



Coastal Energy Internship programme

CREST Award: project guide

As part of the Coastal Energy programme, students are encouraged to submit their internship projects for a gold CREST award. CREST is a nationally recognised scheme for student-led project work in the STEM subjects (science, technology, engineering, and math). CREST is respected by universities and employers and can be used as part of a student's UCAS personal statement.

To achieve a gold award, a project should make an original contribution to a STEM field of study and represents 70+ hours of project work. These guidelines have been devised to help students with project planning and development.

Don't forget - your host company will be able to provide support and guidance along the way. Make sure you benefit from their expertise and advice, especially when you are planning your project.

Gold CREST projects

Planning your project

1. Set a clear aim
2. Explain the wider purpose of the project
3. Consider and explain different approaches to deliver the aim
4. Describe how you plan to complete your project, giving reasons for the approach
5. Give evidence on how you planned tasks and organised your time

Throughout your project

1. Identify who helped you with the project and the materials used
2. Summarise your background research and how you found the information

Finalising your project

1. Identify conclusions you have drawn and what the implications are for the wider world
2. Describe how your decisions and actions affected project outcomes
3. Reflect on what you learned and suggest further improvements



Project-wide criteria

1. Show that you understand the science behind your project
2. Describe your sensible project decisions and any safety and risks
3. Show creativity
4. Describe problems you faced during the project and how you overcame them
5. Explain the project clearly

Project writing skills

At the early stage of planning, students should undertake some basic research to help structure the final project. These are very often new, but invaluable, skills that will be developed.

The links below are 'typical' but many others can be found.

[How to create a Table of Contents](#)

[How to Create an Executive Summary](#)

[How to Create a Literature Review](#)



Top tips

Try to ensure that the following 'top tips' are used as you prepare and write your project report.

- **Number** the pages in your report
- **Structure** your report with an index
- Use your **own words** in your report
- **Reference** the information and data used – a **Literature Review** can be helpful in supporting this
- **Label/reference** diagrams and ensure they are clear
- Ensure image sources are **referenced** source and the appropriate **permissions** are in place
- Address the **CREST criteria**
- Don't forget to submit a **CREST profile form**, signed by your mentor