Icebreaker

In groups of 3, take it in turns to introduce yourself:

• some summary background
• how do you feel about having to think about your future?
• what has been your approach so far?
• what issues, concerns and frustrations are you finding?

Let it all out!
CAREERS ESSENTIALS PROGRAMME

YOUR FUTURE AND HOW TO WORK TOWARDS IT

DAVE CARTER
UCL Careers Consultant
Careers Essentials 2017/18

Talks, workshops and eLearning
Search ‘UCL Careers Essentials’

10-title lunchtime talks including:
- Improve your CV
- Find and fund a PhD
- Interview success

5-title workshops including:
- Mock aptitude, etray and psychometric tests
- Using Linkedin in your job search
- Personality profiling

6-module ‘eLearning’ course
- An introduction to the grad job market
- Your future and how to work towards it
- Sourcing jobs and work experience
What we’ll cover:

- Where are you now?
- Myth-busting – graduate futures
- Moving forward
  - taking stock
  - generating options
  - making decisions
- How UCL careers can support you
Today’s slides, resources and lecturecast

Search: UCL Careers Essentials
Icebreaker          ..........

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- some summary background
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Let it all out!
Next steps – where are you?

1: Have a job/internship lined up to go to
2: Looking for a job/internship
3: Starting own business
4: Considering further study
5: Taking some time out
6: No definite plans

Source: High Fliers Research
Feb 2015
550 UCL finalists
Next steps – where are you?

1: Have a job/internship lined up to go to (26%)

2: Looking for a job/internship (18%)

3: Starting own business (3%)

4: Considering further study (25%)

5: Taking some time out (15%)

6: No definite plans (13%)

Source: High Fliers Research Feb 2015 550 UCL finalists
## Destination statistics 2015 UK leavers only

<table>
<thead>
<tr>
<th>Study level</th>
<th>Unemployment %</th>
<th>Grad level employment/ further study %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Postgraduate taught (PGT) September 2015</td>
<td>41%</td>
<td>88%</td>
</tr>
<tr>
<td>Postgraduate taught (PGT) April 2016</td>
<td>3%</td>
<td>93%</td>
</tr>
<tr>
<td>Undergraduate January 2016</td>
<td>2%</td>
<td>88%</td>
</tr>
</tbody>
</table>
• “Most of my friends seem to know what they want to do and are getting on with it!”
• “What if I get it wrong?”
• “I just don’t know where to start!”
Myth-busting – Graduate futures

- Most of you will be working until you are 70+
- Today’s graduates will likely have ‘multiple’ careers during their working life
- It can take time to figure out who you are and what you want
- Most graduates will change roles/employers within the first 3 years of graduating
- The world of work is changing rapidly
- Many of today’s most sought-after jobs didn’t exist 10 years ago - technology is changing everything
Moving forward

- your career is a journey - jobs are just places you visit along the way
- this is a decision about your NEXT STEP, not the rest of your life
- try not to be daunted and put it off
- take manageable small steps that move you forward
The careers thinking scaler

- On a scale of 1 to 10 (strong clear focus), how decided are you on the opportunities you are interested in?

1: Complete confusion
2: Some idea of what I want from my next step
3: Strong ideas of what I want and potential options
4: Some concrete options but undecided
5: Strong clear focus
Process: Taking the careers ‘shortcut’

Your next step - Is this you?
Choosing holiday

**Relinquish control**
- passive/ negative approach
- goes with the flow, even if not what you want
  - can’t be bothered
  - choice interested in doesn’t seem possible
- dissatisfied and unhappy
  - resenting fact not your choice
  - grumbling at home because not going on holiday

**Take control**
- no decision taken in isolation
  - budget/ your availability/ companion’s wishes
- investigate options
  - take ownership of research
  - Influence factors above
    - extra hours to increase budget
    - adapt to availability
- likely more enjoyable experience
  - your choice, more likely to try and make the best of it

**Which would you rather be?**
Starting out – 2 key assumptions….

- In the UK, what course you study does **NOT** dictate what you go on to do afterwards……

- You have multiple ‘selves’ – unlikely to be a single path that is right for you. Likely to be many…..

Source: ISE graduate scheme employers 2017
Process: Taking the careers ‘shortcut’

Self awareness
Option generating
Research

Taking Decisions
Applications
Transition
I embarked on postgrad study because whilst I enjoyed my engineering degree, I wasn’t ready to begin work and thought a management course would widen my options. It quickly became clear through a 1to1 careers appointment that I didn’t have enough exposure to the world of work so in parallel with my course, I began attending careers events so I could listen and talk to people doing different jobs. I attended major careers fairs in consulting, banking and technology, employer presentations both on and off-campus and a number of sector insight weeks including insights into the Media and not-for-profit sectors. After initially being a little daunted by talking to lots of new people, it was actually a lot of fun. Getting a realistic insight of the different roles, project work and challenges involved by talking to people who actually do the job really brought things to life for me. I also started taking notice of interesting projects/ initiatives in the news and social media that I might like to be involved with.

