



Planning Ahead

Internships and Work Experience

Thinking about a vocational internship or general work experience next summer? Anna Champion (L 95), Head of Early Careers and Group Coaching at Jardine Matheson, shares some sound advice:

“As a recruiter and developer of early career talent I encourage you to consider investing in your career now to help you develop skills that will be useful when transitioning into the workplace.

There are many formal internships available at big organisations – offering you a chance to ‘try before you buy’ and see whether the culture, type of work and even the workplace environment suit you. These formal internships also allow you to be ‘ahead of the game’ as many organisations fill the majority of their graduate positions with their highest performing interns.

However, if this isn’t an option in your chosen field, other types of work experience will also allow you to develop crucial workplace skills that you will be able to evidence to give you an edge over others.

Research shows that prior, relevant work experience is now very often a requirement for graduate level recruitment, demonstrating the need for candidates to not only have the experience but to identify transferable skills and clearly articulate the relevance of their workplace experiences.”

If you would like an independent appraisal of your CV and applications or even some interview practice, the OU School for Life programme can provide assistance. Further information is available at [here](#).

We wish you every success with your applications.

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