Gary was a fantastic asset as an intern and I was delighted when he stayed with the company. Although he is in a different role, he remains an asset and a fantastic addition to the team. All because of an internship.

KERR WINTERSGILL
Business Development Manager, YouTrain
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?
I wanted to experience what it was like working in an office environment. I feel University prepares you for the academic side, but an internship allows you to put into practice real world applications. It allows you to see the inner workings of a business and really decide on what aspect of it you want to concentrate on.

How did you find out about the placement?
I found out about the placement via the University Careers Centre. The careers service is a fantastic place to go for careers advice and the Job Shop is great for finding out on the latest opportunities in the world of work.

I applied for a Santander Internship in Sales and Marketing through the University Careers Centre online. I attached a cover letter and CV. From this I heard back from the Managing Director a few days later and was asked to attend an interview. I was made very welcome at YouTrain by everyone and talked for at least an hour with them both about work and YouTrain as a company. I heard back a few weeks later and started the Monday after my dissertation was handed in!

Who was the internship with?
The Internship was with a Training Provider called YouTrain. It is a SME located in Stirling Enterprise Park. The specific Internship that I applied for was in the Sales and Marketing section of the business. My mentor was the Sales Manager.

What did you enjoy most?
I very much enjoyed my role in the business. I was part of making people aware of the Modern Apprenticeship available in IT, thus helping to fulfil the Scottish Government’s pledge of 2016 IT Apprenticeships by 2016. My manager was truly fantastic and guided me through how best to approach customers and taught me various sales techniques.

What was the objective of the internship placement and how long was it?
The main objective was to raise awareness of the Scottish Government’s goal to achieve 2016 IT Apprenticeships by 2016 and the internship was for a 3month period.
What was it like?
I enjoyed the Internship very much. Working in an office environment is something that no one can teach. You really have to go out and experience it for yourself.

How do you think it has helped towards planning your future career?
It helped towards my future career greatly. I am still currently with YouTrain, but now in a different capacity. Although I enjoyed my job I felt my skills were underutilised so when another position as a Training Consultant came up I jumped at the opportunity. I am now responsible for delivering soft skills/employability training to candidates of all ages. The training consists of personal presentation, team building, effective listening skills and many more, all of which will prepare the candidate for the workplace. I also deliver Microsoft Office Application training such as Microsoft Word and Outlook.

What new skills did it give you?
The internship itself gave me more confidence when speaking to people on the phone and even face-to-face, which in a meeting capacity can sometimes be daunting. I gained a lot of experience using IT software as well as Microsoft Office accreditations in Word and Outlook.

Do you have any recommendations or advice to give other students?
I would strongly recommend that students take advantage of the Careers Centre at the University. They help with both CV writing and interview preparation. Anyone thinking about doing an Internship should definitely apply as the gains are substantial. Working in an SME has provided me with vast amounts of responsibility that others in larger corporations may not gain. I have loved my time here at YouTrain and hope to help grow the business and expand my knowledge.

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