



Jayson Short

Senior Career Development Adviser

University of Brighton



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# Making the most of University

## Today's session:

- What do you want to get out of University?
- Linking university experience to your future
- Recognising and building on your skills
- Resources to explore career options
- Activities alongside your study



# Thinking about University

What do you want to gain from university?

What do you want that to lead to after graduation?



## Is there a connection?

If not, it is probably because you aren't sure what you want to do after university (or haven't got the information you need yet)...**This is okay!**

We are going to look at some things you could do to connect your university experience with what happens afterwards

# The Past...

What skills do I  
have already?



# Recognising your skills



- Employment; bar, restaurant, office, supermarket, retail, charity, voluntary role, other ...
- Academic work; individual and group projects, completed at school or college
- Extra-curricular activities; clubs and societies, hobbies, sports

# UoB Graduate Attributes

University of Brighton students develop a set of attributes through gaining knowledge, skills and experience

<https://www.brighton.ac.uk/brighton-students/your-work-and-career/employability-on-my-course/index.aspx>





What does this mean to you?

Why does it matter?



## CONFIDENT COMMUNICATOR

- Able to articulate opinions based on evidence and reasoning
- Respectful of other people's opinions and perspectives
- Self-aware and in control

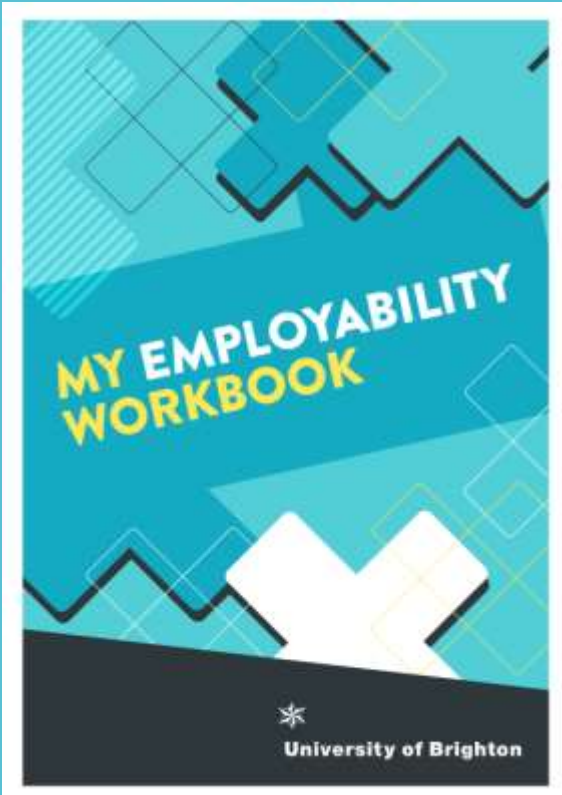
### Skills include

- Delivering presentations individually and in groups
- Seeking and giving constructive feedback
- Active listening
- Networking





# Download the Employability Workbook to reflect on your values, attributes and skills



Go to the link below and scroll down to 'Target your CV':  
<https://www.brighton.ac.uk/careers/looking-for-a-job/careers-advice/how-to-write-a-cv>

## Target your CV

Understand your skills

Sell your skills

Provide evidence

### Understand your skills

Skills are the building blocks of a successful CV.

Understanding your skills enables you to make successful applications, approach interviews with a clear sense of your strengths, and develop as a professional.

Using the Skills Workbook will help you to:

- > Understand your own skills
- > Articulate your skills in writing, and at interviews
- > Identify the skills you need in your chosen career.

Download your copy of  
the Skills Workbook (pdf)





# The Future

What could I do  
with my  
degree?



*Image: Museum of the future, Dubai*

# Online careers research

Try searching: "What can I do with a *[Insert subject here]* degree?"

Focus on the results from dedicated careers websites:

- Prospects
- Target Jobs
- Bright Network
- National Careers Service

These can be very useful in terms of providing lists of job profiles and employment destinations related to different degree subjects.

Look at ALL the options - you might find something you've never considered.



