


GET ON THE ROAD TO SUCCESS



**CAREERS, EMPLOYABILITY AND STUDENT ENTERPRISE GUIDE
2024-2025**

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 **Find out more:**
www.southampton.ac.uk/careers

WELCOME TO YOUR CAREERS, EMPLOYABILITY AND STUDENT ENTERPRISE GUIDE

Careers, Employability and Student Enterprise are here to support you from your first day to graduation and beyond. We offer a wide range of resources and opportunities that will help you to discover your strengths and develop yourself, gain work experience, explore career prospects and much more.

This guide outlines the services we offer to you, how you can get in touch, and how you can make the most of our offering to stand out in today's competitive job market.

Throughout the academic year we are running appointments, events and workshops and coordinating a variety of opportunities for you to access. You can choose to access all that we offer in the way that suits you best, online or in person, whether you are based on campus or at home.

Visit our website, speak to us in person, email us at careers@southampton.ac.uk or follow us on social media to find out more.



facebook.com/UoS Careers and Employability



X.com/UoS_Careers



instagram.com/uos_careers



www.linkedin.com/showcase/southampton-careers-employability-service/

YOUR CAREER JOURNEY

No matter what year of study you are in, your career journey will take you through a number of different stages. This timeline will help you understand how Careers, Employability and Student Enterprise can support you every step of the way. Alongside this, the Successful Futures Pathway (see page 8) can help you to explore your career ideas, outline the skills you have developed during your time at university and plan your next steps to success. Whatever stage you are at, you can talk to a member of our team in our Ask the Adviser and Student Enterprise appointments, and be directed to additional guidance and relevant resources.



Discover our full range of workshops

DECIDE

It is perfectly natural to be unsure of your future career path. To help you discover different options, it's important to understand yourself and what's out there for you. Careers, Employability and Student Enterprise can help you learn more about yourself including your values and your skills.

Decide for Yourself

Take an active role in determining your personal and professional future. Visit the UoS Career Hub (page 6) to find useful resources like the Discover Yourself tile and the Career Readiness Test (page 26). These resources will help you identify and understand your strengths, skills, values, and interests to make an informed decision about your career path. We provide further support to students with additional needs which will help you to transition from University life into the world of work (page 24).

Deciding on Your Career Path

With numerous potential career paths to choose from, it can be daunting to know where to start. We are here to help you explore different options and decide which ones work for you. You can attend one of our Careers Fairs or an Employer Event (pages 10-11) to connect with employers and gain insights into specific sectors. Additionally, you can discover more about starting your own business from our Student Enterprise Team (pages 12-13).



Explore our careers resources throughout your time at university

PLAN

Develop a Plan

We can help you identify suitable opportunities, some of which are available exclusively to University of Southampton students. Use MyCareer to find out more about UoS Internships, Student Innovation Projects, and Year in Employment Placements (pages 14-17), which can help you gain experience in job sectors and roles that interest you. If you are looking for inspiration or individual support, apply for a mentor through the Career Mentoring Programme (page 25) or take advantage of our individual career guidance appointments, booked through Ask the Adviser (page 9). Attend our skills workshops and explore additional opportunities for enhancing your entrepreneurial skills.



Put your skills into action

COMPETE

Get Ahead and Compete

Once you have identified your next steps, whether that be applying for graduate roles, work experience, volunteering or postgraduate courses, let us help you stand out from the competition. From tailoring your CV or application form to excelling in the final interview, we are committed to supporting your success! Apply what you have learned as you move to the next stage in your career journey. Book one of our Ask the Adviser appointments (page 9) for guidance every step of the way.

CAREERS RESOURCES

We have a wide range of information and resources to help you with your career planning. You can access all our resources online if you are studying remotely or based away from campus.

Library resources:

Our e-books cover many topics, including application and interview advice, career planning tips, working abroad, starting your own business and sector-specific information.

For more information, please visit: www.southampton.ac.uk/career-resources

UoS Career Hub

The UoS Career Hub is an online portal filled with interactive tools, e-learning resources, self-assessment quizzes and guides to help you navigate the current job market and advance in your career.

Discover Yourself

Explore our quizzes to identify the type of career that would suit you. Take time to reflect on your skills, values and interests and by doing so, you should be able to identify a role or career that is right for you.

CVs and Covering Letters

Use the CV Builder tool to create your CV and then upload it to our CV360 tool for instant personalised feedback. We also provide a CV and covering letter workbook, to help you showcase your skills and work experience to potential employers.

Applications

Discover our range of e-learning courses and essential links designed to assist you throughout the application process. Gain valuable support in application and interview preparation to enhance your ability to secure your dream job.

Degree-related Resources

Learn about the graduate job market, typical salaries, job hunting resources and more with our subject-specific career guides.

