**NACE Report Finds Disparities in College Internships.** Colin Wiggins, LEAP Senior Academic Advisor

Despite the critical importance of getting internship experience, a recent report from the National Association of Colleges and Employers (NACE) found increased disparities based on race and gender among students who work unpaid, for-credit internships versus paid internships. The NACE 2019 Student Survey Report found that of the 3,952 graduating seniors who responded to their survey, white students were disproportionately in paid internships. Black students held only 6% of paid internships and 7.3% of unpaid internships. Multi-racial students were more likely to be in unpaid internships, and women accounted for 81% of all unpaid internships. Latinx students were more likely than any other racial group to have no internships. First-generation college students made up 19% of paid internships, and 25% never participated in any internship. While this study highlights the lack of equity in experiential learning opportunities, think of this as a call to action! Working with LEAP Advisors and LEAP Peer Advisors and the Career Center can give you the resources to explore internship opportunities earlier and more often, and that, according to the NACE report, is one way to increase the likelihood of getting one of these coveted experiences.

**Tips & Tricks for Virtual Learning.** Julia Bolotovsky, LEAP Peer Advisor

Transitioning from in-person learning to virtual learning can be challenging. Here are some tips on how to stay organized and be better prepared for virtual classes:

- **Keep track of class times and Zoom meeting IDs** by adding them to your phone calendar and notes to ensure you can log-in to the right course at the right time.
- **Be mindful of your screen time and schedule breaks** throughout the day.
- **Prioritize your social and emotional health** by finding an activity you enjoy, like reading a book or riding a bike.

For more suggestions, and to share your own, join Julia at the “Adapting to Virtual Learning” remote workshop on Wednesday, October 7, 1:40-2:40 pm. Register [here](#).

**Diverse Trader Training Program.**

The Finance education and training nonprofit organization Wall Street Bound is accepting applications for the Diverse Trader Training Program. [Apply here.](#)

**Diverse Influencers Fellowship.**

Diverse Influencers is a NYC nonprofit organization. Their mission is to professionally develop CUNY freshmen and sophomores by teaching essential skills to benefit their future careers. Their fellowship program is tailored for CUNY students interested in #business or #tech. [Apply here.](#)

**Paul A. Volcker Careers in Government Essay Contest.**

The Volcker Alliance is hosting an essay contest in partnership with CUNY to recognize students who aspire to pursue careers in public service. Sign up for October 8, 4-5 p.m. Info Session [here](#). More information can be found [here](#).

**Deadline:** Ongoing.

**Deadline:** October 8.