

HANDBOOK AND ACTIVITY UNIT DIRECTORY

**THE BIG ESSEX
AWARD 2018/19**



**EMPLOYABILITY
AND CAREERS**



University of Essex

ABOUT THE BIG ESSEX AWARD

What is the Big Essex Award?

The Big Essex Award is the University of Essex's Employability Award run by the Employability and Careers Centre. Quite simply, it aims to help identify the skills and competencies you have developed over your time here at Essex so that you can show employers why they should hire you.

The Big Essex Award is the only way to get University recognition for all your extra-curricular activities, paid and voluntary work you complete during your time here at the University of Essex. The University will recognise your achievements by displaying the highest level that you achieve, along with all your individual units on your Higher Education Achievement Report (HEAR).

Any student who is registered at the University of Essex can get involved and complete the Big Essex Award. You have until the May of your graduating year to complete as much as you can!

HEARD ABOUT THE HEAR?

As an undergraduate student, all the activities you complete through the Big Essex Award will be formally recognised by the University of Essex and included on your Higher Education Achievement Report (HEAR), your secure digital transcript that records of all your academic and extracurricular achievements.

Use your HEAR as you go through your time at Essex to keep track of your achievements, both academic and extracurricular. You'll have unlimited online access to your HEAR for life so you can share your HEAR securely with employers as a certified record of your University experience.

Remember to activate your HEAR when you receive your HEAR activation email shortly after registration!
www.gradintel.com

Sounds great, doesn't it? For more info contact the HEAR team.

www.essex.ac.uk/see/hear
E hear@essex.ac.uk



WHY SHOULD I GET INVOLVED?

As the job market becomes more competitive for graduates the Big Essex Award offers something different to add to your CV and helps you stand out from the crowd. Ask yourself, 'Why wouldn't I want to get involved?'

Not only does the Big Essex Award provide recognition for all your on and off campus extra-curricular activities, voluntary work and work experience during your time at the University, it also helps you to identify and evidence the skills you have developed to employers. Our aim is to get you in the best possible position for when you start looking for employment.

So far over 4000 students have completed the Big Essex Award, so why not join them now?

Don't just take our word for it...

"The CMI are delighted to support the Big Essex Award. It is an excellent programme and helps students at the university demonstrate the skills that employers are looking for. This provides students with a unique advantage, enabling them to choose the career path they want."

Keith Richardson

Head of Higher Education Partnership Development – Chartered Management Institute



HOW DO I GET STARTED?

The Big Essex Award is made up of three different levels. Each level requires you to gain a number of units to complete that level:

Bronze 50 Units
Silver 100 Units
Gold 150 Units

The level for each award can be achieved by completing a variety of different activities which are listed in this handbook along with their unit value.

It's simple - to complete each unit you will need to complete the criteria for that unit. Once you have achieved the unit criteria, log this through your 'My Attainments' section on your GradIntel account. Once the unit is approved by the activity verifier you will have completed that unit.

Look out for information sessions

We will be running these throughout the year to help get you started with Big Essex Award and answer any questions you may have along the way. You can book onto these sessions through the events page on CareerHub.

www.essex.ac.uk/see/careerhub



HOW DO I LOG MY UNITS?

Once you have completed the unit criteria you need to log your unit by following these steps:

- 1 Log in via **www.gradintel.com** using your existing Gradintelligence account. (If you need help, contact **customerservices@gradintel.com**)
(If you can't find your activity or are not sure which one to log, email **bige@essex.ac.uk**)
 - 2 From your account homepage, click on the “**BIG ESSEX AWARD**” option on your left side menu.
 - 3 Browse through ‘**Activities**’ sub-section to find those that you are currently engaged in. You can add an activity to complete it now or at a later date.
 - 4 ‘**View**’ the activities you have already completed and ‘**Log Activity**’ units to submit evidence for university approval.
- 5 When you have submitted the unit it will show as pending until the activity verifier has approved your submission.
 - 6 When the unit has been approved it will be added to your **Big Essex Award** and appear on your **HEAR**.

