Internship
Shape your future.

Chris’ dynamic approach meant that he quickly became integrated in the team and was trusted by his colleagues’ to deliver.

BRIAN DAVIDSON
Platform Proposition Manager, Alliance Trust Savings
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.

Did you know?

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?
My main reason for doing an internship was to further the opportunities I would have at the end of university. After going to Camp America in my first year, I decided that in my second year I would need to do something proactive and beneficial to my career.

How did you find out about the placement and what was the selection process like?
In October and November of 2010 I began to look at internship opportunities available in Scotland the following summer. I focused my search on Dundee, Glasgow, Edinburgh and Stirling. I had no particular industry that I wanted to work in, I was just looking for an opportunity to work in my degree subject area.

I searched and applied for various different types of internships in Marketing, using both Google and jobshop.stir.ac.uk as my main resources. I applied for a marketing internship I found on the jobshop with an organisation called Alliance Trust Savings, a pensions and savings investment trust, based in Dundee.

I heard back from ATS regarding my application via e-mail and was invited to take part in a telephone interview a few weeks later. The interview was with the Head of HR and the Pensions Product Manager. I had researched the company and I had prepared quite well for the interview. One of the plus sides of a telephone interview is that you have the opportunity to keep your notes in front of you. I thought the interview went quite well and I was particularly confident. The selection process only consisted of a phone interview and I was selected along with one other person to spend 6 weeks within the marketing department of ATS.

Who was the internship with?
The internship was within the marketing department of Alliance Trust Savings and my mentor was the Pensions Product Manager.

What did you enjoy most?
The team that I worked with was quite a diverse unit, including those proficient in web design, creativity, statistics, PR and publishing. Working with so many different professionals in such a small team was very interesting and quite enjoyable. As well as being given my own project to work on, I was also asked to work on several team-wide projects, allowing me to develop a more in-depth understanding of how the team worked.
What was the objective of the internship placement and how long was it?

The internship lasted for 6 weeks between June and August 2011. The project I undertook was to gain an understanding of the customer journey and how the organisation could encourage customers to be more active on the stock market.

How do you think it has helped towards planning your future career?

It has helped me become quite focussed on planning my career and understand the industry in which I would like to work. I feel it has set me apart from other job applicants and that has given me an air of confidence. It has also given me reference points of interest for when questions are asked at an interview and I need to give relevant answers based on experience.

What new skills did it give you?

I believe it gave me my first taste of working within an office environment, particularly understanding how certain processes work.

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

I would encourage everyone from second year onwards to apply for internships in the summer. It’s great to be able to enjoy your summer by chilling and having fun, but having experienced the graduate job market quite recently, I am so happy that I did internships through-out University.

I would also encourage students not to focus on the industry that they get internships in. Even if it is not an industry they believe they would like to work in when they graduate, it is so important to get that experience.

I still use my line managers from the internships as references for jobs, and thankfully those references have helped me get my first job out of University.

For more information on internships at Stirling

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