

CARA'S INTERNSHIP AT SKILLS DEVELOPMENT SCOTLAND



Each year Skills Development takes on a number of PhD interns. The PhD internships provide work-based experience to support the development of transferable skills and employability for the student.

SDS PhD student Cara Nethery joined SDS in October 2021 to undertake an internship project exploring the impact of equality characteristics on young people's career choices and journeys.

On starting her internship Cara said:

The internship came at the perfect time as it allowed me to take everything I had learnt in my first year and apply it in a new, exciting environment which had a more policy focus compared to the academic one I was used to. I have always had a keen interest in conducting research in different research environments, particularly those that are policy focused, and my internship at SDS gave me great insight as to how research is conducted within an organisation.



For her internship Cara was based in SDS Evaluation and Research team, she explained that:

When joining SDS, I immediately felt welcomed and made to feel part of the Evaluation and Research team, making the transition from a university environment to an organisational one a lot easier. The faster pace, and collaborative environment was one I was not used to as a student but something I thoroughly enjoyed. Each day was different which only made the research experience more interesting.

On finishing her internship Cara reflected that:

The internship helped me gain a great deal of confidence in myself and my abilities as a researcher. My experience was such a positive one, for which I cannot thank SDS enough, and I encourage anyone who is considering an internship with the organisation to get involved.