

First-Gen/ Low-Income SLI STEM Internships Summer 2026: Information Session

March 2026





What is an internship?

- ▶ a hands-on “work” experience in a research lab or a company setting
- ▶ kind of like a job, but
 - ▶ you’re not expected to already know all about your field
 - ▶ you’ll get a lot of guidance and training
 - ▶ you usually end up working on one project



Why do I need an internship??

- ▶ Put your school/ classroom knowledge into real practice.
- ▶ Get experience in the working world in your discipline - see if it's really for you!
- ▶ Build your resume and skills.
- ▶ Challenge yourself!
- ▶ **LEARN!**



Overview of SLI Internship Program

- ▶ For first-generation and/or low-income students
- ▶ Part-time, paid internships for the summer for Foothill students
- ▶ Chance to get your FIRST internship experience (you need experience to get experience!)
- ▶ Research and industry placements
- ▶ Lots of support from SLI during your internship



Agenda for Today

1. Eligibility
2. Application
3. Selection Process
4. The Internship Commitment
5. Miscellaneous Notes
6. Next Steps
7. Wrap Up

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Eligibility

- ▶ First-generation and/or low-income
- ▶ Taking classes at Foothill in spring
- ▶ Primarily Foothill (not De Anza) student
- ▶ Over 18
- ▶ Priority if you've never had an internship
- ▶ Some internships require specific courses or skills - but many don't!

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Application - Google Form

- ▶ NOT on Academic Works as in previous years
- ▶ You as a Foothill Student - information related to being a student
- ▶ About You - age, first generation, low-income
 - ▶ first gen and/or low-income
 - ▶ explain your situation/ experiences
- ▶ Attachments
 - ▶ resume
 - ▶ unofficial transcript
 - ▶ personal statement
 - ▶ reference
- ▶ If accepted - agreeing to expectations

The image shows a screenshot of a Google Form titled "Internship Application FLI-SLI STEM Internships Summer 2026". The header features the logo for Foothill College Science Learning Institute. The form content includes:

- Title:** Internship Application FLI-SLI STEM Internships Summer 2026
- Introduction:** This is the official application for the First-Gen/ Low-Income STEM Paid Internship Summer 2026 program. This program will take place during summer 2026, and all placements will run for nine weeks from July 6 through September 4, 2026.
- Instructions:** To get a preview of the whole application, go to [this link](#). Review all the components of the application before sitting down to fill this out. Also, here is a [list of Frequently Asked Questions](#) to review if you have questions as you move along the application.
- Deadline:** Please fill this out completely by the deadline - **Wed, April 15, 2026, 11:59pm**
- Webpage:** Also keep an eye on this webpage: <https://foothill.edu/sli/internships/summer.html>
- Privacy Notice:** The name, email, and photo associated with your Google account will be recorded when you upload files and submit this form.
- Legend:** * Indicates required question
- Fields:**
 - Email ***: Your email
 - First Name ***: Your answer
 - Last Name ***: Your answer

Application - First-Generation

Are you a first-generation college goer? This means that **one or both parents did not finish a bachelor's degree in the U.S. or another country**. This does NOT refer to your immigration status to the U.S. *

Yes

No

Other: _____

Share a time **when being a first-generation college goer affected your educational experience** (one paragraph). If you are not a first-generation college goer, please just write "not applicable" in the space provided. *

Your answer

- ▶ make sure to answer the questions honestly and authentically

Application - Low-Income

Do you consider yourself low-income? Please review this [guideline document](#) * before checking off your status for this item.

Please note that we will check your financial aid status at Foothill as part of our review process. It is to your benefit to fill out the FAFSA or CA Dream Act to officially receive financial aid to prove eligibility for this program (and hopefully you can get some financial aid!).

If you do not receive state or federal financial aid, you are highly encouraged to answer the question after this one (which is optional) to explain your financial situation.

- Yes, I consider myself low-income, and I am receiving financial aid through Foothill College
- Yes, I consider myself low-income, but I am not receiving financial aid through Foothill College.
- I don't consider myself low-income.
- Other: _____

Please **explain your financial situation** - whether you marked that you are low-income above or not (one paragraph). This is your chance to explain your financial situation, especially if you do not receive financial aid or assistance. This question is optional to answer.

Your answer _____

- ▶ we'll also be checking financial aid package through Foothill
- ▶ if you are sure you are qualified for financial aid, just consider the 2nd question as optional.

Application - Attachments

Required Attachments

RESUME: Please upload a copy of your resume. If you've never done a resume, *
check out this [website](#) that has templates and guidance on creating a resume.
Please upload as a PDF. If you're not sure how to do that, here is a [video](#) to show
you how to convert Google Docs into a PDF.