At one particular event, I met a UCL alumnus now working in an international NGO on water-conservation projects. The work sounded inspiring and my engineering background and Spanish language skills were evidently a big selling point. We kept in touch and subsequently talked about using the NGO as a source of primary research for my dissertation. I now have a strong interest in developing my career in this area and will be looking to get some experience through internships to build my CV.
Almost 1000 employers on UCL Campus in 2016/17
Careers Fairs employer programme 17/18

- Management Consultancy: Wednesday 4th October
- Banking, Finance & Economics: Tuesday 10th and Wednesday 11th October
- IT & Technology: Wednesday 18th and Thursday 19th October
- Engineering Fair: Monday 23rd October
- Life & Health Sciences Fair: Tuesday 24rd October (off campus at The Francis Crick Institute)
- Law Fair: Monday 13th and Tuesday 14th November
- Employer presentations (on & off campus) across the year

All fairs take place in the North and South Cloisters of the Wilkins Building between 5.30-8pm, with exception of the Life & Health Sciences Fair that takes place at The Francis Crick Institute.
Employers on campus

- RBS
- UBS
- CMS
- AlphaSights
- ICAEW
- Civil Service Fast Stream
- Linklaters
- Norton Rose Fulbright
- Accenture
- Clifford Chance
- Unilever
- PwC
- TeachFirst
- Frontline
Sector Themed Careers Week programme

- **Government & Policy** – w/c 23rd October
- **Museums and Cultural Heritage** – w/c 13th November
- **Media** – w/c 27th November
- **Charities & NGOs** – w/c 29th January 2018
- **Environment** – w/c 5th February
- **International Development** – w/c 19th February
- **Life & Health Sciences** – w/c 5th March

#UCLInspireMe
Sign up to personalised email updates through your MyUCLCareers account.

Find out about current jobs, events happening at UCL Careers and The Careers Group.
Case Study 2 – Structured option-generating (Jemma)

I’d always wanted to work within cultural heritage and really enjoyed my MA but entry seemed so difficult that I decided I needed a plan B. I really missed using my languages, had enjoyed my TEFL experience teaching abroad and wanted to do something I considered meaningful. Given I enjoy research, a careers consultant recommended I adopt a ‘research-like’ mentality and a more structured approach to generating options.

I started looking at job options related to my MA and languages degree through prospects.ac.uk - ‘What can I do with my degree’ section and looked at job profiles of those I thought sounded interesting. I also looked at a couple of career matching programmes to see what options were suggested based on what I thought might be important to me about any future job. One of the things that helped was reframing the way I looked at options from job ‘search’ to job ‘research’. I looked at lots of vacancies through language agencies and job boards even though many were looking for more experience than I had. It provided lots of inspiration for jobs I could be doing later on down the line as well as interesting organisations I could target speculatively. There were also lots of helpsheets about careers related to different interests or skills that I found just by googling the right search terms. I’m now looking at work within cultural exchange, tourism and research careers outside academia where my languages might be advantageous.
Self-awareness - your career ‘drivers’

What am I interested in?
- degree subject/knowledge base
- specific interest in X
- news/ projects/ interests

Why does it matter?
- to feel like I’m doing something useful
- work/ life balance
- work for a big prestigious employer/ status
- a role in which I can really develop and progress

What am I good at?
- I want to be using my skills in:
  - research
  - creativity
  - presenting
  - influencing/
  - languages
  - ............

Visit UCL careers for more resources to help you understand your drivers
Career drivers – Partner exercise

Describe 1 example of each of the following that might be relevant when considering your future:

- What are you interested in?
- Why does it matter?
- What are you good at?
Jemma MA Museum studies

Reflector

‘1 factor idea generator’
What to do with your degree – prospects.ac.uk

Modern languages

Language skills are in demand and can be used in almost any career, particularly within businesses that trade internationally.

**Job options**

Jobs directly related to your degree include:

- Interpreter
- Secondary school teacher
- Translator

Jobs where your degree would be useful include:

- Broadcast journalist
- Diplomatic Services - operational officer
- English as a foreign language teacher
- International aid/development worker
- Logistics and distribution manager
- Marketing executive
- Patent examiner
- Sales executive
- Tour manager

**What can I do with my degree?**

- Accountancy and finance
- Aerospace engineering
- Agriculture
- Anthropology
- Archaeology
Careers matching tools – prospects.ac.uk

What job would suit me?
Join thousands of students and graduates who have matched their skills and personality to more than 400 job profiles.
Take the quiz and see your results in three minutes.
UCL CAREERS

ˈGoogle’ careers phrases
Research careers outside academia or Language careers

Research Careers Outside Academia

This sheet is aimed at PhD or post-doctoral researchers considering careers in research outside universities or academic institutions. It will be useful, however, for those considering postgraduate research and who are interested in their long-term career options.

