Stgilesmedical sixty second school

Make The Most Of Summer

Advice to would-be interns (employers go to page 3)

Why do it?

Spending your summer undertaking an internship will never be a waste of time. The three months you get off from university are much too long to sit around doing nothing and by the time August comes around you're already spending the day lying in bed watching movies that are mediocre at best.

Internships are not only a way to keep you busy during summer but also allow you to dip into the world of your chosen career path and experience a taste of what your future might entail, at the same time giving you connections for your future. It's an opportunity to develop skills and expand your knowledge in a hands-on way that can't be replicated by a simple textbook.

How long?

Two months might seem like a prison sentence but once you begin it flies by. A longer placement allows much more involvement with your team - getting to know them all a lot better than if you just spent the week. It allows for a much better experience after overcoming the initial discomfort of being 'the new kid'.

There can be perks!

It is useful to consider some other perks involved with a summer placement. If you're lucky an internship might even mean getting paid so you can afford to spend the rest of your well-earned summer holiday doing something extravagant.

Even if you're not paid, your employer will hopefully provide you with a good reference as a credit to your work that will certainly come in handy when applying for graduate jobs. They might even hire you themselves!

Top Tips

Once you've got an internship – don't take advantage. Some tips for keeping on the good side of your employers include:

1. Dress well – unfortunately a baggy t-shirt and ripped jeans aren't really classed as work wear.
2. Be on time – make sure not to be late. But if there's nothing you can do then let someone know.
3. Be proactive – ask to help whenever you can, give your option where possible for a different perspective on an issue.
4. Keep you're ears open to the work being done in the office. It's useful to know what the company is working on.
5. Be honest and available – try not to sit there doing nothing all day and give your honest opinion if you think it'll be helpful.
6. Always come prepared – don't forget to bring in your laptop or notebook if required.

Advice to Employers

What's in it for you?

Taking on an intern is not only beneficial to them but also to the employer. A fresh face comes with fresh ideas and an alternative viewpoint. The extra pair of hands will also prove extremely useful when the tasks in the office begin piling up.

If an intern proves to be beneficial you might even want to consider them for a future job. Having worked with them before you'll save time on showing them the ropes and clueing them in on how the company works.

What you can offer

It also provides a great opportunity to explore the local cafes and restaurants as you show your intern around the area.

As an employer don't forget the small things like the contracts they'll need to read as well as filling them in on any legal aspects involved.

Top Tips

Some useful tips when taking on an intern include:

1. Planning a programme so your intern isn't left with nothing to do – take advantage of the extra help.
2. Providing useful jobs for your intern – don't just offer time fillers that aren't useful to either of you.
3. Be inclusive – try to include them in meetings or projects you're working on to give a more rounded experience.
4. Give them feedback – if there's something they should work on improving, let them know. Give constructive criticism.
5. Make sure they have your email address so they're able to contact you when they need to.

Next summer's not that far away.

Start planning now!

www.stgmed.com