

Convent & Stuart Hall CareerStart Program Overview

CareerStart is a student- and parent-volunteer-run program offering Convent & Stuart Hall High School sophomores and juniors hands-on career exploration through summer internships, in partnership with the school's college counseling team.

Through our Bay Area parent network, students land curated 1-to-4 week internships where they gain hands-on experience, build their resumes, grow their LinkedIn profiles, and practice interviewing and networking — all with the support of parent mentors.

Since we launched, we've placed over 120 students at more than 50 companies across industries including Architecture & Design, Finance, Law, Media, Technology, Real Estate, Hospitality, Education, Nonprofit, and Medicine.

CAREERSTART PAST EMPLOYERS

IEQ Capital	Thirdlove	Redmint	Clinic4Kidz	Tatari
Sack Capital Partners	Academix Apparel	Extreme Pizza	Dr Sheena Kong Medspa	Forrell Elsesser Engineers
Veritas Partners	Ingrid + Isabel	Peet's Coffee	SF Bay Pediatrics	Peninsula Sports Medicine
Hughen Starkweather Art	Quitich	Youtube Legal Team	Sutter Health	TuneIn
Granite Hill Capital	Cognition Labs	PAX Design Group Media	UCSF Division of Cardiology	Olya Dz Remoda
KTVU	Medula Health	Supercell Oy	UCSF Division of Gastroenterology	Sugar Capital

CareerStart interns contribute meaningfully across a wide range of roles — completing projects, attending team meetings, shadowing medical professionals, designing learning plans, coding apps, supporting marketing and social media initiatives, testing products, and pitching investment ideas.

The outcomes reflect the program's impact: 97% of interns and 95% of employers reported being satisfied or highly satisfied, and 100% of interns said their internship strengthened or confirmed their interest in pursuing a career in their chosen field.

Here's what some of our Interns had to say about the experience:

"I got valuable insight about the company and also the position I was interning for. I had work everyday and I felt I had a sense of purpose at the office."

"I liked being able to discuss things with my employer, especially about the field I was interested in. It was also easily tailored to my interests, especially the research."

"It was structured very well and there was enough flexibility for me to still spend time with friends and practice my sport."

"The firm introduced me to all functional areas of the company. They let me sit through meetings, trainings, do actual work. I was able to shadow, ask questions, see inner workings of the business, do site visits. I was able to ascertain, as a result, what I like and what I do not like, about various roles. It was a great learning opportunity and a great networking opportunity."

And here is what some of our Employers had to say about the experience:

"My experience hosting CareerStart interns exceeded my expectations. The students were impressive and inspiring from start to finish. I really felt like I made an impact on their experience and am grateful for the opportunity to host these bright and promising young scholars."

"CareerStart internships are often opportunities not usually offered to high school students; so the internship hosts are providing valuable and high level work experiences to these young adults at an age where trying a bit of everything is quite formative in their career paths."

"I was blown away with the level of professionalism, energy, and capability of our interns this summer. I've hired new college grads to do similar work in the past, and our interns' work was on par. They each made significant contributions to our business in a short 2 week time frame."

"Our experience with the CareerStart internship program has been incredibly rewarding. The student brought fresh energy, and eagerness to learn, while gaining valuable real-world experience in a professional environment. It was exciting to watch them grow in confidence and skills throughout the program."

CareerStart 2027

We're excited to offer the CareerStart Internship program again this year, where students will have an opportunity to learn valuable job search, interview and application skills, explore career fields that interest them and build on-the-job foundational skills. Below you can find details about the program and how you can get involved!

Key Highlights:

- **Program Duration:** 1 to 4 weeks, available to sophomores and junior students
- **Timing:** Summer 2027 - specific timing agreed by employer & student
- **Internship Fields:** Opportunities in business, marketing, communication, education, finance, law, medicine, nonprofit, real estate, design, architecture, and technology
- **How to Get Involved:**
 - **Students:** sign up on [Careerstartsf.org](https://careerstartsf.org) by filling in the CareerStart information form. You will be added to the CareerStart email list, where you will receive information about key milestones, workshops and application information
 - **Parents:** sign up on [Careerstartsf.org](https://careerstartsf.org) to host an intern this summer or volunteer to help with resume reviews and interview prep.

Who are the internship Employers?

- Employers are Convent & Stuart Hall parents or alumni who want to mentor current high school students. No prior internship experience is needed — we provide guidance on designing a great experience
- Employers can come from any profession, as long as they can offer students meaningful work through job shadowing, a project, or hands-on tasks
- Internships are typically 1-4 weeks, can be in-person or remote (with some in-person interaction encouraged), and may be paid or unpaid at the employer's discretion

Who are the Student Interns?

- Current Convent & Stuart Hall sophomores and juniors are welcome to apply
- Students may apply to multiple internships but can accept only one per summer
- No prior work experience is needed — just a motivation to learn

How does the application process work for students?

The application process is itself a learning experience — students practice resume writing, cover letters, LinkedIn, and interviewing along the way.

Here's how it works:

- Employers share internship descriptions with students

- CareerStart volunteers help students refine resumes, cover letters, and interview skills
- Students apply directly to employers by the application deadline
- Employers review applications, interview select candidates, and extend offers
- Employers and students finalize timing and details directly
- At summer's end, we collect feedback from both employers and interns

How does the process work for Employers?

- Employers provide a detailed internship description that we share with students
- Students submit resumes and cover letters to employers by a set date
- Employers will typically receive 1-10 applications
- We encourage employers to interview multiple candidates
- Employers make their intern hiring decision(s) by an agreed upon date
- At the end of the internship, we solicit feedback from both employers and interns to gain insights on what worked for next year's program

How many interns do employers take?

- Most employers host 1-2 interns, but it can vary depending on the Employer and project

What are typical internship lengths and hours?

- Internships are typically 2+ weeks (some as short as 1 week). We recommend at least 40 total hours, which qualifies the experience as an activity on the Common App.

Are internships paid or unpaid?

- Some interns are paid minimum wage, others receive a small stipend and still others are unpaid job shadowing experiences. Payment is up to the employer's discretion

Can internships be remote?

- Yes — remote internships are welcome, as long as the experience is substantive and meaningful. We recommend regular check-ins with the employer or project sponsor, whether in person or virtual. Most internships have been hybrid or in-office.

CareerStart 2027 Program Timeline:

- November: CareerStart Information Zoom Call (Parents & Students)
- January / February: Resume, Cover Letter, LinkedIn & Interviewing workshops
- February: Internships finalized and published for students on Blackbaud
- End of March:
 - Deadline for students to submit applications
 - Employers receive applications, submit shortlist of interview candidates

- Early April - Employers interview candidates and extend offers
- End of April:
 - All offers finalized by employers and extended to candidates
 - Deadline for students confirm yes/no to all offers
 - All internships finalized and confirmed
- May: Employer & Intern Breakfast Reception
- Summer: Internships take place - timing set by Employers & Interns

We Need Your Help! We are looking for parent volunteers to make the program a success:

- **Offer Internships:** Share your professional expertise by mentoring students
- **Volunteer:** Lead workshops or help students 1:1 with resume & cover letter writing and interviewing skills
- **Join CareerStart Committee:** Help us develop programming and outreach to parents to find Internship Hosts

If you are interested in hosting an intern, volunteering, or joining the CareerStart Committee, please reach out to us at careerstart@sacredsfs.org.