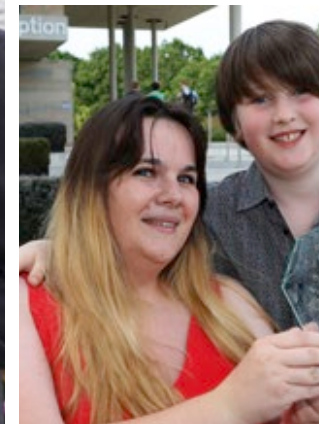
Please note: a supervisor for your unit will be contacted when you submit this form. The supervisor will verify if you have completed the unit criteria for that activity.

ACTIVITY BROCHURE AND UNIT DIRECTORY

What activities count towards the award?

There are so many exciting activities and opportunities that count towards the Big Essex Award. These are a mixture of on and off campus activities and opportunities to give you choice and flexibility. Each unit has a unique set of criteria that you need to complete in order to obtain that unit. Units worth 25 have a skill identification exercise to complete through Gradintel while units worth 50 have a skill identification and reflection exercise. This is to help you make the most of your activity and make sure you are identifying and selling the right skills to employers.

Here's the small print....We want you to get the most out of your Big Essex Award experience so for that reason each unit can only be submitted once towards your Big Essex Award.



ACTIVITY LIST AND UNIT VALUE

ACCOMMODATION REP

Accommodation Rep – 25 units

This unit requires you to have completed:

- A minimum of 4 shifts in one academic year.

ACCOUNTANCY INSIGHT

Accountancy Insight – 25 units

This unit requires you to have completed:

- A minimum of 25 hours of workshops, employer experiences and meetings with the Accountancy Insight team.

ADVICE CENTRE

Advice Centre Volunteer Assistant Advisors – 25 units

This unit requires you to have completed:

- A minimum of 25 hours over one academic year
- Training programme
- Training log.

APPLICANT DAY AMBASSADOR

Applicant Day Ambassador – 25 units

This unit requires you to have completed:

- Compulsory training
- A minimum of three shifts in one academic year.

BYSTANDER INTERVENTION

Bystander Intervention Trainer – 25 Units

This unit requires you to have completed:

- Attendance at two team meetings
- Participation at one team event
- Delivery of at least seven bystander intervention training sessions.

CAREER MENTORING

Career Mentoring – 25 units

This unit requires you to have completed:

- Compulsory training and feedback sessions
- A minimum of 6 contact hours with your mentor over a 6 month period
- Follow-up actions as agreed with your mentor
- A progress and reflective report.

CAMPUS TO CORPORATE

Campus to Corporate – 25 units

This unit requires you to have completed:

- 6 Campus to Corporate workshops (or equivalent central E&CC provision)
- Submission of a CV to Faculty of Social Sciences
- Applications to 5 placement opportunities.

CERTIFICATE IN SUSTAINABLE PRACTICE

Certificate in Sustainable Practice – 50 units

This unit requires you to have completed:

- The Certificate in Sustainable Practice.

CITIZENS UK - COMMUNITY ORGANISING

Citizens UK - Community Organising – 25 units

This unit requires you to have completed:

- A minimum of 25 hours including
- A listening campaign
- Reflect on findings and identifying pertinent issues
- Articulate a well-formed campaign goal
- Plan a campaign
- Implement a campaign
- Reflect upon the effectiveness of campaign actions.

Citizens UK - Community Organising – 50 units

This unit requires you to have completed:

- A minimum of 50 hours including
- Undertake a listening campaign
- Reflecting on findings and identifying pertinent issues
- Articulate a well-formed campaign goal
- Plan a campaign
- Implement a campaign
- Reflect upon the effectiveness of campaign actions.

COMMUNITY VOLUNTEERING

Community Volunteering – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours of volunteering on or off campus (not organised through vTeam).

Community Volunteering – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of volunteering on or off campus (not organised through vTeam).

COURSE REP

Course Rep – 25 Units

This unit requires you to have completed:

- Initial training
- Attend all required university meetings (minimum of 3)
- A minimum of 12 hours course rep contact time over one academic year.

Course Rep (returning) – 25 Units

This unit requires you to have completed:

- Initial training
- Attend all required university meetings (minimum 3)
- A minimum of 12 hours course rep contact time over one academic year.

CLICK CROWDFUNDING

Group Project Initiator – 25 Units

This unit requires you to have completed:

- Work as part of a team, club or society to create, design and successfully fund a project
- Attendance at least 1 *Click* workshop.

