

GET ON THE ROAD TO SUCCESS





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

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

 University of Southampton Careers, Employability and Student Enterprise



WELCOME TO CAREERS, EMPLOYABILITY AND STUDENT ENTERPRISE

This Careers, Employability and Student Enterprise guide outlines the services we provide, 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.

Your time at university is about more than academic achievement—it is a chance to shape your future, explore your potential, and begin building the life you want to lead. Whether you're confident in your career direction or just starting to explore your options, our team is here to support, encourage and challenge you at every step of your journey.

The world of work is evolving rapidly and your ability to reflect, adapt and innovate will be key. That's why we offer a wide range of services, tools and opportunities, both online and in person, to help you gain meaningful experience, develop vital employability skills, and build the confidence to thrive. From personalised guidance, internships, projects and employer events to our Successful Futures Pathway, Student Enterprise programmes and the Social Impact Lab, there are countless ways for you to stand out and make a difference.

Our advice? Start early, explore boldly, and take full advantage of what's on offer. This is your time to experiment, grow and prepare for the challenges and possibilities ahead.

We look forward to supporting you as you shape your own version of success.

Good luck,

Katy Gordon
Director, Careers, Employability and Student Enterprise
University of Southampton

WHERE YOU'LL FIND US

The support offered by Careers, Employability and Student Enterprise is easy to access and is available online and across our campuses.

Visit our Mobile Careers Centre

Our fully equipped Mobile Careers Centre transforms into a welcoming space where you can access expert careers advice. Whether you're at a campus event, careers fair, or even your Halls of Residence, we're bringing support to you.

Drop by and the Careers team will be on hand to discuss your career journey.

Careers Meeting Pods

Our Careers Meeting Pods offer a quiet, comfortable setting to meet with a member of the Careers team. You can find our pods at the following locations:

- Avenue Campus – South Corridor
- Highfield Campus – Hartley Library and Building 100
- Waterfront Campus – National Oceanographic Library
- Winchester School of Art – West Side

Student Hub, Highfield Campus

Many of our appointments take place in the Student Hub in Building 37 at Highfield Campus. Simply check in using the tablet and a member of the Careers team will come to meet you for your session.

Student Enterprise Junction

For drop-ins and appointments with the Student Enterprise team, visit the Student Enterprise Junction, located in the Sir James Matthews Building, City Centre Campus.

Online Support

Our support and resources are also available to access online. If you are studying as part of Southampton Online or at one of our international campuses, please access MyCareer (**page 11**) for information about how we can support you.

 **You can also contact us by email or by phone**
careers@southampton.ac.uk
+44 (0)23 8059 3501



Come and visit our Mobile Careers Centre at the Careers Fair

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 pages 8–9) 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. Explore our Careers Resources (**page 10**) to find useful information including our Successful Futures Pathway (**page 8**) and the Career Readiness Test (**page 12**). These resources will help you identify and understand your strengths, skills, values, and interests so you can make an informed decision about your career path. We can also provide further support to students with additional needs, helping you to transition from university life into the world of work (**page 30**).

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. Why not start with the Successful Futures Pathway, or an Ask the Adviser appointment (**page 13**) and take the first steps in exploring your career. You can also attend one of our Careers Fairs or an Employer Event (**page 14**) 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 (**page 16**).



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 20–23**), 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 19**) or attend one of our workshops and explore additional opportunities for enhancing your employability 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 in a CV Support appointment, 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.



WHAT DOES SUCCESS LOOK LIKE FOR YOU?

Pathway process

The steps in the Successful Futures Pathway are designed to bring together different aspects of career thinking in a way that is relevant to you, as an individual.

You should complete the Pathway at least once a year. The earlier you start, the more time you will have to explore ideas and develop skills you want for your future. It should take about an hour to complete, but you may wish to spend more time exploring the resources available.

Your Personal Academic Tutor is also likely to talk to you about what you have gained from completing the Pathway.