Although many PhD students opt for further careers in higher education, there are plenty of other options for pursuing research outside academia. This sheet will outline some of these options and provide further resources to enable you to find out more - your careers service will also have more information if you wish to explore these ideas in greater depth.

THE NATURE OF RESEARCH WORK
The research environment outside academia may differ in many ways from what you are used to within academia. Projects will tend to have much faster turn-around times, requiring a very different mode of work, and an emphasis on practical application of knowledge. This will also necessitate a different attitude to research, as you may be forced to sacrifice some of the purity of academic research in order to meet project deadlines.

On the plus side, this also means that you are likely to see your results more swiftly, enjoy a greater range of research projects - perhaps managing more than one at a time - and research in a more varied and changing environment.

SEARCHING FOR RESEARCH JOBS
It is important to recognise that not all relevant jobs will advertise a PhD as an essential requirement; many entry points into research careers will be open to all graduates, with the emphasis placed on the skills and abilities gained.

Chemistry
The pharmaceutical sector is a major UK industry and represents a significant opportunity for high quality research and development careers for biochemists, pharmacologists, pharmacists, clinical scientists and other related life-scientists to work in drug discovery, development and testing. PhD or postdoc scientists are usually employed in more specialised roles based on specific skills and knowledge, with the potential for early responsibility. Commercial awareness is very important, and it is a good idea to establish contact with firms during your PhD, as this will help you to understand the differences between academic and industrial research. A directory of pharmaceutical firms is available at www.ahf-mareners.org.uk. See also the British Pharmacological Society (www.bps.org.uk) for their...
Look at handout 15 ways to generate career options

TAKE ACTION: circle 3 you are going to commit to trying
Case Study 3 - A reality check (Akim)

After being encouraged by my tutor, I started thinking seriously about applying for a PhD. However, given it was such a big commitment I needed to know more. At a careers workshop, I was introduced to ‘information interviewing’ and thought it might be a useful way of finding out the realities of life as a researcher. I looked at lots of researcher profiles online: www.ucl.ac.uk/careers/specialist-support/researchers but still had lots of questions. A friend knew a 2nd year PhD scientist and it wasn’t long before we were having coffee and I was asking him all about his experiences. It was a real eye-opener and I left with the names of PhD students working at other London institutions. All in all, I spoke to 4 researchers in person or on the phone and now feel far more informed about an academic research path, how to source funding and approach potential supervisors.
# Information interviews

<table>
<thead>
<tr>
<th>Interviewing the ‘opportunity’</th>
<th>Questions to find the answers to…..</th>
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</thead>
</table>
| **Details of the work**       | • What does a typical day look like?  
                               | • What did you learn in your course that has really helped you in what you do? Do you get the opportunity to use ‘X’ skills |
| **Motivation**                | • Why do people do this job? What are their motivations?  
                               | • What are the biggest rewards/ challenges? |
| **Prospects**                 | • What are the typical training opportunities involved.  
                               | • What is the typical progression timeline? |
| **Culture**                   | • What proportions of the time are you working on your own or as part of a team?  
                               | • How important is the role of a supervisor?  
                               | • Is there a particular type of person who works in this field? |
| **The sector**                | • How is the industry changing?  
                               | • What are the most important current issues in this sector that are likely to affect the job? |
| **Vacancy sources**           | • Where are opportunities for this type of role advertised? How else do vacancies get filled?  
                               | • What is the typical recruitment process involved? |
Summary

- Lots of students, graduates and professionals struggle for direction
- This is a decision about your **next step** – not the rest of your life
- Concept of ‘multiple selves’

**TAKE ACTION**

- Try using more ‘structured’ option generating ideas
- Use reality checks to ‘test’ potential options
- Engage with UCL Careers 1to1 support to help you with your journey
- The more you put in, the more you’ll get out of the process
Questions?
1to1 coaching

Current students:
- CV/ Application coaching - 15 minutes (Mon – Fri) lunch/ early evening
- Short guidance – 20 minutes (Mon – Fri)

Recent graduates:
- Grad appointments – 30 minutes (Mon – Thu) inc. lunchtime/ early evening/ phone/ skype (recommended use especially if 1st Graduates coaching session)
- CV/ Application coaching – 15 minutes – same service as for current students

Booking
- Online: up to 7 days in advance: myUCLCareers account on UCL Careers homepage
- By phone: (call 020 3549 5900 after 9.30am)/ in person
Be the first to know about what’s new by signing up to personalised email alerts through your My UCL Careers account.

You’ll find out about current jobs, events happening at UCL Careers and The Careers Group including when they are open for booking as well as all the latest news.