Individual Project Initiator – 50 Units

This unit requires you to have completed:

- Take the lead of the project. This includes creating an account on the crowdfunding platform, presenting your project/idea in a creative and innovative way, creating your own videos and rewards scheme, finding sponsors, promoting your campaign and achieving your fundraising target
- Attend at least 1 *Click* workshop.

DUKE OF EDINBURGH

Duke of Edinburgh – 25 units

This unit requires you to have completed:

- A minimum of 25 hours spent towards obtaining your Duke of Edinburgh Award.

Duke of Edinburgh – 50 units

This unit requires you to have completed:

- A minimum of 50 hours spent towards obtaining your Duke of Edinburgh Award.

EBS STUDENT ENGAGEMENT TEAMS

SET MENTORS – 25 units

This unit requires you to have completed:

- Minimum of 25 hours in one academic year.
- Supporting students with the transition to university and the step up to the second year by delivering seminars and supporting scheduled tutorials.

SET PALS – 50 units

This unit requires you to have completed:

- A minimum of 50 hours in one academic year
- Supporting skills development in maths, Excel and Bloomberg in scheduled classes
- Run a weekly drop in clinic.

SET CONNECT – 50 units

This unit requires you to have completed:

- Organising social, cultural and intellectual events for EBS students across the academic year (2 events per term).

ENACTUS

Enactus Entrepreneurial Management – 50 units

This unit requires you to have completed:

- Registration as a member of Enactus Essex
- 5 hours of training (Enactus UK training and SU training)
- 5 hours of project work or project support work for Enactus
- 5 hours of meeting (general meetings of Enactus)
- 7 hours of marketing and fundraising for Enactus
- 3 hours attending Enactus events on campus (e.g. Taste of Enactus, Take Out, Ignite).

Enactus Entrepreneurial Management – 50 units

This unit requires you to have completed:

- Registration as a member of Enactus Essex
- 5 hour of training (Enactus UK training)
- 10 hours of project work or project support work for Enactus
- 10 hours of meeting; including General meetings
- 10 hours of marketing and fundraising for Enactus
- 10 hours of Enactus ambassador work - representing Enactus Essex at external events
- 5 hours attending Enactus campus events (e.g. Enactus, Take Out, Ignite).

ESSEX ENTREPRENEURIAL ACTIVITIES

Essex Start-Up Bootcamp – 25 units

This unit requires you to have completed:

- The Essex Start-Up Bootcamp
- A business plan
- The Big Pitch event.

Enterprise 24 Hour Challenge – 25 units

This unit requires you to have completed:

- The entire 24 hour hackathon
- The given challenge.

ESSEX ABROAD

Summer Schools Abroad – 50 Units

This unit requires you to have completed:

- An application for and successful participation in a variety of organised and promoted extra-curricular programmes abroad with Essex Abroad or organised by yourself
- Duration of the programme should be at least 2 weeks/14 days
- Attend any required pre-departure events and maintain regular contact with Essex Abroad.

International Internships – 50 Units

This unit requires you to have completed:

- An application for and successful participation in a variety of organised and promoted extra-curricular programmes abroad with Essex Abroad or organised by yourself
- Duration of the programme should be at least 2 weeks/14 days
- Attendance at any required pre-departure events and maintain regular contact with Essex Abroad.

Volunteering Abroad – 50 Units

This unit requires you to have completed:

- An application for and successful participation in a variety of organised and promoted extra-curricular programmes abroad with Essex Abroad or organised by yourself
- Duration of the programme should be at least 2 weeks/14 days
- Attendance at any required pre-departure events and maintain regular contact with Essex Abroad.

ESSEX INTERNS

Essex Interns – 50 Units

This unit requires you to have completed:

- A paid internship organised through Essex Interns (minimum 50 hours).

ESSEXLab Social Science Experimental Research Assistant Volunteer – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours volunteering with ESSEXLab.

ESSEXLab Social Science Experimental Research Assistant Volunteer – 50 Units

This unit requires you to have completed:

- A minimum of 25 hours volunteering with ESSEXLab.

ESSEX LAW CLINIC

Essex Law Clinic Activities – 25 Units

This unit requires you to have completed:

- Full training programme
- A minimum of 25 hours in Law Clinic activities over one academic year.

