

# Internships

**Internships** are an essential part of a student's education. They provide students with practical, **hands-on** experience in the field, and they allow students to apply the knowledge and skills they have learned in the classroom to real-world projects. Meant to supplement students' learning with practical experience, internships provide **much-needed** career preparation above and beyond what students can obtain in the conventional classroom.

## ■ Real-world experience

From the student's perspective, internships capture an intangible aspect of higher learning that is often lacking in classrooms and textbooks: the value of real-world experience. While this can be **conveyed**, to some extent, with class projects, case studies, and **clinical** observation, nothing quite compares to the experience of being immersed in a **fast-paced** work environment.

## ■ Recruitment opportunity

For employers, internships provide a powerful **recruitment** opportunity. Through these programmes, organisations can capture fresh talent and shape a new generation of hardworking employees: if they are pleased with the intern's performance, employers may hire them.



**clinical:** *distaccato*  
**to convey:** *trasmettere*  
**fast-paced:** *frenetico*  
**hands-on:** *sul campo,*  
*concreto*

**mentor:** *tutor*  
**much-needed:** *che*  
*serve davvero*  
**recruitment:**  
*assunzione*



## ■ Benefits of Internships

Any student can benefit in some way from completing an internship:

- **apply theoretical knowledge in the real world:** students have learned a great deal in a classroom environment, but this knowledge will prove far more valuable if they are able to apply it within a professional setting;
- **expand on transferrable skills:** from verbal communication to problem-solving and even empathy, a variety of transferrable soft skills can quickly be developed through internship programs;
- **develop professional connections:** few networking opportunities are as powerful as internships, which introduce students to professionals at all levels and from numerous departments. **Mentors** can provide valuable feedback for future employment;
- **boost CVs:** internship programmes are increasingly viewed as an essential CV item for the most competitive sectors;
- **refine career goals:** during an internship, a student may come to realise that a specific work they once found interesting no longer captures their passion. It helps them shift their approach and aim for a career that really sparks their passion.

# 1 Read what four students say about their internship experience and answer the questions.

**A. Emily:** My six weeks at Rawbank allowed me to grow personally, but it also helped me to gain new skills in basic accounting and customer relationships – experience that I did not previously have. I also gained a better understanding of the banking industry, made a new network, and gained a few new references for the future. But most importantly, I gained a new sense of professionalism and a clearer view of what it meant to be in the professional world.

**B. Diana:** I consider myself pretty good at multitasking and I like to stay busy. As an intern, I frequently worked on several tasks at a time, so I always had multiple items on my to-do list. I made lots of mistakes: the good thing about making mistakes though, is they become lessons learned. Mistakes are inevitable, but how you choose to learn from them is what really matters.

**C. Liam:** Internships and education often went hand in hand school year after school year, and, on average, I was overall happy with the experience. Unfortunately, unpaid internships, though often prestigious, are not always an option for a family who is financially obliged to work for money, as opposed to working for free.

**D. Owen:** During my internship, I learned how to communicate and build relationships with the people I worked with. I learned how to introduce myself, talk about my interests, knowledge and skills with entrepreneurs and business owners, as well as how to ask questions and gain a better understanding of businesses in the market. Overall, this process helped me develop my professional network and emphasised the importance of creating these connections.

1. Who is good at doing several things at once? ☐
2. Who developed his professional connections? ☐
3. Who complains that internships are sort of voluntary work? ☐
4. Who profited from mistakes? ☐
5. Who learnt a new professional approach to the world of work? ☐