# Know your options

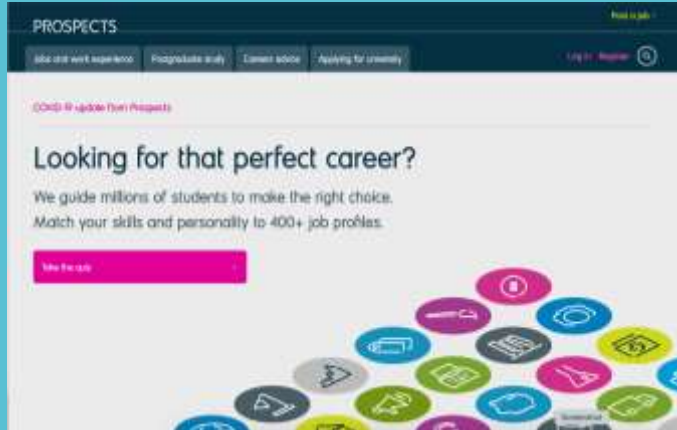
What kind of jobs and careers are out there?

Which of these would be suitable for your degree?

**There may be more options than you think**



# Generating ideas / finding out more



[www.prospects.ac.uk/planner](http://www.prospects.ac.uk/planner)

Can help with ideas and provide information on jobs that might suit you (including ones not directly related to your subject)

# The Present and Near Future

What could I be  
doing now and  
later?



## GOALS

- learn something new
- stress way less
- read every single day
- drink more water
- find more inspiring quotes + articles
- write + journal more often
- try a bullet journal
- drink more coffee
- be spontaneous
- pursue
- pursue

# Self-development opportunities

There's so much to get involved with:

- Volunteering / work experience
- Part-time work
- University events / initiatives (e.g., Course rep)
- Internships and placements
- Start your own business or community project
- Extra-curricular activities
- Online training (LinkedIn Learning)





# Volunteering

- Develop employability skills
- Enhance content of your CV
- Make new connections by volunteering in your local community

## Why volunteer?

75% of employers say that they prefer applicants with voluntary work experience (source: Tearfund Survey)

You can also put into practice the skills and knowledge you have learnt at university, meet new people and make new friends and extend your network



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# Volunteering opportunities

O N

C A

Gallery Assistant: ONCA is an arts charity that bridges social and environmental justice issues. Volunteers are needed to help run Community Afternoons, and also steward in the ONCA Gallery. For more info: [View Opportunity Details - University of Brighton](#)



Sacred Earth Volunteer: Looking for volunteers to work in their community gardens and polytunnel, to increase food resilience and growing skills in the local area. For more info: [View Opportunity Details - University of Brighton](#)



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sportbrighton

Volunteer Performance Sport Coach: Sport Brighton are looking for individuals with a passion for sports coaching to work alongside our University Sports Club Coaches.

For more info: [View Opportunity Details - University of Brighton](#)

# Career Development Team

Information, Advice and Guidance appointments available

Talk to us about:

- Your careers ideas and aspirations
- Finding and applying for jobs
- CV, cover letter and application advice
- Psychometric testing guidance
- Mock interviews
- Preparation for assessment centres

Book a meeting via [Careers Connect](#)



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# Finding jobs and opportunities

Our online database gives you access to thousands of part time jobs, volunteering opportunities, internships, placements and graduate jobs

Register today with your job preferences and start searching for your next opportunity



Search Opportunities via [Careers Connect](#)

# Consider a part-time job

- Earn money
- Gain real life work experience
- Develop employability skills
- Enhance your CV content
- Identify what you like
- Identify what you don't like