FACULTY CONVENOR

Faculty Convenor – 50 Units

This unit requires you to have completed:

- Initial training
- Attend all required university meetings (approx 12)
- Minimum of 20 hours course rep contact time over one academic year.

FRONTRUNNER

Frontrunner – 50 Units

This unit requires you to have completed:

- Attending professional workshop part 1 and 2
- Complete all placement hours
- Complete placement evaluation and reflective reports.

Frontrunner Plus – 50 Units

This unit requires you to have completed:

- Attending professional workshop part 1 and 2
- All placement hours
- Placement evaluation and reflective reports.

GLOBAL GAME JAM

Global Game Jam – 50 Units

This unit requires you to have completed:

- Working as a team to produce a digital game or a board game within 48 hours.

GOVERNMENT ANNUAL STUDENT CONFERENCE

Presenter – 25 Units

This unit requires you to have completed:

- Preparation and presentation of political science research using a PowerPoint presentation
- Submitting a project log of activities and hours completed throughout the term.

Project Team Member – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours spent planning and hosting a departmental conference
- Submitting a project log of activities and hours completed throughout the year (AU/SP term).

Project Manager – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours spent planning and hosting a departmental conference
- Submitting a project log of activities and hours completed throughout the year (AU/SP term).

GREEN IMPACT VOLUNTEER

Green Impact Volunteer – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours volunteering over one academic year.

INTERNSHIPS

Internships – 25 Units

This unit requires you to have completed:

- Finding yourself an internship and working a minimum of 25 hours.

Internships – 50 Units

This unit requires you to have completed:

- Finding yourself an internship and working a minimum of 50 hours.

INTERNATIONAL STUDENTS ASSOCIATION

International Students Association (ISA) Volunteering – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours of volunteering through the ISA.

International Students Association (ISA) Volunteering – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of volunteering through the ISA.

I-TEAMS

i-Teams – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours made up of 18 hours of session time (3 hours per week over 6 weeks)
- Meetings outside of session times each week to develop the project.

JUST PLAY

Just Play Liaison Officer – 25 Units

This unit requires you to have completed:

- Training
- At least 25 hours over one academic year.

LAKESIDE YOUTH THEATRE

Lakeside Youth Theatre Volunteer – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours volunteering over one academic year, including vacation time.

LANGUAGES FOR ALL

Languages For All Express – 50 Units

This unit requires you to have completed:

- 70% overall class attendance
- All three assessments
- An overall mark of 60% or more.

Languages For All Online Portfolio – 50 Units

This unit requires you to have completed:

- A minimum of 15 hours of online lessons
- Both assessments
- An overall mark of 60% or more.

MENTORING FOR LANGUAGE SKILLS

Mentoring for Language Skills – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours in this activity.

NIGHT NINJA

Night Ninja – 25 Units

This unit requires you to have completed:

- Induction training
- Volunteering for at least 3 shifts per term
- Attend at least 3 of the weekly training sessions per term.

Night Ninja + – 50 Units

This unit requires you to have completed:

- Supervisor training
- Volunteering for at least 5 shifts per term
- Attending at least 3 of the weekly training sessions per term.

NIGHTLINE

Nightline Volunteer – 25 Units

This unit requires you to have completed:

- Initial training
- A minimum of 2 shifts per term in one academic year
- One additional training session and one group meeting.

Nightline Volunteer – 50 Units

This unit requires you to have completed:

- Initial training
- A minimum of 5 shifts per term in one academic year
- 2 additional training sessions and 2 meetings.

Nightline Exec – 50 Units

This unit requires you to have completed:

- Fulfilling the constitutional requirements of the role
- A minimum of 10 skills/duties over the academic year.

PATHWAYS TO MEDICINE

Pathways to Medicine – 25 Units

This unit requires you to have completed:

- Attendance at a minimum of 8 workshop hours
- Development of Personal Statement for Medicine
- Attendance at an in-person or telephone appointment with member of Faculty Employability Team or Academic Adviser for personal statement review
- Arranging or undertaking a minimum of 4 hours health related experience / shadowing between June 2018 and July 2019
- A regular 'learning log'.

PART-TIME WORK

Part-Time Work – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours of paid part-time work on or off campus.

Part-Time Work – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of paid part-time work on or off campus.