➔ **Your path to success starts here! Find out more and access the Successful Futures Pathway at:**
www.southampton.ac.uk/successfulfutures

Step 1

Define your version of success. Take a moment to reflect on career ideas and aspirations you may already have.

Step 2

Discover your skills for success. Explore the Southampton Skills Model, complete the skills self-assessment, and identify the skills that have been mapped to your course.

Step 3

Connect your skills and career ideas. Use our AI Chat Bot to generate career ideas, and review how your skills and experience align with your career aspirations.

Step 4

Build your path to success. Find opportunities to develop skills and experience, learn how to showcase your skills, and create a clear, actionable plan.

SUCCESSFUL FUTURES PATHWAY

Finding the time and space (and motivation!) to reflect on your skills and think about your career ambitions is easier said than done.

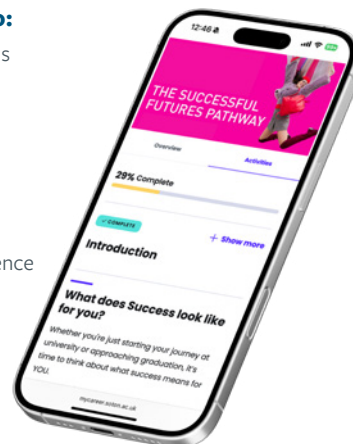
We have therefore developed an online tool for you to work through at your own pace, focussing on what's most useful to you. Available on MyCareer, the Successful Futures Pathway shows that career planning can be flexible, whatever stage you are at. It is OK to change your mind!

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.

We've mapped your course to the Southampton Skills Model, to help you identify and showcase the skills you're developing during your studies. You can use the Successful Futures Pathway to check which skills have been mapped for your course and explore new ways to develop skills and gain experience.

Use the Successful Futures Pathway to:

- ➔ Reflect on your goals
- ➔ Evaluate your skills, and identify areas for development
- ➔ Find opportunities and plan your next steps
- ➔ Showcase and evidence your skills for applications and interviews



SOUTHAMPTON SKILLS MODEL

Subject Experts: Research + Critical thinking

Understanders: Commercial awareness + Self-management

Challengers: Confidence + Leadership

Collaborators: Communication + Teamwork

Entrepreneurs: Creativity + Networking

Social Innovators: EDI Leadership + Adaptability

Solution Finders: Problem solving + Resilience

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.

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 Booster Pathway to create your CV and then upload it to our CV review tool for instant personalised feedback. Our CV and covering letter guide can also 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. UoS students can also access a wide range of LinkedIn Learning courses.

