1) Use LinkedIn to follow each of these companies. You will then receive automated emails when jobs and internships are posted.

2) Search for Weber State alumni who work for each (easier to connect with alum than complete strangers, especially at larger companies) - search for and click on the company you want. Click on the link that shows "see all connections....". Go to "All filters" and scroll down to select "schools" and type in Weber State University." This will allow you to find and request to connect with people who also attended or graduated from Weber. Rather than sending the default, automated message to connect, write to each stating why you want to connect.

3) You can set up meetings in person, Skype, phone, Google Hangouts in order to set up "informational interviews" in order to learn more about the company form the inside - culture, hiring practices, what sets you apart on a resume and in interviews there, who else you may want to connect with there, etc.