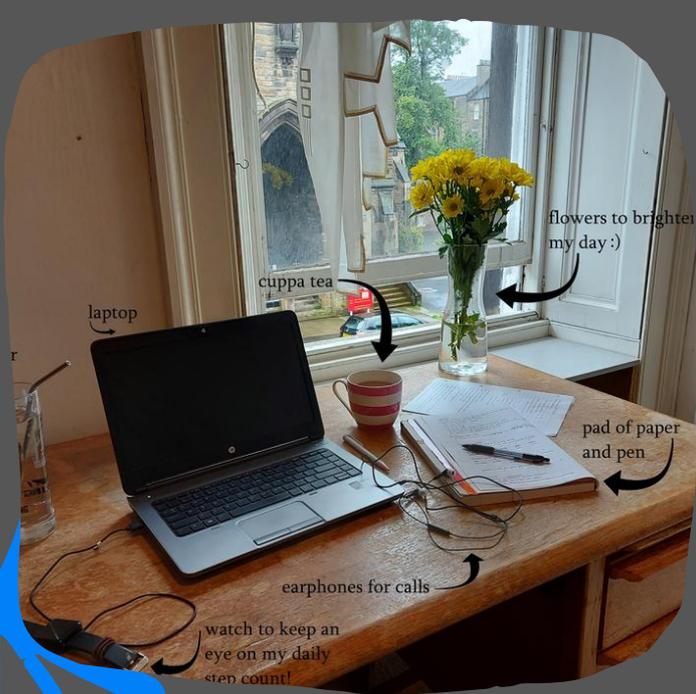


# Saltire Scholar Blog



Imogen Howard  
Network Rail  
Settling in and Tackling My First Project



Welcome back to my blog! My name is Imogen and I am interning at Network Rail as a Project Manager Support Analyst. As I finish my first quarter, I thought now would be a good time to reflect on my work experience so far. I have settled into my 9-5 working routine relatively easier than expected. Although working from home remotely has its disadvantages (such as not being able to meet more colleagues), travel time and costs has been greatly reduced as I would have been commuting to Glasgow from Edinburgh daily, thus reducing my carbon footprint! Additionally, settling into this routine has been beneficial for my mental health as I thrive on being productive.

My project manager has been keeping me busy assigning me weekly tasks as I work on different projects. As mentioned in my previous blog the Fatigue Management in the workplace project has been my main task since starting. I am currently constructing surveys to give to the workers to complete on their day and night shift. This will allow us to validate the default settings within the Fatigue Risk Index Calculator which will aid in reducing incidents during shifts, thus providing a safer workplace. I have started talking to managers at different depots (which has been great meeting more of the Network Rail team) and organizing a start date to implement the surveys. My second task, which will hopefully start in week 4/5 will be establishing a master excel pricing tool sheet. Although this has not started, it has been exciting setting up meetings with other colleagues from different departments to get this underway.

As an Applied Sport Science student at the University of Edinburgh I cannot say there is a lot of content cross-over between this internship and my course. However, the skills I have learned at university have been extremely valuable to apply to the different tasks I am completing. For example, when collecting data for previous course assignments I have had to make surveys which directly transfers from my course. Additionally, I have developed high attention to detail to produce exceptional coursework and become disciplined to meet strict deadlines. Furthermore, completing a year as Honorary Secretary for a university sport club has played a role in my written communication skills and working with new individuals to meet a similar goal. I am thankful for these opportunities presented to me and the continued support to the Saltire Programme from the University of Edinburgh. With an emphasis on personal development, Entrepreneurial Scotland's mission to be the most entrepreneurial society in the world provides an environment (albeit currently online due to the pandemic) to greatly encourage this. Their ability to attract like-minded individuals creating a melting-pot of entrepreneurship and innovation should be applauded. After receiving a general email about the programme that was circulated by my university, I immediately wanted to apply to not only improve myself, but to also be part of something so exciting in Scotland.