PEER MENTOR

Peer Mentor – 25 Units

This unit requires you to have completed:

- Compulsory Peer Mentor Training (face-to-face and online)
- At least 20 hours of mentoring activities over one academic year (including supporting departmental Welcome events, regularly contacting mentees by email and meeting mentees face-to-face, undertaking further training).

Peer Mentor (returning) – 25 Units

This unit requires you to have completed:

- Compulsory Peer Mentor Training (face-to-face and online)
- At least 20 hours of mentoring activities over one academic year (including supporting departmental Welcome events, regularly contacting mentees by email and meeting mentees face-to-face, undertaking further training).

PGT EMPLOYABILITY CONFERENCE

PGT Employability Conference – 50 Units

This unit requires you to have completed:

- Planning and hosting a departmental careers conference
- Creating a Moodle course with supporting material for the conference
- Submitting a project log of activities and hours completed throughout the year
- Planning and hosting a post-conference workshop.

POSITIVE MINDS - PEER MENTOR FACILITATION (EAST 15 ACTING SCHOOL)

Peer Mentor Facilitation – 50 Units

This unit requires you to have completed:

- A six week course with structured sessions on peer support for students with low or mild depression
- 1:1 feedback session as part of training
- On-going supervision over the duration of the academic year that links to student's training
- 10 hours per month as a Facilitator during term time.

PSYCHOLOGY RESEARCH EXPERIENCE SCHEME (RES)

RES – 25 Units

This unit requires you to have completed:

- One term of RES (a minimum of 25 hours of research volunteering).

RES – 50 Units

This unit requires you to have completed:

- Two terms of RES (a minimum of 50 hours of research volunteering)

(Please note you can only take part in this unit if you are a Psychology student).

REBEL

Rebel Member – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours of this activity in one academic year.

Rebel Committee – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of this activity in one academic year.

RESIDENCE LIFE

Residence Life – Residents' Assistant – 50 Units

This unit requires you to have:

- Completed September training
- Planned and implemented at least eight programmes over the year (at least one off-campus)
- Attended at least four of the Residence Life RA on-going training sessions
- Created three themed noticed boards over the year in your accommodation (one each term)
- Participate in at least, one open day or one applicant day as a RA.

Residence Life – Community Assistant – 50 Units

This unit requires you to have:

- Completed September training
- Managed, planned and implemented at least one Residence Life area programme
- Attended at least five of the Residence Life on-going training sessions
- Co-managed at least one open day or applicant day as a CA
- Facilitated at least two professional/personal development activities with your RA team
- Participated in the recruitment of new Residents' Assistants.

RISING STARS

Rising Stars – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours spent in professional development workshops delivered by employers, accessing a unique range of experience from graduate recruiters and working with a mentor to achieve your career aims and aspirations.

Rising Stars – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours spent in professional development workshops delivered by employers, accessing a unique range of experience from graduate recruiters and working with a mentor to achieve your career aims and aspirations.

SPICER LIBRARY

Spicer Library Volunteer – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours volunteering over one academic year.

SOCIOLOGY RESOURCE CENTRE

Sociology Resource Centre – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours helping with specific time-limited tasks
- Assist with any tasks that support the Resource Centre in offering informal advice and support.

SPRINT DEVELOPMENT PROGRAMME FOR WOMEN

Sprint Development Programme for Women – 25 Units

This unit requires you to have completed:

- The full Sprint development programme.

SPORT AND EXERCISE SCIENCE PLACEMENT

Sport and Exercise Science Placement – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours of activity.

(Please note you can only take part in this unit if you are a Sport Science student).

STUDENT AMBASSADOR

Student Ambassador – 25 Units

This unit requires you to have completed:

- Interview and training
- A minimum of 20 hours of Student Ambassador work.

Student Ambassador – 50 Units

This unit requires you to have completed:

- Interview and training
- A minimum of 45 hours of Student Ambassador work
- Work from at least two different CER teams (Outreach and Student Recruitment).

Senior Student Ambassador – 50 Units

This unit requires you to have completed:

- Interview and training
- At least one further Senior Student Ambassador development session
- 40 hours of work - 20 to come from Senior Student Ambassador duties.