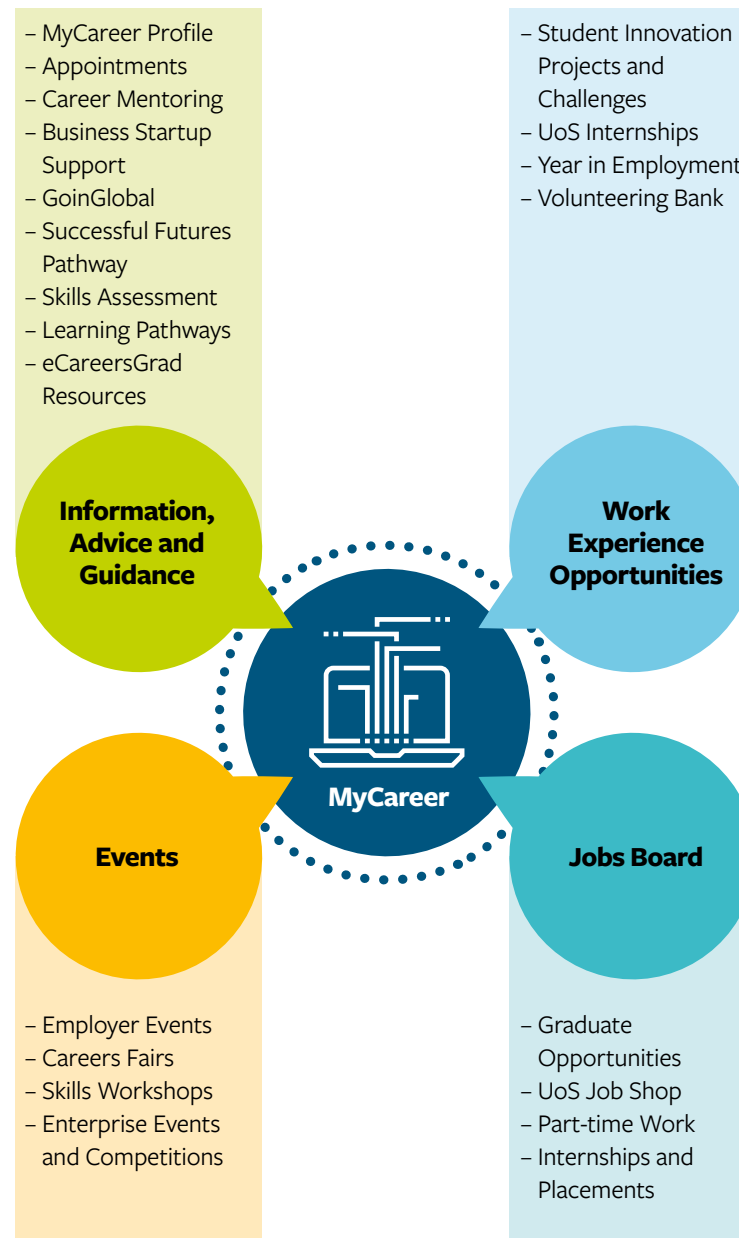
Library Resources

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

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

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

 **Find out more:**
go.soton.ac.uk/hdf

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. The appointments that we offer include:

Ask the Adviser Appointments

Ask the Adviser appointments provide the opportunity to have a short 15-minute conversation with an adviser about anything careers related. Our advisers can refer you to resources, events and individual support sessions where required.

CV Support Appointments

Our dedicated CV Support appointments offer a 15-minute individual advice session on creating a standout CV or tailoring your CV to a specific job sector or role.


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 changing your course of study, or leaving 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 support sessions, such as 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



Book an appointment with our advisers

“Every person I’ve interacted with while accessing the careers support service has been helpful, pleasant and invested in my growth and progression.”

Student
 LLB Law with Psychology

CAREERS FAIRS

Careers Fairs provide a great opportunity to network and interact with employers and to discover available internships, placements and graduate opportunities. During the 2025-26 academic year, we are hosting seven large, on-campus Careers Fairs alongside smaller events and employer panels.

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

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

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

We will be hosting the following fairs this academic year:

- **All-Sector Autumn Careers Fair**
Wednesday 8 and Thursday 9 October 2025 (Highfield Campus)
- **Engineering and Physical Sciences Careers Fair**
Thursday 23 October 2025 and Tuesday 17 February 2026 (Highfield Campus)
- **Environmental and Life Sciences Careers Fair**
Monday 3 November 2025 (Highfield Campus)
- **All-Sector Spring Careers Fair**
Tuesday 10 March 2026 (Highfield Campus)
- **Summer Careers Fair**
Wednesday 6 May 2026 (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 in person across 3 programmes. In Autumn between October and November, in Spring between February and March and in Summer between April and May.

- **Employer Presentations**
Gain an insight into a particular organisation by networking with employer representatives to find out about the work culture and available roles
- **Employer Panel Events**
Be inspired by employer representatives and UoS alumni through hearing about their own experiences of working in a particular industry and understand the skills and experience needed to kickstart your career
- **Employer Skills Workshops**
These activities are delivered by an employer and are a great way to find out about the competitive graduate recruitment process. They include mock interviews, practice assessment centre activities 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 provide current students and recent graduates with the support they need to either set up their own business, lead a social enterprise, become freelance/self-employed, launch a scalable startup or develop essential enterprise skills.

