The main benefit to SIE as an organisation with having interns is that it allows us to tap into the youth of the country, helping us keep our finger on the pulse.

Kieran Smyth  
Regional Intern Co-ordinator  
Scottish Institute for Enterprise (SIE)
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 gain relevant working experience and further develop my skills.

How did you find out about the placement and what was the selection process like?
I heard about the internship in the Business Club (SUBC). SUBC is a successful students’ society, and I would strongly encourage everyone to join it. Not only do you gain great experience and useful information, but you also get to meet interesting and like-minded people too! I had to apply for the internship by filling out an application and attaching my cover letter and CV, so it was a relatively standard procedure. The next stage was an interview, which was really friendly and relaxed and after that I received an offer to work for the SIE.

Who was the internship with?
My internship was with the Scottish Institute for Enterprise. Interns are a key part of the organisation and represent it at every university in Scotland. My mentor (Regional Intern Coordinator) was Kieran Smyth.

Was it good fun?
Absolutely, one of the best experiences of my life! I met so many interesting people and the job was never stereotypical or boring, I have really enjoyed the internship and would recommend it to anyone else.

What was the objective of the internship placement, how long was it?
To promote enterprise amongst students at the University of Stirling and support students who want to become entrepreneurs. It’s part time during the term time; I’ll probably be an intern at the university for the next year as well.
How do you think it has helped towards planning your future career?
I gained new employability skills and improved the skills I had. I see entrepreneurship as an option for my future career and the internship is something that definitely helped me to get closer to my goals. It made me more employable as well.

What new skills did it give you?
I see the biggest improvement in my presentation and event management skills.

Do you have any recommendations or advice to give other students?
It's never too early to start working on your goals! Get involved in as much as you can.

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