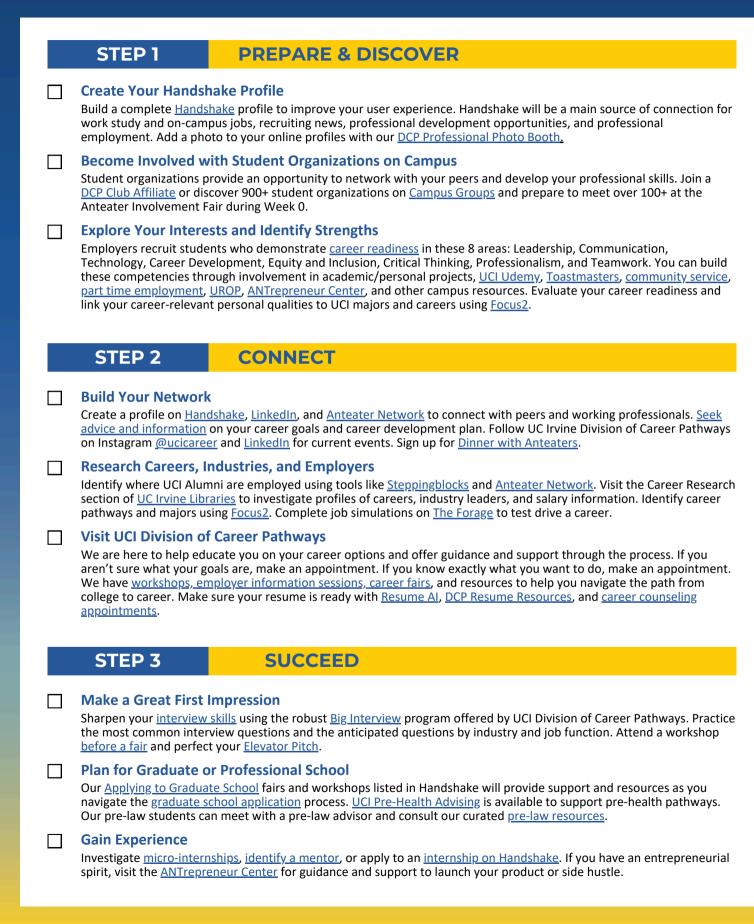
Career Action Plan

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INTERNSHIP RECRUITMENT: PEAK TIMES

For students, the internship application process is made more complex by the fact that every employer's hiring timeline is different. Although **September and January are the peak months in which employers post internships on Handshake**, smaller employers are more likely to stretch their recruiting season later into the spring, while larger employers tend to concentrate recruiting during the fall and winter peaks. Among larger employers, timing also varies by industry, with employers in technology, professional services, and financial services following a more concentrated recruiting schedule while those in industries such as government and transportation are more likely to distribute intern hiring throughout the year. (Handshake Internship Index, 2025)

CAREER DEVELOPMENT RESOURCES TO EXPLORE

BOOKS



INSTAGRAM ACCOUNTS



- UC Irvine Division of Career Pathways @ucicareer
- Salary Transparent Street @salarytransparentstreet

PODCASTS



• Work Life with Adam Grant

• How I Built This with Guy Raz