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 Women in Business Society
- Access to the Student Enterprise Junction - a dynamic, 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



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

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



[The Small Business Speed Launch weekend] was the perfect place to gain the belief and excitement of starting a business, through learning the fundamental knowledge of all business functions, surrounded in a culture that inspires entrepreneurship!"

**Co-Founder of mytender.io,
Team Graduate – BSc Economics and Finance**



Find out more:

www.southampton.ac.uk/studententerprise



Get involved in a community based project

SOCIAL IMPACT LAB

Empowering the next generation of social change-makers

The University's Social Impact Lab is passionate about supporting you in tackling real-world challenges, gaining practical skills and creating ventures that empower you to become the next generation of social change-makers. We offer a programme of opportunities to help you gain the knowledge and resources necessary to have a positive impact in society.

Tackling the UN Sustainable Development Goals

At the Social Impact Lab, we define social impact as any commitment to tackling one or more of the 17 UN Sustainable Development Goals. Whether you are interested in a career working in the not-for-profit sector or have an idea for a community-based project, social enterprise, or campaign, our mission is to equip you with the knowledge, skills and experience to help you make a tangible difference to the issues that matter to you.

The Social Impact Lab is based at the Junction and runs parallel to our student enterprise activities. We provide funding and individual support to grow your ideas, practical experience through internships and volunteering, support for student societies, and a range of talks, workshops and networking opportunities to help support and develop your ideas.



➤ Interested in becoming a social change-maker? We'd love to hear from you!
www.southampton.ac.uk/studententerprise

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 who believed in me gave me the courage to explore new paths and apply for roles I never thought I could reach."

Student
 MSc Statistics

"[My mentor] has offered valuable advice in other areas, such as career development, work-life balance, and maintaining a positive mindset."

Student
 MSc Data and Decision Analytics

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

E-MENTORING SOUTHAMPTON

Alongside our Career Mentoring Programme, E-Mentoring Southampton gives you access to more than 3,500 industry experts who work for some of the world's biggest companies and are dedicated to supporting the careers of students.

Our E-Mentoring platform enables you to:

- ➔ Connect with industry experts 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

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

"E-Mentoring Southampton is the perfect way for students who are looking for an insight into a particular industry to reach out to a graduate in their field, or just connect with former students who have been in their shoes and can help with next steps in your career. The world of work after university can be daunting, but the E-Mentoring platform allows you to gain invaluable advice, for both current students and alumni."

Will Baker
 BA Geography



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



Our Student Innovation Projects are a great way to gain employability skills

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 are 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 gain transferable skills in a short space of time
- 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 four 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 studying any degree, at any stage of study and for up to 12 months after graduation. It 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 UoS Innovation Challenge was an invaluable tool in landing my role [Graduate Systems Engineer] at Northrop Grumman, and an experience that honed my skills in preparation for the challenges I have faced in my career and beyond. Each of these skills have directly benefited me in my role as a Systems Engineer, and I still use them to this day. By collaborating with large companies, like Northrop Grumman, students receive direct contacts within companies that they can rely on to skyrocket the possibility of landing a job.”

Samuel Beer
MEng Aeronautics and Astronautics
Innovation Challenge with Northrop Grumman
- Mission Systems Europe



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:

- Argo Engineering Solutions
- Audioscenic
- Carnival UK
- Cybrid Solutions
- Hampshire and Isle of Wight Wildlife Trust
- National Motor Museum
- NASH Maritime
- Mary Rose Trust
- MOSL

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

“I secured my UoS Internship through a combination of proactive preparation and support from the University’s Careers team. I benefited from CV and application support, where I received feedback on how to highlight my skills. The internship has given me valuable real-world experience that I wouldn’t have gained otherwise. One of the biggest benefits has been building a professional network, connecting with industry professionals, and learning from their insights. I have also developed stronger communication and research skills. It has boosted my confidence, especially in presenting ideas and working independently.”