Interviews and Assessment Centres

Try our interactive mock interview simulator to practise and prepare for the all-important interview. Also, check out our top tips for aptitude tests and what to expect at an assessment centre.

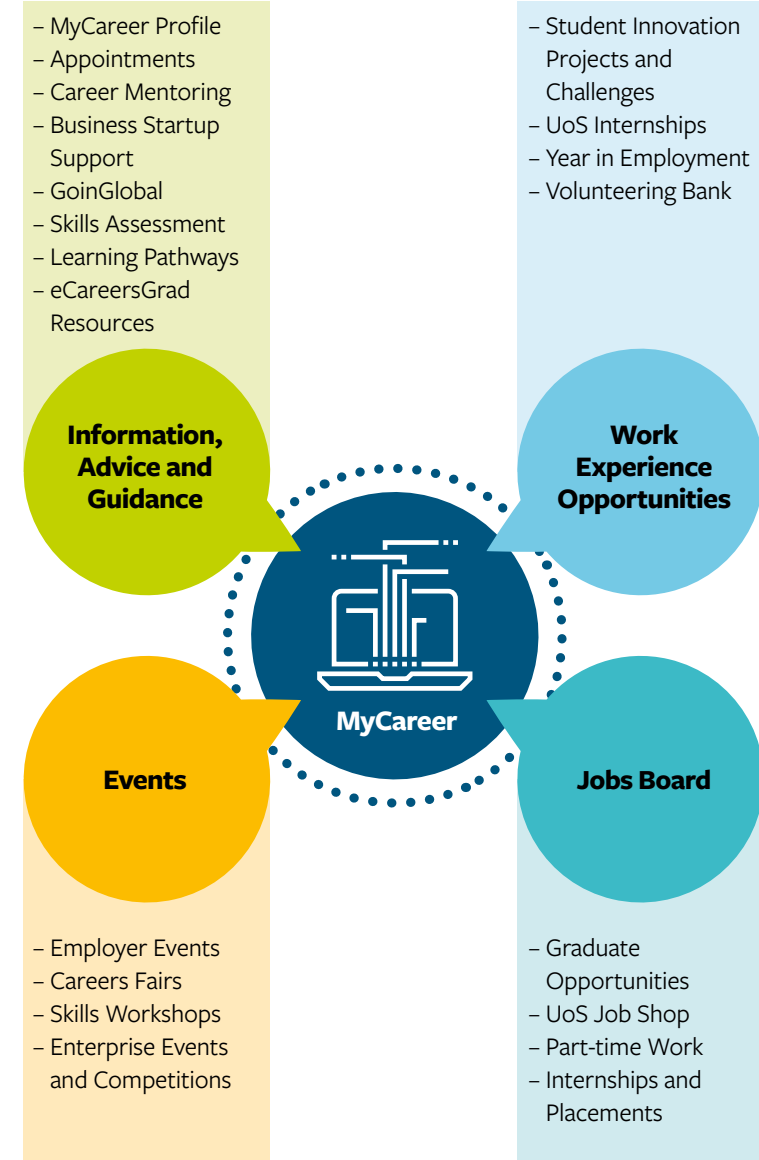
LinkedIn

See our e-learning courses for guidance on creating a LinkedIn profile that has impact and how to use it to expand your network.

➤ For more information and to access UoS Career Hub, please visit:
<https://southampton.careercentre.me/welcome/university-of-southampton>

MYCAREER

MyCareer is your online careers platform, providing all University of Southampton students and graduates with easy access to a range of our services.



➤ For more information and to access MyCareer, please visit:
mycareer.soton.ac.uk



WHAT DOES SUCCESS LOOK LIKE FOR YOU?

SUCCESSFUL FUTURES PATHWAY

New for autumn 2024, our Successful Futures Pathway is available to access on MyCareer.

The pathway aligns with the Southampton Skills Model, which outlines 14 skills identified by our employers, industry partners, and broader research insights as being sought after and valued by graduate recruiters.

Research shows that students who are more self-aware and clearer on their career strengths feel more confident in their ability to succeed in the future. We aim to support you to reflect and understand the skills you are developing during your studies and identify clear examples and evidence to use in applications.

Through the Successful Futures Pathway, you will be able to reflect on your career ideas and plan how you are going to develop the skills aligned to your career aspirations, both within and outside your studies, whilst at university.