Upload 1 supported file. Max 10 MB.

[Add file](#)

TRANSCRIPT: Please upload a copy of your most recent unofficial transcript *
from Foothill (including fall 2025 grades). If you don't know how to do that, go to
MyPortal -> Student Registration -> see two options under My Records - View my
Unofficial Transcript. *Please upload as a PDF.*

Upload 1 supported file. Max 10 MB.

[Add file](#)

- ▶ if you don't have a resume, refer to link on the application for a template
- ▶ Access [SLI Resources Canvas shell](#)
- ▶ make sure these are all PDFs

Application - Personal Statement

PERSONAL STATEMENT: Upload your response to this question: Write an essay * that tells us about yourself and your background. Describe a significant life challenge (financial, personal, etc.) you faced and how you addressed it. Be specific about your academic and career goals, and how this internship would help you meet those goals. Explain why you are interested in an internship at this point in your journey.

Word count - not to exceed 600 words. Good rule of thumb - aim for 3/4 - a full page, single spaced. Make sure to use paragraphs! Do not copy and paste directly from an AI chatbot - it's important for us to hear YOUR VOICE.

Please upload as a PDF. If you're not sure how to do that, here is a [video](#) to show you how to convert Google Docs into a PDF.

Upload 1 supported file. Max 10 MB.

 Add file

- ▶ address all components in the prompt
 - ▶ significant life challenge
 - ▶ academic and career goals
 - ▶ how internship relates to your goals and why interested
 - ▶ overall - about YOU
- ▶ be careful in your use of AI - not direct copy and paste

Application - Expectations

If Accepted... ✕ ⋮

Description (optional)

There will be several events and activities related to the summer internship that require in person attendance. Will you be able to attend in-person activities at Foothill College in July and August 2026? These in-person activities include a training on Monday June 29 and four biweekly seminars on Fridays in July and August.

Yes

No

Other: _____

Are you planning on taking any summer courses at Foothill, De Anza, or anywhere else? Taking * an in-person summer course will make it nearly impossible to have an SLI internship. An online summer course would be manageable.

Yes

Maybe

No

Other: _____

- ▶ in-person activities for the internship - training and biweekly seminars
- ▶ taking classes - managing time

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Selection Process

- ▶ **Deadline to apply - 11:59pm, Wed, April 15, 2026**
- ▶ After deadline, the review committee reviews apps
- ▶ First round of acceptances will be notified.
 - ▶ First round students will receive project catalog and must attend an information session to select projects of interest (up to 5)
- ▶ 2nd deadline to submit interest paragraphs will be a week and a half later
- ▶ Then mentors review (mid to end of May) - may include a short interview.
- ▶ Matches made by end of May.

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After Acceptance

- ▶ June
 - ▶ informal meet and greet with your mentor
 - ▶ required orientation with Sophia
 - ▶ Monday, 6/29/26 - required in-person training
- ▶ July
 - ▶ start internship week of 7/6
- ▶ September
 - ▶ finish internship week of 8/31, including final presentation that week
- ▶ If transferring - need to complete your internship

The Summer Internship

- ▶ Weekly schedule for 9 weeks - 15 or 20 hours per week
 - ▶ in person or hybrid (some work from home)
- ▶ Every other week - cohort professional development seminar - in person
- ▶ Final presentation - 7 minute slide presentation on Zoom or in person - last week of internship

Commitment

Common questions

- I'm transferring in the fall - can I apply?
 - Yes! You'll just need to make sure you complete the internship, including final presentation - this can happen even after you've transferred.
- Can I take summer classes while doing an internship?
 - In person class won't work for the internship schedule
 - If needed - take one online class

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Miscellaneous Notes

- ▶ Stipend -
 - ▶ 1200 for 6 - 7 hrs per wk // 2800 for 15 hrs per week / \$3700 for 20 hrs per week
 - ▶ paid in a few different ways depending on your placement
- ▶ Where to get support on resume and essay
 - ▶ Writing and Learning Center - writing tutor on Tues and Thurs 3 - 5pm
 - ▶ *NEW* - SLI Resources Canvas page - guidance on resume, essay, interview
 - ▶ seek support from your instructor, counselor

Miscellaneous Notes

▶ **Be on top of your emails!**

- ▶ from Sophia
 - ▶ confirmation
 - ▶ notification
- ▶ from mentor

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Next Steps

- ▶ Work on your application
 - ▶ personal statement essay
 - ▶ first-generation paragraph
 - ▶ your resume
- ▶ Ask someone to be a reference
- ▶ Work on this over spring break

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Wrap Up

- ▶ Don't let imposter syndrome make you count yourself out!
- ▶ Work on the application NOW - don't wait until the day before the deadline.

Good luck!