Eshika Kewlani
BSc Marketing
UoS Internship with Sibstar, Business Development Intern



“During my undergraduate degree at the University of Southampton, I undertook a Year in Employment within STEM public engagement for the Science and Technology Facilities Council. It was amazing to gain experience within the STEM industry and meet researchers from across the world as it has given me a greater insight into potential careers after university. Now I am back at university, I have used my experiences to get involved with public engagement at the NHIR Biomedical Research Centre at Southampton, which I am really enjoying.”

Elizabeth Bridges
MSci Biochemistry with a Year in Employment with Science and Technology Facilities Council



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 are on hand to help you source opportunities and navigate the application process and will be your point of contact throughout your placement 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 opportunity can participate in a Year in Employment Placement. Our students have worked with a wide range of employers across all sectors for their placements including:

- The Bank of England
- Great Ormond Street Hospital
- GSK
- The Walt Disney Company
- The MET Police

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
- On your Year in Employment you will gain transferable and/or technical skills, grow in confidence, and have the opportunity to build your professional network
- The Year in Employment can potentially lead to being fast tracked through the application process for graduate roles or securing graduate employment during your placement

 **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 roles 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
- City Life Church
- CLEAR
- Deafblind UK
- English Heritage
- No Limits
- RSPB
- Southampton Cultural Services
- Southampton Voluntary Services
- Stephen Cox Garden Trust
- The Point Theatre

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



Become a student ambassador whilst at University

“Through volunteering I have learned how to communicate and collaborate in an international environment, the experience has given me valuable insight and hands-on skill that will benefit my future career. Since completing my volunteering I’ve become more confident communicating with others and have a better understanding and feel more informed about my future career.”

Yulin Guan
MMus Music (Musicology)
Volunteered with Cross Culture Hub

“My volunteering role gave me valuable insights into how music can be used socially and scientifically, especially as a tool for community building. I will draw on this cross-cultural and interdisciplinary experience when I pursue a teaching career, as this has grown my confidence as an educator.”

Yujie Wu
MMus Music (Musicology)
Volunteered with Cross Culture Hub



Students volunteering at the Cross Culture Hub

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 Student Careers Clinic

Once you have attended the workshops, you can get to know your dedicated Careers Consultant for international students with regular 20-minute appointments available, focusing on 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, plus 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 via MyCareer 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 (**page 21**)
- Attend skills workshops
- Access our career resources - Practise interviews using our mock interview simulator, find out more about psychometric tests and take the Career Readiness Test (**page 12**)

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

“[The Career Vision Club] inspired me to really get started on my plan for next year”

Student
Career Vision Plus

VICE-CHANCELLOR'S PROGRESSION SCHEME

Are you entering the final year of your undergraduate degree and come from an underrepresented background? Are you considering applying for a postgraduate programme at the University of Southampton? Apply for the Vice-Chancellor'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 VCPS gave me invaluable insight into postgraduate study and helped challenge my preconceptions about PhDs. My mentor offered guidance throughout the application process and helped me develop key soft skills like resilience and networking, which are often overlooked. The matching process was simple, with a diverse range of mentors available in my field”

Student
Vice-Chancellor's Progression Scheme

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



“I have a much clearer career vision and more confidence when actively engaging with my career.”

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

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, Student Enterprise and Graduate Associate opportunities for up to one year after you graduate
- Access 1:1 support through our Ask the Adviser appointments, dedicated Graduate Coaches and Student Enterprise appointments for up to five years after you graduate
- Access job vacancies including graduate level roles, graduate schemes and graduate internships. View our Events Calendar on MyCareer to book your place on a workshop or event
- Access UoS 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

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 11**)
- 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



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

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

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