Why did you decide to do an internship?

After having exposure to a wide range of careers and roles in a variety of legal sectors and environments and not being able to see myself in any of these roles in the near future, I decided that I needed to branch out of the legal sector and explore a wider range of options. I wanted to have the opportunity to exercise creativity and imagination, as this is something that is relatively limited within my Law degree, and to have an opportunity to enhance my presentation skills further. The CBT Clinics internship offered all of the above, in the Mental Health sector which is an area that I am hugely passionate about.

How did you find the opportunity?

I wanted to stay in York as I was already paying rent for my accommodation and my housemates were also working in York over summer. I spent months checking up on Careers Gateway every evening to see what opportunities were being added on, and there was so much to choose from. I applied for various internships in between completing final assessments and examinations, and was offered a few positions, but this is the one that really stood out to me as offering lots of responsibility and independence. Careers Gateway is easily accessible and so easy to navigate around; opportunities are placed in front of you, without you having to do extensive research to find them.

What was your typical day?

The work was extremely varied in comparison to what I initially expected from the role and there was lots of flexibility. This flexibility meant that the job was able to fit around my other commitments such as volunteering. I worked in the CBT Clinics office but I also spent some time working remotely from home. I planned and executed social media content and created ideas to encourage the team and target audience to engage with our social media platforms. I made content such as infographics, videos and animations. I also picked up additional responsibilities and duties working with different team members such as liaising with external PR agencies and planning a press release, aiding preparation for a webinar, designing newsletters and updating the CBT Clinics website.

What did you get out of it?

I have built upon my ability to self-manage and organise my time effectively to complete tasks to the highest standards possible. I now really appreciate the value of creating weekly plans and strict deadlines for yourself in the working environment. The role gave me lots of independence and individual responsibility, alongside the ability to be creative and imaginative in my work.

How has it influenced your future career options?

Before this internship I was worried that having dedicated so much time into pursuing a career in Law, that I would not be able to realistically pursue any other career options. However, this internship has taught me that if you are passionate and illustrate transferable skills and a willingness to learn and adapt, you will be a legitimate candidate for the majority of graduate jobs. This work experience has not made me completely disregard a career in Law in the future, but it has confirmed to me that after I graduate next year, I would like to enter a role that allows me to be creative and to form innovative ideas in a commercial environment.