The pathway will:

- Allow you to reflect on your career ideas and access support and guidance on different stages of career planning
- Provide a Skills Self-Assessment to help you assess how experienced and confident you are in the 14 employability skills from the Southampton Skills Model
- Explore the new AI ChatBot to review how your skills and experience align with your chosen career path
- Identify the skills that have already been mapped to your course to enable you to identify gaps and areas for development
- Find opportunities outside of your course to further develop or start to develop your chosen skills and plan your next steps

 **Find out more and access the Successful Futures Pathway at:**
mycareer.soton.ac.uk

TALK TO AN ADVISER

Careers, Employability and Student Enterprise offer a range of high quality support. Our appointments are available every weekday, including University vacations. As well as providing you with tailored support, our advisers can also direct you to:

Ask the Adviser Appointments

Ask the Adviser appointments provide the opportunity to have a short conversation with an adviser about anything careers related. Our advisers can refer you to resources, events and individual help sessions where required.

CV Support Appointments

Our dedicated CV Support appointments offer a 15-minute personalised 1:1 advice session on creating a standout CV.

Guidance Appointments

Our Careers Consultants provide individual guidance, on referral from Ask the Adviser. During a 45-minute appointment we can help you to consider your short and long-term career plans, focus your applications, prepare for interviews or perfect your job search strategies. We can also help you explore your options if you are thinking of leaving your course or the University.

As well as providing you with tailored support, our advisers can also direct you to:

- Further Resources
- Careers Activities
- Events and Opportunities
- Individual help sessions, including Guidance Appointments and Application Support

All appointments are offered on multiple campuses, in person and online, and can be booked through MyCareer.

 **For more information about our appointments, please visit:**
www.southampton.ac.uk/career-advice



“[My adviser] was really supportive, listened to my ideas and concerns and helped me to find future career paths.”

Student
MSc International Security and Risk

CAREERS FAIRS

Careers Fairs provide a great opportunity to network and interact with employers and to discover available internships, placements and graduate opportunities. In Autumn 2024 we are hosting two large, on-campus Careers Fairs alongside smaller events and employer panels.

This year, in addition to our All-Sector Autumn Careers Fair we are also hosting Faculty Specific Fairs, allowing you to speak to employers within your desired industry and gain insights into specific sectors.

To ensure that you get the most out of these events, we offer tailored skills workshops. These prepare you for the fairs, offering training, guidance and top tips to help you network and connect with employers.

- **Prepare for the Fairs Workshops**
Monday 9 and Tuesday 10 October 2024
(Highfield Campus, Hybrid)

Careers Fairs are open to all students, and we strive to make our events as accessible as possible for everyone. If there is anything else we can do to support you or you have any feedback, please let us know.

We will be hosting the following fairs this academic year:

- **All-Sector Autumn Careers Fair**
Wednesday 16 and Thursday 17 October 2024
(Highfield Campus)
- **Engineering and Physical Sciences Careers Fair**
Thursday 24 October 2024 (Highfield Campus)
- **Humanities Careers Fair**
Tuesday 5 November 2024 (Avenue Campus)
- **Winchester School of Art Creative Careers Fest**
Tuesday 19 November 2024 (Winchester School of Art)
- **Nursing and Midwifery Careers Fair**
Tuesday 26 November 2024 (Highfield Campus)

Please check mycareer.soton.ac.uk for any new events added throughout the year.

Find out more:
www.southampton.ac.uk/careers/fairs



Network with employers at our Employer Events

EMPLOYER EVENTS

Careers, Employability and Student Enterprise maintains excellent relationships with a variety of employers from different sectors. We run regular events with employers who are keen to engage with University of Southampton students and alumni. These provide fantastic opportunities to connect with company representatives, develop employability skills and gain insight into organisations and their recruitment processes.

Employer Events will take place online and on campus, from October to November, and subsequent event programmes will take place in Spring between February and March and Summer between April and May.

- **Employer Presentations and Panel Events**
Gain an insight into different industries, workplace culture, understand the skills you need to kickstart your career in your chosen industry and build your professional network
- **Employer Panel Events** Listen to employers talk about their opportunities and share their insights on a variety of industry-specific subjects
- **Employer Skills Workshops** These activities are a great way to find out about competitive graduate recruitment processes. They include career development workshops and sessions on employability skills
- **Employer On Campus Activations** Meet employers from a variety of sectors informally, speak with their team members and find out more about all their available opportunities

Search and book onto events at:
mycareer.soton.ac.uk



Discover available internships, placements and graduate opportunities at our Careers Fairs

STUDENT ENTERPRISE

Giving students the skills, support and funding to start their own businesses

At the University of Southampton, we are dedicated to fostering innovation and nurturing the entrepreneurial spirit within our student community. At Student Enterprise, our mission is to help those wanting to explore starting their own business. Regardless of the stage you are at, we can help you develop a more enterprising mindset and provide you with a fantastic range of transformative opportunities to gain the practical skills to bring your entrepreneurial ambitions to life.

What support is there?

