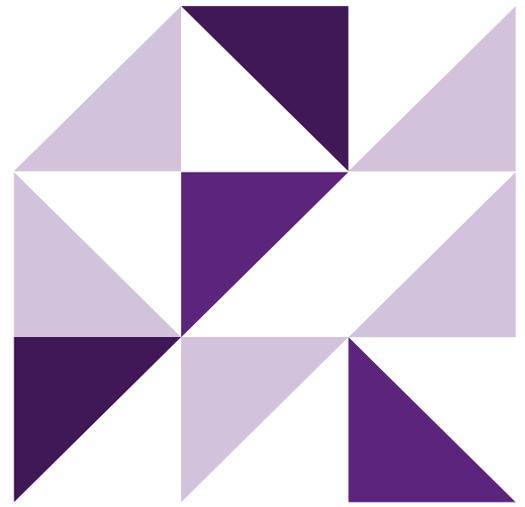




Careers Extra: Up Close.

- | **Martha Neugarten**
- | **3rd Year**
- | **MSci Natural Sciences**
- | From a low-income household.
- | Has a long-term health condition.



Received a financial bursary - reducing stress. Completed an internship informing a decision to pursue a Masters. Plus benefits from structured reflection.

We've been speaking with some of our Careers Extra students to find out a bit more about how they have found studying at UCL and their experiences of gaining work experience and moving forwards in their careers.

We recently spoke with Martha, a 3rd Year MSci Natural Sciences student. Martha is from a low-income family and has a long term health condition. She shared with me some insights from her experience:

- Being **awarded a £500 Careers Extra Bursary** helped her focus on her internship, and also reduce stress and improve health.
- **Reflecting on skills and goals** helped Martha make the most of her internship.
- **Discussions with the Careers Extra team** helped her identify a challenge about building relationships in a virtual internship and make a strategy to successfully overcome them.
- The internship helped inform Martha's **decisions about her next steps**: to apply for a Masters.

A Careers Extra Bursary helped with taking a Summer Internship.

"I was keen to get some work experience over the summer and was excited to be offered a remote internship with a sustainability consultant. The project was titled "Assessing the opportunities for circular economy businesses within the UK waste remediation sector", for which I would be scoping out and writing a report to deliver to the client - a waste management company. The only issue was that it was unpaid, which would make it hard for me financially. I found out online that I was eligible for Careers Extra, and that they offer a financial bursary for work experiences and internships. I decided to apply, and I'm really happy that I did, as I was awarded £500, and this enabled me to comfortably take up the internship."

"This made a huge difference to me as I was able to focus all of my attention onto the internship, and without this bursary I would have had to find part time work as well."



“Coming from a family with household income below £25,000 meant the money I needed over the summer would either come from a bursary or from part time work.”

“Symptoms of my long-term health condition are exacerbated by stress and can affect my ability to work, especially for long hours. The ease of applying for this bursary and the fact that I was awarded money took a huge stress off my shoulders.”

Benefits of reflecting on skills and goals, before and after the Internship.

“At the start and end of my internship, I filled in a form for the Careers Extra Bursary reflecting on the tasks and skills I hoped to develop. The process of filling these out, as well as my meetings with the Careers Extra team to discuss what I had written, were incredibly useful. The process of articulating what I was hoping to achieve and, by the end, reflecting on my achievements, gave me a framework to carefully consider my internship. The first meeting was essential in setting me up solidly to start the internship and addressing any worries I had at that stage. Meeting again at the end of the summer to reflect on the work helped me identify the skills I would like to develop further and gave a space to discuss ideas on how to go about this.”

“I was particularly worried about developing a strong professional relationship with my mentor - especially as we weren’t able to meet in person - and during the Careers Extra meeting we discussed how I could utilise clear and regular email communication to build trust and rapport.”

Making an informed decision about next steps.

“The internship had started me thinking about applying for an MSc in business, as the area I felt least confident in was understanding how businesses and stakeholders work and what information is important to them. As a result, I have now applied for Imperial’s MSc in Climate Change, Management and Finance, and I’m planning to pursue sustainability consulting after graduating.”

“My internship has now been extended into next year and has shaped the direction I am taking into further study and my career possibilities post-study.”

Last words.

“I am extremely grateful for the opportunity the Careers Extra Bursary gave me, and the support of the Careers Extra team.”

UCL Careers is here to support you. You can discuss any of the topics raised here with our team of experienced Career Consultants, by booking a one-to-one appointment through the [myUCLCareers](https://www.ucl.ac.uk/careers) website.

UCL Careers support all students with disabilities and long term health conditions, offering extended appointments, adjustments and relevant information. www.ucl.ac.uk/careers/about-us/who-can-use-our-services/careers-extra/disability.

Careers Extra offers enhanced careers support for UCL undergraduates from under-represented groups, including those from low-income backgrounds and those with disabilities and long term health conditions. Find out more and register through our Careers Extra pages on the website. www.ucl.ac.uk/careers/about-us/who-can-use-our-services/careers-extra.