# Working with a Student visa

- Your Student visa for the University of Brighton should be endorsed to show you can work up to 20 hours per week during 'term time'.
- 'Term time' is defined as the period when the university expects you to be studying.
- For undergraduate students this is usually the [standard term dates](#) as shown on the university's website.
- For postgraduate students these dates do not apply, and once your course has started, you are considered to be in 'term-time' until you have completed your course.
- If you are unsure about the rules for working in the UK, please contact the [International Student Advice Service](#).
- You can volunteer, but cannot undertake 'unpaid work' without it counting towards the 20 hour limit.
- There are restrictions on the kind of work you can do read about these on the UKCISA's [working during your studies](#).
- You cannot fill a fulltime vacancy, work as a professional sportsperson or entertainer, or as a doctor or dentist in training. You cannot be self-employed or engage in 'business activities' either in the UK or outside the UK.
- Useful guide to different types of work while holding a Student visa: [UKCISA - international student advice and guidance - Blog: A working definition](#)



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## Working after your studies: Graduate Route

The Graduate Route (GR) is aimed at international students who wish to work or look for work in the UK for two (three for PhD) years after successfully completing their degree course or relevant qualification.

Requirements:

- successfully completed your degree or relevant qualification
- studied your course while you were in the UK with a Student or Tier 4 visa
- hold a valid Student or Tier 4 visa at the time of your application – or following your Student Visa you have been granted Exceptional Assurance (EA) which is still valid
- make your application while you are in the UK
- must not previously had permission under the Doctorate Extension Scheme (DES) or the Graduate Route.

- Once you have permission under the Graduate Route you can be employed or self-employed and work full-time on a permanent basis for any employer in any job at any skill level except as a professional sports person or coach.
- More information [Working in the UK after your studies \(brighton.ac.uk\)](https://www.brighton.ac.uk/working-in-the-uk-after-your-studies)



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## Working after your studies: Skilled Work

The Skilled Worker route is aimed at non-UK workers who successfully obtain a job with a UK-based employer which holds a Home Office Skilled Worker sponsor licence. The 'Health and Care' visa route is not covered in this guidance but details can be found on the [UK government website](#).

In order to make a successful application under the Skilled Worker route you must meet the following requirements:

- have a genuine offer for an eligible job from a company with a Skilled Worker licence
- have Confirmation of Sponsorship (CoS) issued by that employer
- meet the finance requirement of the application
- have obtained an ATAS certificate if one is required for the job

More information [Working in the UK after your studies \(brighton.ac.uk\)](https://www.brighton.ac.uk/working-in-the-uk-after-your-studies)



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# Student opportunities at university

## Example roles:

- Library helpers
- Student ambassadors
- Inclusive Practice Partners
- Wellbeing Champions
- Café assistants
- Student Union assistants
- Sports Officers



# Extra-curricular activities

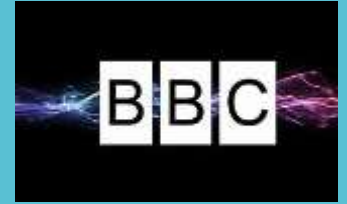
You could:

- Join, create or run a club or society
- Become a course representative
- Become a student ambassador
- Raise funds for charity
- Take up a sport or hobby
- Create a blog or website



# Internships and placements

**Internships give you valuable experience working in an industry or for an employer and often lead to graduate job offers.**



- Gain practical, professional industry experience
- Full-time paid or unpaid roles that complement your academic studies
- Short 'insights' available to 1st year students in certain job sectors
- 1 year 'sandwich' placements take place between 2<sup>nd</sup> and 3<sup>rd</sup> year of degree course
- Internships generally shorter: over the summer or across a few weeks



# beepurple

**Starting your own business or community project equips you with valuable skills and a mindset which employers seeks in graduates.**

- beepurple is the University of Brighton's entrepreneurship support service - open to all students and graduates.
- Throughout term-time, the beepurple team delivers practical workshops for any student or graduate who is thinking of starting their own business or community project.
- The beepurple team also gives one-to-one advice to help you analyse your ideas and take action, as well as offering grants to fund your start-up ideas!
- For more information, go to: **<https://www.beepurple.co.uk>**

# Ways to access more information about us



Website: <https://www.brighton.ac.uk/careers>

Blog: <https://www.blogs.brighton.ac.uk/careers/>

Facebook: <https://www.facebook.com/unibrighoncarers>

Twitter: <https://twitter.com/uniofbrightoncs>



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**Any  
questions?**