- Support and guidance for those wanting to set up their own business, lead a social enterprise, become freelance/self-employed or launch a startup
- Bookable 1:1 appointments to delve deeper into your business ideas. Even if you don't know where to begin, we can help you identify the path ahead and uncover vast opportunities to develop your knowledge, understanding and experience
- Inspirational events and workshops, challenging competitions, specialist mentoring and generous funding opportunities throughout the year to help you validate and grow your business idea
- The opportunity to join our 12-week Foundership Scheme with training, support, state of the art co-working office space and funding; giving you the time you need to explore your business idea
- Support given to student enterprise societies, including the University's Fish on Toast Student Entrepreneurship Society and the national award winning Enactus Southampton Team
- Access to the Student Enterprise Junction - a collaborative co-working and events space in the heart of Southampton City Centre. Run by the Student Enterprise Team, it is an accessible place where students and recent graduates can explore business ideas, develop enterprising skills - and connect with external businesses for mutual benefit



Take part in our events, workshops and competitions

About the Student Enterprise Team

The Student Enterprise Team is one of the University's dedicated teams for supporting student and graduate entrepreneurs. Our team is composed of passionate individuals eager to help you start and grow your own business. Whether you already have a business or are just beginning to explore an idea, we are here to guide you every step of the way.

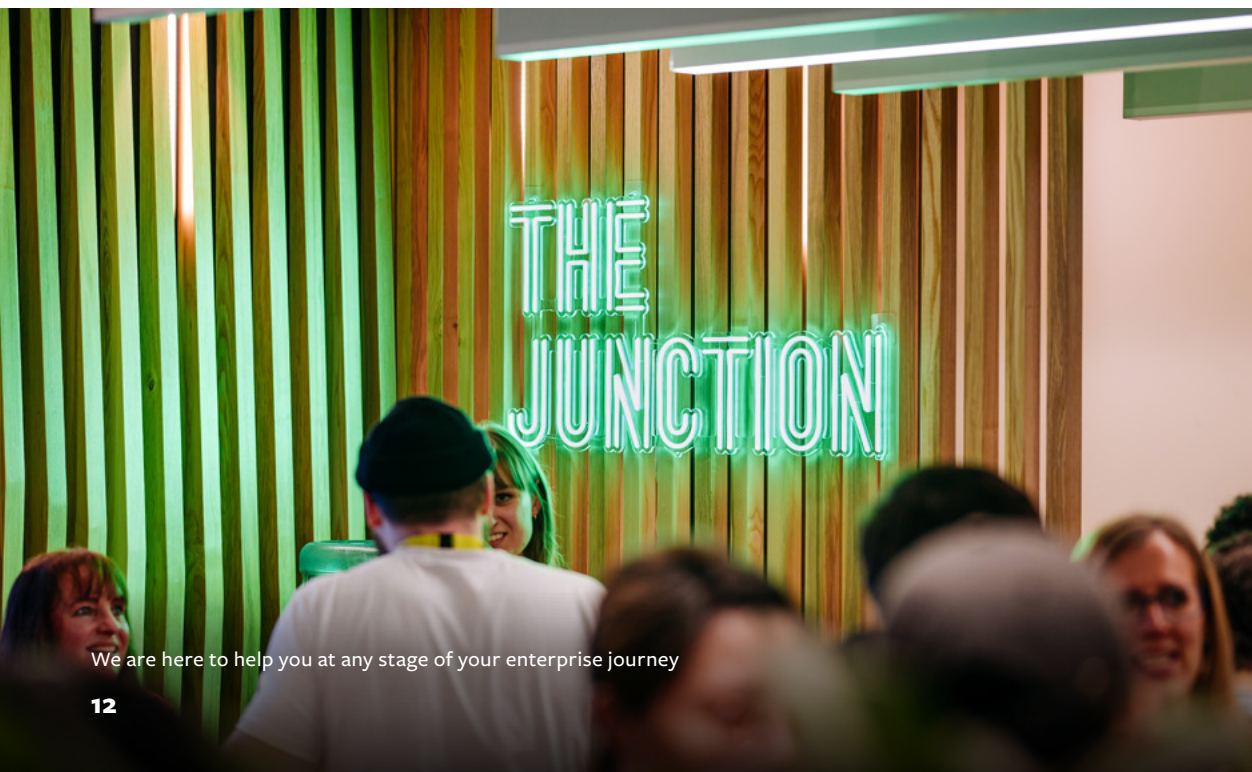
We work closely with Future Worlds, the on-campus tech startup accelerator helping University of Southampton entrepreneurs change the world with their ideas, through mentorship, events, talks and investment opportunities: futureworlds.com

In addition to this, the University's Social Impact Lab is a community of like-minded individuals who are passionate about making a positive impact in society. We offer a programme of opportunities to help you gain the skills, knowledge, and resources to drive sustainable social change: southampton.ac.uk/silab

How can we help you?

