CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ

CAREERS SERVICE

Knowledge
Empowers
You

I would like to get relevant work experience, How do I go about it?

Get as much relevant work experience as you can while at college. It has so many advantages.

- Is a unique selling point (USP) on your CV/application that allows you to stand out highlighting your relevant skills and achievements

- Work experience/internships enhance your employability and job prospects after graduation - up to 80% of graduates in UK companies are recruited from internship programmes.

- Creates a network of potential contacts for the future

- Tests out what it is like working in a certain environment/job/sector

- Any form of work experience highlights your motivation to a potential employers.

- If linked to your course it can provide you with the opportunity to put classroom learning into practice.

- You learn new knowledge and skills, both course-related (if applicable) and personal

- It gives an insight into working life, develops self-awareness and helps you in making informed career decisions

- Tests out what it is like working in a certain environment/job/sector

There are many types of work experience: Volunteering, Paid Temporary Summer jobs, Paid structured Summer internships, Unpaid Internships, Short Work Shadowing stints (from 2 days to 2 weeks).

Work experience is a good way to narrow down your options; to see whether a role or a sector is one you would want to enter full time.

After your work experience, it's useful to spend some time thinking about what you've got out of it.

- What skills have I used?

- What motivated or demotivated me about the work?

- Which bits did I find interesting or boring?

- Did I enjoy the work?

- What was the culture of the organisation like?

- How would I have changed the experience to make it just right for me?

- What does this mean for my future career choices?

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- http://www.itshappeninghere.ie/

- Irish Software enterprises

- https://www.linkedin.com/company/make-it-in-cork

- www.volunteercork.ie

- Wide range of Volunteer opportunities (some Business/Admin/Fundraising

- www.gradireland.com

- http://mii.ie/ Marketing Institute of Ireland

- www.prii.ie Public Relations Institute of Ireland