STUDENT PARLIAMENT

Student Parliament – 50 Units

This unit requires you to have completed:

- Complete a minimum of 50 hours in this role
- Attend 6 meetings a year, including task and finish groups where necessary and actively contribute to the discussions
- Effectively represent the views of the wider membership groups they sit on and ensure that they are report back to their communities on decisions and issues.

ST JOHN AMBULANCE

First Aider/Trainee First Aider – 50 Units

This unit requires you to have completed:

- Complete paperwork and attend induction
- Volunteer for at least 5 shifts per term
- Attend a First aider course and/or role assessment
- Attend at least 6 of the weekly training session per term.

Training and/or Fundraising Volunteer – 50 Units

This unit requires you to have completed:

- Complete a minimum of 25 hours volunteering
- Attend at least 6 of the weekly training session per term.

STUDENT CONDUCT PANEL

Student Conduct Panel – 25 Units

This unit requires you to have completed:

- Training and observation
- Four committee meetings over three years.

SU ACTIVITIES SOUTHEND

SU Activities Southend – 25 Units

This unit requires you to have completed:

- Complete 25 hours of SU led activities based on the Southend campus.

SU Activities Southend – 50 Units

This unit requires you to have completed:

- Complete 50 hours of SU led activities based on the Southend campus.

SU AMBASSADORS SOUTHEND

SU Ambassadors Southend – 25 Units

This unit requires you to have completed:

- Initial training
- Regular attendance to meetings
- 25 hours of volunteering work in one academic year (flexible)
- Played a part in planning, promoting and executing events and campaigns.

SU Ambassadors Southend – 50 Units

This unit requires you to have completed:

- Initial training
- Regular attendance to meetings
- 50 hours of volunteering work in one academic year (flexible)
- Played a part in planning, promoting and executing events and campaigns.

SU LEARNING & SKILLS

SU Learn Commercial Awareness Programme – 25 Units

This unit requires you to have completed:

- All 4 SU Commercial awareness sessions (Strategy, Customers & Competitors, Performance & Business Development)
- All Self Directed learning activities required for each individual session (numerous options available).

SU Learn Personal Development Suite – 50 Units

This unit requires you to have completed:

- A minimum of 18 hours total from any Learning and Skills sessions
- Any combination of sessions within the sections to receive their 6 hours
- All Self-directed Learning activities required for each individual session (numerous options available).

SU MIDAS

SU MiDAS – 25 Units

This unit requires you to have completed:

- Successful completion of the MiDAS courses.

SU REBEL STANDARDS

Bronze – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours of Rebel activity
- Achieve Bronze standard.

Silver – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of Rebel activity
- Achieving Silver standard.

Gold – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of Rebel activity
- Achieving Gold standard.

SU REPRESENTATIVES

SU Committee – 25 Units

This unit requires you to have completed:

- Hold a minimum of 1 forum per term
- A minimum of 25 hours representing students through the following means: Committee meetings, fresher's fair, forums, organisation and holding of events and running campaigns.

SU Committee – 50 Units

This unit requires you to have completed:

- Hold a minimum of 1 forum per term
- A minimum of 50 hours representing students through the following means: Committee meetings, fresher's fair, forums, organisation and holding of events and running campaigns.

SU Part-Time Officers – 25 Units

This unit requires you to have completed:

- Hold a minimum of 1 forum per term
- A minimum of 25 hours representing students through the following means: Exec meetings, 121s, committee meetings, fresher's fair, forums, organisation and holding of events and running campaigns

SU Part-Time Officers – 50 Units

This unit requires you to have completed:

- Hold a minimum of 1 forum per term
- A minimum of 50 hours representing students through the following means: Exec meetings, 121s, committee meetings, fresher's fair, forums, organisation and holding of events and running campaigns.

SU Sabbatical Officers – 50 Units

This unit requires you to have completed:

- SU Sabbatical Officer role for one academic year.

SU SOCIETIES

SU Society Execs – 25 Units

This unit requires you to have completed:

- Compulsory initial training
- A minimum of 12 hours a term (committee meetings, general meetings, coaching sessions).

SU Society Execs (Essential Role) – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of activity in one academic year in an essential exec role.

Societies Guild Committee – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of this activity in one academic year.

SU SOCIETY STANDARDS

Bronze – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours of SU Society Exec activity
- Achieved Bronze standard.