Whether you have an idea, early-stage business or social enterprise, or are already trading, the Student Enterprise Team are here to help. From dedicated 1:1 appointments to inspiring workshops and funding opportunities, we can connect you to the relevant networks and support you to take your idea to the next level.

If you are already running a business or want to explore your business idea further, our flagship Foundership Scheme could be the ideal support programme for you. Running over the summer months, the Foundership Scheme provides funding, co-working space and interactive learning sessions on topics such as sales and marketing, branding and tone of voice, intellectual property and legal, accounting, networking and raising investment – all with input from our network of experts.



We are here to help you at any stage of your enterprise journey

 **Find out more:**
www.southampton.ac.uk/careers/enterprise



Develop your skills and enhance your CV through work experience

THE IMPORTANCE OF WORK EXPERIENCE

A key factor that will set you apart from other students during the recruitment process is your ability to demonstrate work experience. This will provide you with a portfolio of transferable skills and potentially inspire your future career direction. Employers are increasingly looking for students who are able to combine academic achievement with practical hands-on experience.

At the University of Southampton, we are committed to providing you with the skills and opportunities to ensure post-graduation employment success. We will give you the support you need to secure work experience, from providing advice on how to source a job to guidance on the application and selection process.

Benefits of work experience:

- Develop a range of transferable skills, personal qualities and competencies
- Become more confident in your abilities
- Begin to relate your experiences and skills to the workplace
- Make more informed choices about your career and future
- Network and develop your list of contacts
- Enhance your CV and improve your job prospects

STUDENT INNOVATION PROJECTS

A Student Innovation Project is designed to offer you the opportunity to gain invaluable experience of working on real-life business issues put forward by local businesses and not-for-profit organisations. You will work in a team of four to five students from across a range of faculties and year groups, to develop innovative solutions to a business problem.

Student Innovation Projects last for four weeks and can be completed alongside your studies. The projects are open to students from any degree discipline and no business experience is required to take part.

How will a Student Innovation Project benefit you?

- The training provided will help you to successfully complete the project
- It will provide you with the opportunity to work with a local business or not-for-profit organisation on a real business issue
- It will give you the opportunity to work in a team with peers from faculties that you may not normally engage with

INNOVATION CHALLENGE

The Innovation Challenge is an intensive, four-day project where you will work in a team of three to five students to solve a business challenge provided by top employers. Working together you will develop your research, communication and presentation skills, providing creative solutions to a business problem.

The Innovation Challenge is open to students from any degree discipline and takes place during the Easter and Summer vacations, giving you a chance of winning a great prize!

How will the Innovation Challenge benefit you?

- A chance to build a portfolio of skills over a short space of time
- The opportunity to work closely with top graduate employers on a real business issue
- The most successful team will have the chance to win a fantastic prize at the end of the challenge

 **For more information and details of when to apply, please visit:**
www.southampton.ac.uk/careers/student-innovation

“The Easter Innovation Challenge was one of the best experiences I have had during my time at University. It was amazing to work on a real-world problem with a team of students from very different courses. I learnt so many valuable skills in a relatively short amount of time and even managed to secure an internship using the work experience and skills I gained from participating in the challenge!”

Elvin Jinu
 MEng Aeronautics and Astronautics
 Easter Innovation Challenge with Northrop Grumman



UOS INTERNSHIPS

UoS Internships offer paid, University-approved opportunities to help you gain invaluable work experience and boost your employability.

Each year, hundreds of full-time and part-time flexible internship opportunities are available exclusively to University of Southampton students. All internships are project-based and carefully selected to ensure that you have a valuable, inspiring and exciting experience.

You could be working with a local or national business, a startup, a charity or social enterprise, or within the University of Southampton in a variety of sectors.

Over the last two years, we have worked with over 200 employers including:

- Audioscenic
- Citizens Advice New Forest
- Hampshire and Isle of Wight Wildlife Trust
- Mayflower Theatre
- The Environment Centre
- Carnival UK
- NASH Maritime

UoS Internships are open to students studying any degree, at any stage of study and for up to 12 months after graduation.

How will UoS Internships benefit you?

- All UoS Internships pay the real Living Wage or above
- You will gain the skills and experience which graduate employers are looking for
- You will work on meaningful projects to positively impact your employer and community
- You could potentially progress into further paid work

 **Find out more about UoS Internships at:**
www.southampton.ac.uk/careers/internships

“As a student with a disability I felt it was crucial to gain additional skills and experiences while at university to strengthen my skillset and employability. The range of UoS Internships available allowed me to get involved in projects that I’m passionate about while strengthening skills such as research, leadership, project management, communications and publicity. Completing multiple internships alongside my course enabled me to build up my skillset, resulting in me securing positions as a Junior Research Fellow and a Penguin Random House summer intern.”

