Our mission? Contact us.

The NEW Monarch Internship and Co-Op Office serves as the hub for work-based learning at Old Dominion University. We offer:

- Internship Opportunities
- Resources for Businesses and ODU Departments
- Engaging Events

What is the Monarch Internship and Co-Op Office?

ODU invests in the success of the future workforce.

Our 2027 Strategic Goal

100% of ODU students will participate in an internship or work-based learning experience before graduation (Old Dominion University 2023-2028 Strategic Plan).

Contact Us

(757) 683-JOBS (5827)

internship@odu.edu

odu.edu/internship

1000 Webb Center
1301 W 49th Street
Norfolk, VA 23529

Want to receive up-to-date information about the Monarch Internship and Co-Op Office? Join our Listserv! Text ODUINTERN to 66866
An internship is “a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional workplace setting” (NACE, 2023). Students participating in internships are more likely to be offered jobs after graduation and those completing paid internships make approximately 20k more per year (NACE, 2023; StandoutCV, 2023).

**WHAT WE DO:**

- **WORK WITH STUDENTS**
  Connect students to internships, co-ops, apprenticeships, and more
  Tailor opportunities to individual student needs

- **WORK WITH ODU DEPARTMENTS**
  Build relationships between ODU departments and businesses to create a stream of student placements
  Provide internship curricula support and resources

- **WORK WITH EMPLOYERS**
  Establish talent pipelines between stakeholders and key academic majors
  Increase on-campus employer visibility

**STUDENTS**

**WHY DO AN INTERNSHIP?**

You will gain fundamental business knowledge through your internship. No matter the field or industry, an internship is your starting point for a successful career by stimulating your professional interests with real-world experience.

**EMPLOYERS**

**WHY HOST AN INTERN?**

Hosting an intern helps build a pipeline from our ODU to your business, promotes diversity within your talent pool, and allows businesses to connect with high-achieving students, all while providing aspiring young professionals with invaluable career experience.