Internship
Shape your future.

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BA Business Studies student, 2013
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?
I wanted to broaden my work experience and skills and get mentoring and guidance from professionals. I wanted the chance to learn in a work environment so that I could apply my theoretical knowledge gained at university in a real life context. When looking for an internship I wanted to find a company that would really support me and offer me world-class international work experience. As soon as I heard about the Saltire Foundation I knew they were the organisation for me.

How did you find out about the placement?
I found out at a university careers event where The Saltire Foundation had a stall and a student who had completed an internship with The Saltire Foundation was there to tell me about the programme and share her experiences.

Who was the internship with and who was your mentor?
My internship was with Wood Group PSN in Houston, Texas. I worked for four weeks in Health and Safety and 4 weeks in Business Development and Acquisitions. My mentor was firstly the HSE manager and the Business Development and Acquisitions Manager.

What did you enjoy most?
It was great to work in an international environment and meet new people. I was given a pc, a laptop and a Microsoft surface tablet - all in my own cubicle. I was made to feel very included and wanted in the work place with every employee keen for me to learn and experience their company.

What was the objective of the internship placement, and how long was it?
It was 8 weeks long and our role was to rotate between different departments, which resulted in me operating in two departments, HSE and Business Development and Acquisitions - 4 weeks in each. We also had to work on a project for the president of the company, which was extremely well received.
What was it like?

It was amazing to work in such an interesting and diverse company. I learned a lot about the oil and gas industry and felt I gained valuable sales knowledge and experience. I learned about networking and communication and made a wealth of new contacts. The Saltire Foundation have been invaluable, I am still in contact with both them and my fellow Scholars. I have attended two Saltire Foundation events since returning home and have also been assisting in the recruitment of next years’ Scholars - so for me the experience is still ongoing in many ways.

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

I returned home a lot more focussed on my studies and had developed a dissertation idea whilst there enabling me to gather data for this. I also feel confident and ready to enter the world of work so much more than before, I feel that I now have excellent examples to give in interviews and I am even more certain about the type of role that I could see myself doing after university.

What new skills did it give you?

I got to learn about business development and feel that I understand more about the selling process and liaising with clients. I gained stronger communication skills and became more confident as a result.

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

Don’t be put off by long recruitment processes because they are easier than you think and ultimately will result in you realising your strengths and weaknesses and the types of roles you would be suited to. Seek help from anyone and everyone you have access to, you’ll be surprised by how much advice is out there. Definitely use the career development centre at uni if nothing else - they will be able to mark any applications or CVs and do a mock interview.

For more information on internships at Stirling

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