Iona Bateman
BSc Physiotherapy
Multiple UoS Internships across different University departments



“During my time at Southampton, I chose to undertake a Year in Employment where I worked as an Immigration Associate at PwC. This experience helped me develop both my commercial awareness and confidence within the industry, as well as exposing me to a variety of different careers I had not considered before. The benefits of a Year in Employment are endless: you’ll be developing both your technical and people skills whilst expanding your professional network. Now that I have returned to campus to complete my final year, I feel refreshed and excited for what’s ahead after I graduate!”

Aeman Saidi

LLB Law with a Year in Employment
Year in Employment Placement with PwC



YEAR IN EMPLOYMENT PLACEMENTS

Year in Employment Placements offer many undergraduate students the opportunity to complete a placement year as part of their degree. The placement can be aligned to your course subject or in a completely unrelated area of interest. Through developing your professional and employability skills and gaining valuable experience, a Year in Employment Placement will help put you in a strong position for securing a graduate career.

The Work Experience Team can help with sourcing a placement and are on hand to support you throughout your year. You could travel abroad or stay closer to home or university, depending on where your chosen role is based.

Students on most undergraduate courses without a placement or study abroad opportunity can participate in a Year in Employment Placement.

How could a Year in Employment Placement benefit you?

- The opportunity to work in a chosen field of interest and find out if it’s right for you
- Most placements are paid with average salaries between £18,000 and £23,000
- Successful students will have ‘Year in Employment’ added to their degree transcripts

 **For more information and contact details, please see:**
www.southampton.ac.uk/careers/year-in-employment

VOLUNTEERING BANK

The Volunteering Bank has a range of openings for students and graduates, from one-off opportunities, such as music events at local venues, to on-going commitments with local or national organisations, including Tudor House Museum and Oxfam. Some organisations also offer opportunities to volunteer remotely, either online or via telephone.

Volunteering can give you the opportunity to:

- Boost your CV with additional work experience
- Develop existing skills or learn new ones, such as teamwork, time management, problem solving or commercial awareness
- Explore different sectors and job roles
- Support your local community and meet new people

Employers recognise the value of volunteering and the additional experience it can provide, so consider whether this is something which would not only be of benefit to others, but might also benefit your career prospects.

Below is a list of charities and organisations that you can expect to find on our Volunteering Bank:

- British Heart Foundation
- Citizens Advice
- Deafblind UK
- English Heritage
- No Limits
- RSPB
- Southampton Cultural Services
- Stephen Cox Garden Trust
- The Point Theatre

 **Find out more:**
www.southampton.ac.uk/careers/volunteering



Become a student ambassador whilst at University

“Volunteering as a tutor is a great way to give back while balancing student life. It boosts your communication, confidence, and time management skills. Watching students grow and gain confidence is incredibly rewarding. It’s a fantastic way to make a difference and inspire others.”

Sally Phillips
BSc Business Analytics
Volunteered with
Action Tutoring



PART-TIME WORK AND UOS JOB SHOP

During your time at university you may want or need to earn some extra money. Many students choose to work alongside their studies and, as long as you don’t take on too much, it can help you build a variety of employability skills.

The UoS Job Shop has an assortment of paid, part-time and seasonal roles which may be suitable to complete alongside your studies and support you at University.

Lots of part-time roles can be found both on and off campus including:

- Supporting University departments
- Becoming a student ambassador

- Working with SUSU in their shops, bars and cafes
- Joining local companies and charities

Many of these roles can be found through the UoS Job Shop on MyCareer and by registering with UniWorkforce.

 **For more information about finding and applying for opportunities, please visit:**
www.southampton.ac.uk/part-time-work

INTERNATIONAL STUDENT CAREERS SUPPORT

Careers, Employability and Student Enterprise have developed the International Student Careers Programme. Designed for international students and tailored for entry into the professional job market, our careers professionals work with a community of international job seekers to identify and create opportunities accessible to visa holders.

The support available includes:

Workshops

Workshops aimed at professional level international candidates, covering topics including:

- Accessing the UK Job Market
- Job Search Strategies for Visa Holders
- LinkedIn for Global Candidates
- Tailoring CVs for UK Employers
- UK Personal Statements and Covering Letters

International Careers Drop-In Service

Once you have attended the workshops, you can get to know your dedicated Careers Consultant for international students with a weekly support drop-in, focusing on specific job applications and interview preparation.

LinkedIn community group

The 'University of Southampton International Talent Community' LinkedIn group is a place to share opportunities that are accessible to visa holders, tips, insights and successes between current students, alumni and employers.

Support for returning home or global job search

Dedicated resources and regular employer talks from countries around the world. Links with employers across the globe including our China Portal where UK educated students can link with employers based in China.

Plus:

International Students: Target the Right UK Employer
- This course on eCareersGrad includes listings of the UK's biggest visa sponsors, with guides on how to secure sponsored UK graduate jobs.

