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# INDUSTRY WEEKLY DIGEST

School of Hospitality & Tourism Management

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## THE VALUE OF PLACEMENT YEARS

So for many of you, you're now well underway with your undergraduate studies and it's the start of your exciting journeys and careers in the Hospitality industry. The industry is so broad and has a wealth of different opportunities and I've no doubt you will all now be looking at which first steps to take to kick-start your own careers; be it considering the option of undertaking a placement year as part of your studies or finishing up your dissertations and figuring out which path to take once graduating this summer.

# BUILDING RESILIENCE AND HOLDING YOUR NERVE

## RACHAEL STEVENS

Back in 2016, I was a graduate myself having studied a BA (Hons) in International Hospitality Management and I remember all too well the excitement of securing my undergraduate industry placement and the struggle to find one, which is why I'm sat here writing today, in the hope that my story will resonate with many of you and hopefully inspire you to continue your search! I always remember being one of the very last in my cohort to secure a placement and there were many occasions where I questioned myself. Was this really going to be the industry for me?

Before I discovered **South Lodge Hotel**, I'd personally handed in my CV to several different hotels around the area and only one of them responded. I guess what I'm trying to say here is you're in charge of your own progression, go out there and create opportunities and just keep on going! Someone out there will realise your potential and worth, and fortunately enough for me, South Lodge did just that. What do I put down to the key to my success in securing one? Resilience in looking and holding my nerve.



### **SIGN UP:**

[Work placements and graduate Programmes... what's out there for me?!](#)

Coincidentally, I sit writing this blog now as Front of House Manager at South Lodge Hotel & Spa, responsible for the exact department I was based in, when undertaking my placement year.

Alongside this role I have the privilege of being Chair of the **Institute of Hospitality Sussex branch** and in addition I sit on the global **supervisory board of the IOH**. We're extremely passionate about helping individuals like yourselves get off to the best possible start in your Hospitality careers and supporting your ongoing development throughout. We are running a series of free virtual events for you to sign up to and benefit from. Our next one is incredibly timely and is entitled "**Work placements and graduate Programmes... what's out there for me?!**" We've put together an inspiring panel of prospective employers; award-winning leaders and experts here to answer your burning questions. It's guaranteed to provide you with some fantastic insights and top advice in finding and creating opportunities during these challenging times, building resilience, and holding your nerve. So do feel free to **sign up** and join us!

I wish you all the very best of luck and look forward to welcoming you to one of our future events and personally meeting you all soon.