

Costello Medical's Story

Work Experience

the
switch



"Our long-term aim is for students to leave our Work Experience programmes feeling confident in a professional environment, well-equipped to approach job interviews and the world of work and have a good understanding of non-traditional STEM careers." – Keval, Costello Medical Consulting

Work Experience plays a crucial role in preparing young people for the world of work, helping them develop the confidence, skills, and career awareness needed to navigate their future careers. In areas like Tower Hamlets, where access to professional networks and early career opportunities can be limited, Work Experience is especially valuable. Without direct exposure to different industries, students may not realise the full range of careers available to them.

For several years, Costello Medical Consulting, a healthcare consultancy firm, has partnered with The Switch to provide meaningful Work Experience opportunities to young people in Tower Hamlets. By engaging in real-world projects and working directly with professionals, students gain practical experience and insights into the life sciences industry.

"Our first Work Experience was a few years ago, and it went really well. We loved hosting students, so we then committed to offering placements to a minimum of 4 students per 100 employees every year." – Paige, Costello Medical Consulting

By hosting students for Work Experience, Costello aims to showcase the lesser-known careers in the life sciences field and roles beyond laboratory work. Costello's placements also aim to illustrate the role that graphic design contributes to the scientific field.

"Our work within the life sciences industry is not well publicised to students, so we wanted to make them aware of scientific careers that aren't based in the labs, as well as how graphic design plays an important role in scientific work." – Keval

In February 2025, Costello welcomed 4 Year 12 students from George Green's School for a one-week placement. During the week, students took on the role of Scientific Analysts, conducting research on a scientific topic and delivering a presentation to colleagues at the end of their placement. This allowed them to develop skills in research and public speaking.

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"Work Experience is good at showing students what a career is really like vs what they might have seen in pop culture." – Paige

The students were studying a range of A-Level subjects, including Biology, Psychology, and Geography. Their placement at Costello gave them the chance to see how their studies connect to real-world careers and explore alternative STEM pathways.

"I study Biology and Psychology, so I wanted to know if there were other careers out there besides healthcare and working in a lab." – Hanifa, student

For Nadia, the experience helped her develop key skills for a career in nursing.

"As a nurse, you have to work well in a team, and this Work Experience placement has helped me develop important skills like time management and teamwork, which I'll need in my career." – Nadia, student

A key area of development for the students was learning to illustrate data clearly and present it professionally. Before their Work Experience, they had limited experience with creating and delivering presentations, making this placement a valuable opportunity to build confidence in presenting.

"I was nervous presenting, but creating the presentation was fun because I got to explore all of PowerPoint's features." – Abdul, student

Work Experience allowed the students to connect with professionals, discover new

career possibilities, and understand the value of experience beyond the classroom. All students agreed that they would recommend Work Experience to their classmates.

"Work Experience is a good chance to make professional connections." – Faisal, student

"Doing Work Experience is a great way to branch out. The only thing we know about at this age is school, so it's a good chance to build our skills and learn more about what careers are out there." – Abdul

Costello Medical's commitment to providing Work Experience is making a lasting impact on the local community. By helping students explore career possibilities and realise their potential, they play a crucial role in shaping the futures of young people in the area.

"We hope that we're making a positive long-term impact on our local communities, helping local students broaden their horizons and realise their potential." – Keval

By hosting Work Experience placements, Costello Medical Consulting is breaking down barriers to STEM careers, inspiring the next generation, and equipping students with the skills and confidence needed to take the next step in their careers.

Find out more about The Switch's Work Experience programme:

theswitch.org/employers/host-a-work-experience-student

*Student names have been changed.

theswitch.org

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