 **Find out more:**
www.southampton.ac.uk/careers/international

"This seminar series [Beyond the Doctorate] is incredibly helpful, and I am grateful that this has been created in time for my final year as a PGR."

Student

PhD Sociology, Social Policy and Criminology

CAREER DEVELOPMENT SUPPORT FOR RESEARCHERS

We are here to support all Postgraduate Researchers and Early Career Researchers at the University of Southampton. 'Beyond the Doctorate' is the University's Careers and Employability programme for doctoral students and Early Career Researchers. The programme consists of workshops, events and resources to support researchers to reflect on the skills and experience they have gained, plan their careers and secure appropriate employment or further study.

Our 'Beyond the Doctorate' offer for Postgraduate Researchers and Early Career Researchers includes:

- Exclusive workshops especially designed for Researchers. Examples of workshop topics include self-awareness for career development, building your network and applying for jobs in industry and the public sector
- Admission to our annual Researcher's Careers Day
- Individual Ask the Adviser and Career Guidance appointments
- Access to the MyCareer Jobs Board and Events Calendar
- 'Beyond the Doctorate' resources and career story videos

In addition to the Beyond the Doctorate programme, Postgraduate Researchers can:

- Work in small groups to solve business challenges for live clients through our Student Innovation Projects and Innovation Challenges

- Attend skills workshops
- Access the UoS Career Hub – Practise interviews using the Interview 360 software, find out more about psychometric tests and take the Career Readiness Test (page 26)

In addition to the Beyond the Doctorate programme, Early Career Researchers can:

- Participate in the University of Southampton Prosper Programme. Access free online Prosper career resources and participate in live training sessions through the Centre for Higher Education Practice (CHEP) Researcher Development Hub
- Share insights about your career so far with those who are just starting their career journeys by applying to become a career mentor for undergraduates

 **Find out more:**
www.southampton.ac.uk/researcher-careers



Come to our International Careers Series Workshops

CAREER VISION PLUS

Are you a final or penultimate year UK undergraduate student from an underrepresented background? Join the Career Vision Club for career planning and next steps support.

Career Vision Plus is designed to support students to successfully transition into the graduate labour market. We recognise that a diverse workforce brings together individuals with a unique mix of skills, knowledge, ideas and creativity. We also believe in equitable opportunities for all. The Career Vision Plus project aims to create a pipeline of fresh and exciting opportunities for Career Vision Club members, from organisations looking to employ a more diverse and inclusive workforce.

The range of support available through Career Vision Plus may include:

- Career Vision Plus community membership
- Access to internships
- Specialist employer and careers workshops
- Individual appointments
- Visits to employers with priority places
- Career Vision Plus grant

VICE-CHANCELLOR'S PROGRESSION SCHEME

Are you going into your final year of your undergraduate degree, a student with an underrepresented background and are thinking about applying to a postgraduate programme at the University of Southampton? Apply for the Vice-Chancellor's (VC's) Progression Scheme for support in helping you overcome the barriers that could affect your experience as you further your studies.

How will the Vice-Chancellor's Progression Scheme benefit you?

This initiative has been developed to help you overcome potential barriers that may impact your university experience. The Scheme offers a comprehensive support package that provides students with:

- A £5,000 bursary
- Specialist career coaching to support you after graduation
- Dedicated pastoral and academic skills support
- Networking opportunities
- Support with applying for a PhD

"[The VC's Progression Scheme] allowed me to focus more so on my LLM course and completing applications to law firms which are both very time consuming. I would have had much less time if I had to find other financial means whilst studying."

Student

LLM International Commercial and Corporate Law

 **Find out more about Career Vision Plus and the Vice-Chancellor's Progression Scheme:**
www.southampton.ac.uk/careers/equality



"[My Generation Career Coaching] has given me a clearer vision of what I want from my career journey".

My Generation Coaching Student

MY GENERATION CAREER COACHING

Are you the first person in your family, other than siblings, to go to university? If so, you are a 'First Generation' student. Careers, Employability and Student Enterprise recognise your unique perspective and skills because of your background. We also believe in working to achieve fair graduate employment outcomes in the contemporary labour market.

My Generation Career Coaching provides targeted support to assist you to reach your career goals. You have the opportunity to apply for a career coach, with the following benefits:

- 12 months of intensive coaching support from qualified and experienced Careers Consultants
- Set and achieve career goals through tailored career planning

- Identify and overcome barriers to your career progression
- Increase your career readiness
- Make the most of work experience opportunities

Applications are open to UK undergraduate students. To be eligible for My Generation Career Coaching you must be the first person in your family - other than siblings - to attend university, or be unaware of whether your parents have participated in Higher Education.

