Internship
Shape your future.

Congrats@Adelle_ERAC from @StirUni @CDCstirling for winning intern of the year in Scotland @ERAC_Jobs @gradu8recruiter

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Internships at the University of Stirling

The Stirling Internship Programme has been created to help businesses and organisations access the knowledge and skills of our students through offering paid internships during the holiday period. Many of the internships are with small to medium sized employers who are looking to recruit graduates on a full-time basis. This is a great opportunity to work for a growing business, who you never know may be a future Apple or Amazon!

Why Internships are important

Graduate employers look for more than just a good degree result. An increasing number of graduate jobs are secured through undertaking structured internships or demonstrating relevant work experience. Employers are looking for applications from students who have spent time developing transferable skills through employment experience as well as through other activities.

The Stirling Internship Programme has been created to help businesses and organisations access the knowledge and skills of our students who will work on a project or support a range of activities during the key holiday periods.

Undertaking an internship demonstrates your commitment to employability, providing you with opportunities to gain valuable work experience and training which will help your future graduate job prospects.

Six reasons why you should consider an internship

Become more employable: Boost your CV and stand out from the crowd in order to have an edge in the graduate job market.

Help fund your studies: Earn while you learn.

Network with employers: Make professional connections.

Test your career options: Internships can ease your transition into future careers and provide you with an insight into the sector.

Develop practical experience: ‘Real world’ business experience, enabling you to put theory into practice.

Develop transferable skills: Communication, team work, problem solving, decision-making, initiative, creativity and confidence building.

37% of top graduate recruiters expect their graduate positions to be filled by those who have worked in their organisation.*

More than 4/5 of the UK’s leading graduate employers are offering paid internships for students and graduates.*

*Source: High Flyers Research Ltd
Graduate Market 2014
Why did you want to do an internship?
At the beginning of third year, I had really started thinking about my career, where I wanted to go and how I was going to do it. When looking into different graduate schemes available, I realised that at that point I did not have a lot of the skills the best employers were looking for. This was what drove me to apply for the internship with Enterprise Rent A Car – not only does the company have a great employer reputation, but also the skills the internship boasted were vast and required little experience before starting.

How did you find out about the placement and what was the selection process like?
I found out about the internship with Enterprise in a lecture, where a representative of the company briefly explained the benefits of the internship and how to apply.

The application process was broken down into 4 stages – an online application, a first interview, a branch visit/second interview, and finally an assessment day with a final interview.

I made sure I had done a lot of research into the company before each stage and felt confident. After each stage not only was I promptly told I was successful, but I was also given feedback and allowed the opportunity to give my own feedback.

Who was the internship with?
My internship was a 12 week programme as trainee manager in my local branch in Dunfermline. My general manager was the main mentor throughout my in branch learning, he was extremely enthusiastic and willing to help me with anything. We also had extensive out of branch training days where our trainer provided us with excellent management training to take back to the branch.

Was the role fun? Elaborate?
This was probably the most fun summer I have ever had! From working in a small branch with a family feel, I got really close with the other employees which made going to work feel like a day out - although it was hard work, the positive atmosphere meant I never felt stressed or pressured.

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What was the objective of the internship placement, how long was it?
The objectives of the internship was to develop and gain skills needed for future employment, gain experience and to put the theory I have learnt in my course into practice.

What was it like?
It was hard work, but it was extremely rewarding. I knew exactly what was expected of me and was shown exactly how to achieve it.

How do you think it has it helped towards planning your future career?
This internship has played a fundamental role in planning my future career – not only has it made me a lot more employable through new skills and awards, but also it has allowed me to really understand what I enjoy and what I am good at, which has definitely made it a lot clearer as to which route I will take with my future career.

What new skills did it give you?
So many!
Management, interpersonal skills, communication, customer service, sales, presentation skills.

Do you have any recommendations or advice to give other students?
Don’t hesitate – apply! The best advice I would give is to do your research. Know and understand exactly what the company want and are looking for, because this will not only make the recruitment process much easier for yourself, but it will also help you decide which internship is best for you! Good luck!

For more information on internships at Stirling
www.stir.ac.uk/current-students/careers/internships/