

Finance Internship With 0 Experience

A practical 4-step checklist to build proof, strengthen your profile, and start getting interviews.

STEP 1 — Build Relevant Skills

Goal: Learn skills you can actually demonstrate through projects—not just list on your resume.

Skill	What to learn / demonstrate
Excel	Formulas, Pivot Tables, lookups, charts, financial data cleaning, basic financial models
Financial Modeling	3-statement basics, assumptions, projections, revenue/cost drivers, model structure
Financial Statement Analysis	Income Statement, Balance Sheet, Cash Flow, ratios, trends, red flags
Valuation	DCF basics, comparable companies, enterprise value, equity value, key assumptions
PowerPoint	Clean financial presentations, charts, investment/analysis summaries
SQL / Python	Basic data extraction, cleaning, analysis and simple finance-related automation

Quick test: If an interviewer asks, “Show me what you can do,” you should have something ready to open and explain.

STEP 2 — Build 2-3 Finance Projects

Projects can act as your first proof of experience when you do not have previous finance work experience.

Project	What to include
Stock Market Analysis	Company overview, price/return trend, financial performance, key ratios, risks and conclusion
DCF Valuation Model	Revenue assumptions, projected cash flows, WACC, terminal value, enterprise/equity value, sensitivity analysis
Financial Statement Analysis	3-5 year trends, profitability, liquidity, leverage, efficiency ratios and key observations
Portfolio Analysis	Asset allocation, returns, risk, diversification, benchmark comparison and portfolio observations
Credit Risk Analysis	Borrower/company profile, financial ratios, debt position, repayment capacity, risks and credit view

Best approach: Pick 2-3 projects that match the role you want. Upload your final work to a portfolio/GitHub or present it clearly on LinkedIn.

STEP 3 — Create a Strong Profile

- ☐ Resume: Put finance projects near the top. Explain what you analyzed, the tools used, and the output—not just the project title.
- ☐ Technical skills: Mention Excel, financial modeling, valuation, PowerPoint, SQL/Python only when you can discuss them confidently.
- ☐ Certifications: Choose relevant certifications that support the role. Avoid collecting certificates without building practical skills.
- ☐ Academic achievements: Include strong grades, finance/economics coursework, competitions, relevant academic work or leadership.
- ☐ LinkedIn: Use a clear headline, professional About section, relevant skills, and feature your best finance projects.
- ☐ Portfolio: Keep 2–3 strong projects ready so recruiters can quickly see evidence of your work.

STEP 4 — Apply + Network

Do not rely only on online applications. Combine applications with targeted networking.

- ☐ LinkedIn: Search for finance internships, analysts, FP&A, equity research, investment banking, credit, corporate finance and related roles.
- ☐ Company career pages: Check banks, financial services firms, fintechs, consulting firms and corporate finance teams directly.
- ☐ College placement portals: Use your college/alumni ecosystem wherever available.
- ☐ Alumni networks: Find alumni working in finance and ask for guidance or relevant opportunities.
- ☐ Startup job boards: Smaller companies can provide practical exposure and broader responsibilities.
- ☐ Networking: Connect with professionals, ask about their career path, request advice, and mention the specific role you are targeting.

A simple networking message

Hi [Name], I'm currently building my skills for a career in [finance role]. I came across your profile and noticed your experience in [area/company]. I'm working on projects in [specific area] and would really value any advice on how to prepare for entry-level opportunities in this field. Thank you!

Your 30-Day Action Checklist

Week	Focus	Output
Week 1	Excel + financial statements	1 Excel practice file + statement analysis notes
Week 2	Valuation + modeling	1 basic DCF model
Week 3	Second finance project	Stock/portfolio/credit analysis project
Week 4	Profile + applications	Resume + LinkedIn + portfolio + targeted applications

Before You Apply — Final Checklist

- ☐ I can explain my finance projects confidently.
- ☐ My resume shows projects, skills and relevant coursework clearly.
- ☐ My LinkedIn profile matches my target finance role.
- ☐ I have 2-3 projects I can show recruiters.
- ☐ I have a list of target companies and roles.
- ☐ I am applying consistently and tracking applications.
- ☐ I am networking with relevant professionals/alumni.
- ☐ I am customizing my application for the role instead of sending the same resume everywhere.

Key idea: 0 experience does not have to mean 0 proof. Build relevant skills → create practical projects → present them well → apply and network consistently.