

Spring Weeks & Internships

The insider's guide to breaking into competitive careers

What is a spring week?

A spring week is a 2-5 day insight programme run by major banks, consultancies and law firms for first-year university students. Perform well and many spring weeks convert directly into a summer internship offer, skipping the standard application process entirely. Most students don't discover spring weeks exist until it's too late to apply.

The timeline nobody tells you about

- Summer before university: build your CV and LinkedIn before freshers' week
- August - November (first year): spring week applications open on a rolling basis
- March - April: spring weeks take place, often with conversion interviews
- August - December (second year): summer internship applications, the main event
- The following summer: internship, then hopefully a graduate offer

CV essentials

- Keep it to one page, always
- Lead with impact: numbers and outcomes beat job descriptions
- Tailor your "why this firm" reasoning for each application
- Get it checked by someone who has actually recruited before

Passing online tests

- Numerical reasoning: practise interpreting tables and percentages at speed
- Verbal reasoning: focus on "true / false / cannot say" logic, not general reading
- Situational judgement: there is usually a "textbook" professional answer
- Always do at least one full practice test under real time pressure

Interviews and assessment centres

- Prepare 5-6 strong examples using the STAR method (Situation, Task, Action, Result)
- Research the firm's recent deals, clients or news, not just their About page
- In group exercises, aim to bring others in rather than dominate
- Ask thoughtful questions, it signals genuine interest more than any answer does

Want a mentor who has done this recently? ClassOn mentors coach CVs, tests, interviews and assessment centres 1-to-1. classonuk@gmail.com