Internship
Shape your future.

Do not be scared to go for your dream job, chances are they will have some sort of internship programme or work experience availability.

AMY GOODE
BA Marketing and Psychology student, 2012
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?

To gain some work experience in an industry I love (not necessarily my chosen career path though!) and further my CV.

How did you find out about the placement and what was the selection process like?

I actively sought placement within the company I had chosen as I am a big fan and it has a good reputation. I did not hear of the success of my application until 4 weeks after my application. I was offered two separate dates to start placement.

Who was the internship with?

The internship was with New Musical Express (NME). My mentor was one of the senior editors (at the time) Jamie Fullerton. I love his writing style and we were given the opportunity to review certain pieces of music and gain feedback from our assigned mentor.

What was it like?

This was an excellent job, as part of the role we were given the opportunity to see various bands in London (as long as we provided a review!). I had the opportunity to work with several members of the editorial team and helped source and write contributions for the online website, special editions of the magazine as well as the weekly magazine.
What was the objective of the internship placement, how long was it?

I spent two weeks working in a busy magazine department. I was lucky enough to be involved in two editions of the magazine along with a special edition magazine.

Do you have any recommendations or advice to give other students?

Do not be scared to go for your dream job, chances are they will have some sort of internship programme or work experience availability. Take your time at university as an opportunity to learn and try out potential careers. Whilst this wasn’t my chosen profession, journalism is something I could never see myself doing, I loved every minute of it.

For more information on internships at Stirling

www.stir.ac.uk/current-students/careers/internships/