

**BSC Neuroscience student Adam Hart spent one year working as an industrial placement student at GlaxoSmithKline from September 2006 – September 2007.**

After completing the second year of his degree programme at The University of Sheffield, Adam Hart spent one year working at GSK's site in Stevenage. His placement was lab based and involved researching respiratory and inflammatory diseases such as asthma and rhinitis. In addition to the lab based research work Adam presented data at meetings and produced a project, from which he is hoping to present an abstract at the British Pharmacology Society meeting in December.

Adam believes spending a year on work placement has massively increased his employability prospects post graduation, in addition to improving his technical skills. Adam also had the opportunity to develop other skills such as presentation and report writing skills. Another benefit of taking a placement year was the opportunity to earn money for a year; Adam got paid £15,000 for the year.

Adam advises students interested in taking a placement year to be prepared to:

- Apply for a large number of placements as competition is fierce; Adam applied for 7 placements but students should realistically be applying for a minimum of 10 to give themselves a good chance of securing a placement.
- Re-locate to a town which does not offer such a varied social life as Sheffield!

Overall Adam says his year on placement .....

"was a highly rewarding experience – I enjoyed myself, gained a great deal of confidence in my ability to succeed in the world of science and made some fantastic contacts for the future. The skills I've learnt are going to be invaluable in trying to get a job after graduation too."