Silver – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of SU Society Exec activity
- Achieved Silver standard.

Gold – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of SU Society Exec activity
- Achieved Gold standard.

SU SPORTS

SU Sport Execs – 25 Units

This unit requires you to have completed:

- Compulsory initial training
- A minimum of 12 hours a term (committee meetings, general meetings, coaching sessions).

SU Sports Execs (Essential Role) – 50 Units

This unit requires you to have completed:

- A minimum of 50 hours of this activity in one academic year as a President, Vice President, Secretary, Treasurer or Welfare Officer.

Essex Blades Committee – 25 Units

This unit requires you to have completed:

- A minimum of 25 hours of this activity in one academic year
- Attending weekly Essex Blades Exec Committee Meetings.

TEACHING TALENT DEVELOPMENT PIPELINE

Teaching Talent Development Pipeline – 50 Units

This unit requires you to have completed:

- 50 hours classroom experience
- An 'Insight Into Teaching' event
- 3 professional development workshops
- A reflective learning log to track and monitor personal development
- Created a teaching resource to be used in the classroom.

THINK

THINK – 25 Units

This unit requires you to have completed:

- Attended a total of 7 debates throughout your time at Essex
- Attended a total of 6 seminars throughout your time at Essex.

TRANSLATION CHALLENGE

Translation Challenge – 25 Units

This unit requires you to have completed:

- The Translation Challenge successfully.

UROP

UROP – 50 Units

This unit requires you to have completed:

- 100 hours on placement
- 2 UROP Journal Entries (start & end)
- 4 Moodle Modules.

VTEAM

vTeam – 25 Units

This unit requires you to have completed:

- At least 25 hours of volunteering (within a one-off, regular project or a volunteering placement with a charity).

vTeam – 50 Units

This unit requires you to have completed:

- At least 50 hours of volunteering (within a one-off, regular project or a volunteering placement with a charity).

vTeam Communications Officer – 50 Units

This unit requires you to have completed:

- At least 50 hours volunteering (within a one-off, regular project or a volunteering placement with a charity)
- Session leader training.

vTeam Session Leader – 50 Units

This unit requires you to have completed:

- At least 50 hours volunteering (within a one-off, regular project or a volunteering placement with a charity)
- Session leader training.

vTeam Project Leader – 50 Units

This unit requires you to have completed:

- At least 50 hours volunteering (within a one-off, regular project or a volunteering placement with a charity)
- Project Leader training
- Volunteer training
- Self-reflective log.

WORK PLACEMENT

Work Placement – 25 Units

This unit requires you to have completed:

- Your own work placement (outside of your course) and working a minimum of 25 hours in this placement.

Work Placement – 50 Units

This unit requires you to have completed:

- Your own work placement (outside of your course) and working a minimum of 50 hours in this placement.

PERSONAL DEVELOPMENT AWARDS

Want more? Each year we recognise students who have gone above and beyond throughout their Big Essex Award journey by awarding Personal Development Awards.

Here's what some of our Personal Development Award winners from previous years have achieved through the Big Essex Award.

COMMUNITY VOLUNTEERING AWARD

Amez Sulaiman

Amez was involved in many vTeam projects and teaching English to refugees and migrants with the local 'Fresh Beginnings' group. Amez was commended for their work with the 'Community 360 Organisation' whereby they worked as a caseworker and group leader working with vulnerable women to improve their social and educational outcomes.

MENTORING AND ADVICE AWARD

Godspromise Adeosun

Inspired by gang culture and crime in the community, this student set up an online mentoring programme and motivational blog. Godspromise is now a mentor for UCAS in conjunction with the 'Brightside Mentoring Project', inspiring and coaching young people applying to university.

INTERNATIONAL IMPACT AWARD

Rasheedat Olarinoye

Working with the Enactus team, Rasheedat worked on the 'She Inspires' project in Ghana, empowering sex trafficked women to set up their own businesses. Inspired by this, Rasheedat set up her own project, 'Heart of Nigeria', in her home community and has managed to raise over £900 from the University's Click funding.



GET IN TOUCH...

If you have any questions or would like to find out more here's how to get in touch with the Big Essex Award team:

T 01206 872494

E bige@essex.ac.uk

Or just come and see us at the Employability and Careers Centre on Square 2.