 **Find out more:**
www.southampton.ac.uk/careers/mygeneration



Contact us for information and advice

DISABILITY AND EMPLOYABILITY

There is a diverse range of students from all walks of life at the University of Southampton. We look to support each and every one to develop their employability, through bespoke careers resources, information and advice relating to disability and employability.

- Our Disability, Employability and Adjustments information sessions provide insights into your rights according to the Equality Act 2010 and advice for discussing adjustments during the recruitment process. These are open to any student with a disability, specific learning difference such as dyslexia, or long-term health condition
- We offer individual advice and support through our Ask the Adviser appointments
- Hundreds of varied opportunities are promoted each month on our MyCareer Jobs Board
- Resources are available through our 'MyPlus: Applying to roles with a Disability' and 'Your Career, Your Mental Health' pathways on MyCareer (page 7)
- We are a Next Generation University Partner of EmployAbility, enabling students to receive additional individual and tailored support

Further details about our sessions, additional careers resources, information about adjustments and links to external support organisations are available on our website: www.southampton.ac.uk/careers/adjustments

➤ **For more information relating to disability, diversity and equality, please visit:**
www.southampton.ac.uk/careers/equality

CAREER MENTORING PROGRAMME

The Career Mentoring Programme matches students and recent graduates with professionals from different sectors. Your mentor will work with you and inspire you to achieve your career goals. Wherever possible, we will match you with a mentor who has experience, knowledge and skills in a career path of interest to you.

The programme is designed to support your transition into the graduate job market by providing you with a mentor who can help you:

- Navigate your next steps
- Understand the job market and how to produce effective applications
- Grow in confidence
- Develop professional skills such as interview technique

“Having a mentor helped me gain confidence, understand what employers are looking for and how I could stand out in my applications.”

Student
 MSc Business Analytics and Finance

“The work experience my mentor has helped me find has given me practical experience and technical skills that make me more employable.”

Student
 BSc Marketing

➤ **To find out more about the Career Mentoring Programme visit:**
www.southampton.ac.uk/careers/mentoring

E-MENTORING SOUTHAMPTON

In addition to our Career Mentoring Programme, E-Mentoring Southampton gives you access to more than 3,500 industry mentors for expert career advice. All our mentors are dedicated to supporting the careers of students, working for some of the world's biggest companies.

Our E-Mentoring platform enables you to:

- Connect with industry mentors working for companies and sectors you're interested in
- Ask career questions and receive real-world answers from the experts
- Plan your career with the support and expertise of our mentor community
- Build a great professional network

“It's great to be able to speak to alumni who took the exact same route as me, and to those who only left study a few years ago. I like being able to approach a mentor as a friend rather than a teacher.”

Student
 BSc Psychology

The platform is easy to use and puts you in control of when and how you access support. Register with your preferred email, make a profile, and start making connections.

➤ **To find out more and create a profile visit:**
www.ementoringsouthampton.com

THE CAREER READINESS TEST



How career-ready are you?

Developed especially for University of Southampton students, our Career Readiness Test will give you an insight into your career planning.

Research shows that students who are more self-aware and clear on their career strengths feel more confident in their ability to succeed in the future.

The test is for everyone, whether you are just starting out at university or graduating soon and thinking about your next steps.

Take the test to:

- Understand where to start
- Reflect on your strengths and areas for development
- Recognise what makes students more employable
- Structure your thinking
- Identify priorities for action
- Review your progress

For more information see the Career Readiness Test tile on the UoS Career Hub:
<https://southampton.careercentre.me/welcome/university-of-southampton>

AFTER YOU GRADUATE

Whether you need help making applications, planning your next steps or finding your first graduate job, you can continue to access help and support from Careers, Employability and Student Enterprise.

Remember, to access our resources you need to register as a graduate on MyCareer!

You are welcome to:

- Attend any of our relevant events, workshops and careers fairs
- Apply for UoS Internships, Career Mentoring and Student Enterprise opportunities for up to one year after you graduate
- Access 1:1 support through our Ask the Adviser and Student Enterprise appointments for up to five years after you graduate
- Access job vacancies and view our Events Calendar on MyCareer to book your place on a workshop or event
- Access the UoS Career Hub to browse career planning resources, receive CV and interview feedback and improve your employability


- Keep connected with the UoS Alumni community, give back to UoS and gain valuable experiences through the Graduate Ambassador scheme and our E-Mentoring platform

Graduate Outcomes is a national survey of all graduates from Higher Education Institutions who have recently completed their course of study. You will be contacted to complete the survey by email or phone 15 months after you graduate. Whether you are working, studying, travelling or doing something else, we'd love to hear about the next stage of your journey.

Find out more:
www.southampton.ac.uk/graduate-outcomes



Find out more:
www.southampton.ac.uk/careers/alumni

 **Find out more:**
www.southampton.ac.uk/careers

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