

Careers+



How to make the most of your time at your UK university



careersplus.bcu.ac.uk

Lindsay Southall
Careers Consultant

What I will cover today:

- Overview of your time
- Opportunities at your university
- Work experience and employment opportunities
- Networking
- Support from your careers service
- Benefits of studying at a UK university
- What YOU have to offer to employers
- Top tips
- Useful resources

How can you prepare effectively for the next stage in your career?

What could make your progression beyond university harder:

- Avoiding thinking about anything apart from your studies until the end of your course
- Not working while you are in the UK
- Not socialising or mixing with individuals of other nationalities and backgrounds
- Not making yourself aware of opportunities on and off campus
- Not making use of your careers service



Overview of your time

Make use of the entire time you have at your UK university to help ensure you are ready for the next stage when you finish your course

Example for 3 year course:

- 1st year – get involved, get insights, develop your skills, start researching your interests
- 2nd year – research your options, employers and interests; network, get relevant experience
- 3rd year – be ready to make applications

1 year course:

You may have to start making applications for graduate work soon after you start your course – don't delay thinking about your career – otherwise you could miss out!

But if you are behind
schedule, don't panic –
just make a start now!

Opportunities at your university

GET INVOLVED!

- It will help you settle in and feel at home
- You will gain useful skills, experience and insights

Potential opportunities:

- Joining a SU society or group
- Events and activities on campus
- Taking on a position of responsibility
- Participating in your university's skills / employability award
- Making use of a mentoring scheme
- Volunteering
- Jobs on campus

Work experience and employment opportunities

- **Part-time roles** – on campus, careers service jobs board, external jobsites, networking, recruitment agencies, local newspapers, speculative approaches
 - **Voluntary experience** – SU, careers service jobs board, www.do-it.org, networking, speculative approaches
 - **Full time vacation work** – student work experience sites, recruitment agencies, networking, external jobsites
 - **Work placement linked to your course** – personal tutor, careers service, networking, student work experience sites
- **You must have a National Insurance number to work in the UK – see www.ukcisa.org.uk*
- ***If you are from outside of the EU:***
- **No more than 20 hours work term-time (this could be combined voluntary and paid work)*
 - **No self-employed work (unless waiting on outcome of Tier 1 application)*
 - **No work as an entertainer, sportsperson or sports coach*

Network!

- Develops your language skills
- Develops your ability to relate to others
- Increases your awareness of opportunities
- Gives you the opportunity to create opportunities and make a good impression
- Gives you an insight into the labour market

- Face-to-face and online

- UK and in your home country

- Friends, peers on your course, personal tutor, other academic contacts, careers service, potential employers, employer, family, friends of family, previous employers, volunteering contacts etc.

Support from your careers service

- Career planning
- Career decision making
- Exploring options
- Developing your self-awareness
- Advice on applications
- Advice on further study
- Help preparing for interviews, psychometric tests and assessment centres
- Employer networking events
- Mentoring schemes
- Help finding placements / work experience / graduate job

Benefits of studying in the UK

- Non-lecture learning e.g. tutorials
- Delivering presentations
- Development of initiative
- Development of problem solving skills

*According to feedback from international employers to
"Gradlink"*

What international students can demonstrate:

- Enhanced communication skills
- Ability to adapt and thrive in a new, unfamiliar environment
- Drive and commitment
- International awareness
- Commercial awareness from UK work experience
- Exposure to other cultures

Tips from other international students:

“Be open and outgoing.”

“Don’t worry about your English, people will understand you.”

“Don’t be afraid to ask for help – no question is too big.”

“Look for job opportunities early on.”

“Take up all the opportunity that comes your way, no matter how intimidating it may seem at first.”

“Explore the whole of the university, explore all of the facilities.”

“You can always find time if you want to get involved in something.”

“Don’t worry too much about moving to another country... many British students are moving to another city as well.”

Taken from video featuring University of Birmingham students

Top tips

- Boost your confidence by attending events and activities with a friend
- Keep an eye on your emails and follow university social media accounts for news of events
- If you are worried about language skills, seek help from your university
- Get to know your careers service as soon as you can – they can help you with your career planning
- Take time to reflect on what you have learnt and how you have developed – you will need this self awareness when applying for jobs

Useful resources

- Career plan – www.prepare2getahead.co.uk
- Volunteering – www.vinspired.com, www.do-it.org, www.ncvo.org.uk
- Work experience in the UK – www.e4s.co.uk, www.targetjobs.co.uk, www.ratemyplacement.co.uk, www.milkround.com, www.prospects.ac.uk
- Careers information – www.prospects.ac.uk
- Online networking – www.linkedin.com
- Support and advice for international students – www.ukcisa.org.uk
- Key competencies for a global graduate - <http://www.ncub.co.uk/reports/global-graduates-into-global-leaders.html>
- Opportunities internationally for international students – www.gradlinkuk.com

Questions?



**Tell us
what you
think**

**Please type in a few words to answer
these questions**

- Q1 What was most useful?
- Q2 What was least useful?
- Q3 As a result of the webinar what will you do differently?
- Q4 What changes would be needed if ran this webinar again?