EMPLOYABILITY AND CAREERS

EVENTS AND WORKSHOPS
SPRING 2018

CAREERHUB+
University of Essex
WELCOME TO
EMPLOYABILITY
AND CAREERS

It's spring, the perfect time to be thinking about life after university!

From your first to your final year, we have an exciting programme of talks and workshops to help you brush up your existing employability skills, learn new ones and get you confident about applying for graduate jobs. Whether you want to put together a top-notch CV, practice your interview skills or boost your professional online presence, we have the event for you.

We've even got Times Top 100 companies coming onto campus to give you tips on how to get a dream job with them after you graduate.

You will be able to view and book the majority of our events two weeks before they take place by going to:
www.essex.ac.uk/see/careerhub
Check back frequently for the most up-to-date event listings.

Prefer a 1:1? No Problem
Drop in to the Employability and Careers Centre on Square 2 and get some on-the-spot advice or book an appointment with one of our Careers Advisers.

Remember
CareerHub+ resources have launched so get online and build your CV, find job vacancies and even practice your interview technique 24/7 from any device.

Colchester Square 2
T 01206 87 2494
E careers@essex.ac.uk
➡️ www.essex.ac.uk/careers

@UoE_Careers
@EmployabilityAndCareersEssex
@essex_ecc

SAVE THE DATE!
TUESDAY 24 APRIL
11.00AM - 3.00PM
THE SUCCESSFUL SERIES

The Successful Series gives you the winning formula to perfect CVs, cover letters and application forms, hints and tips for acing interviews and making a lasting impression face-to-face. These workshops are vital for anyone wanting part-time work or even that dream job after graduation. It’s never too early to learn employability skills!

► Successful CVs
  24 January  2.00 - 2.50pm
  20 February  10.00 - 10.50am

► Successful Applications
  31 January  2.00 - 3.30pm
  27 February  10.00 - 11.30am

► Successful Interviews
  14 February  2.00 - 3.30pm
  6 March  10.00 - 11.30am

► Successful Applications:
  Applying for Postgraduate Study
  6 February  11.00 – 11.50am

► Successful Applications:
  Frontrunners
  7 March  2.00 - 2.50pm
  19 March  11.00 - 11.50am

THE HOW TO HANDLE SERIES

Have you thought about what you can do now to help you negotiate the competitive job market when the time comes? The How to Handle Series will give you the edge over the competition. From making yourself stand out in your professional online profile, to navigating the tricky assessment stages of the interview process, we’ve got you covered.

► How to Handle LinkedIn Basic Skills
  22 January  11.00 - 11.50am
  21 February  2.00 - 2.50pm

► How to Handle LinkedIn Advanced Skills
  29 January  11.00 - 11.50am
  14 March  2.00 - 2.50pm

► How to Handle Numeracy Tests
  26 January  10.00 - 11.30am

► How to Handle Assessment Centres - with Lidl
  27 February  2.00 - 3.30pm

► How to Handle Presentations
  12 March  11.00 - 11.50am

For more information or to book a place check out www.essex.ac.uk/see/careerhub
We have brought together an exciting range of companies to deliver engaging sessions on exactly what graduate recruiters are looking for and to provide you with excellent networking opportunities.

**Working at IBM – Placements and Other Exciting Opportunities**
8 February 11.00 - 11.50am
Ever wondered what it's like to be on placement at a global firm? Hear from an Essex student currently on placement at IBM all about the selection process, opportunities available during the placement, an account of their own experience at IBM and of course, next steps.

**How to Handle Assessment Centres – with Lidl**
27 February 2.00 - 3.30pm
This interactive workshop aims to build your confidence by gaining practical experience of what an Assessment Centre involves.

We are very excited to welcome Lidl, a Times Top 100 Graduate Employer, onto campus to deliver this workshop. Activities will include live exercises that mirror the graduate scheme assessments and direct entry procedures of Lidl and give an insight into what assessors are looking for. They will also offer advice on the whole application process, from CV to interview and give tips on how to best portray yourself at every stage.

**Women in STEM: Building Confidence**
8 March 10.00 - 1.00pm
If you’re a female student studying a degree in Science, Technology, Engineering or Maths disciplines, then you’re a woman in demand! The possibilities of where your STEM degree can take you are endless.

Come to the University of Essex Women in STEM half day conference to hear inspiring career stories and network with female professionals working in a range of science and technology fields. Companies represented in previous years include Cancer Research, IBM, Paddy Power Betfair and Hotels.com.

Includes a free networking lunch.

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Employability and Careers events and workshops are as diverse as the Essex student body. Don't miss these special events.

**CareerHub+ : Introducing Employability and Careers Online**
23 January 10.00 - 10.50am
20 February 2.00 - 2.50pm
13 March 10.00 - 10.50am
Experience the digital sensation that is career resources online, 24/7 on any device. Learn how to get the most out of the CV builder, find out how to make really smart research choices, write an elevator pitch and so much more!

**Careers in Psychotherapy and Counselling**
29 January 4.00 - 4.50pm
A chance to discover the diverse range of challenging and rewarding careers in this field. Find out about the different orientations, what it takes to be a good counsellor or therapist and how to train. Open to all degree disciplines.

**Being Disability Confident**
13 February 2.00 - 3.30pm
A chance to explore and raise questions about applying for jobs as a disabled candidate and being disability confident with potential employers.

**Generation Essex**
5 March 12.00 - 2.00pm
An exclusive event for all final year undergraduate students. Come along to ensure you are fully prepared for life after university. Whether you have a plan or are still not sure, we can help you find your way.

Includes a free networking lunch.
GET INVOLVED

Employability and Careers is more than just graduate jobs and careers advice. It's also about providing those extracurricular opportunities that will make your CV shine.

Essex Interns
Get ready for work. Paid extracurricular internships – part-time while you study, full-time during vacations and available for up to three years after graduation. Develop skills, gain experience and get paid.

► www.essex.ac.uk/careers/internships
E internships@essex.ac.uk

■ Find out more by attending one of our workshops
25 January 1.00 - 1.50pm
12 March 1.00 - 1.50pm

Big Essex Award
The University’s employability award aims to help identify the skills you’ve developed over your time at Essex so that you can show future employers why they should hire you. The award will recognise the extracurricular and voluntary activities that you complete during your time at Essex, both on and off campus. All Big Essex Award activities will also go on your HEAR!

► www.essex.ac.uk/careers/bige
E bige@essex.ac.uk

■ Find out more by attending one of our Information Sessions
Tuesdays 1.00 - 1.30pm
Thursdays 12.00 - 12.30pm

Frontrunners
Frontrunners is the University’s unique on-campus placement scheme, allowing you to develop your skills and get real work experience! Visit our webpage for up-to-date information on what placements are available and when.

► www.essex.ac.uk/frontrunners
E frontrunners@essex.ac.uk

■ Find out how to apply by attending one of our workshops
7 March 2.00 - 2.50pm
19 March 11.00 - 11.50am

UROP
UROP - the Essex Undergraduate Research Opportunities Programme that gives you the chance to assist established researchers with one of their research projects. During the placement you will gain new skills that will not only help you in a final year dissertation project, but also in your future career prospects.

► www.essex.ac.uk/urop
E urop@essex.ac.uk

■ Find out more by attending one of our Information Sessions
23 January 11.00 - 11.50am
5 February 2.00 - 2.50pm

Thinking about a Placement Year?
Have you ever considered doing a placement year? Now is your chance to discover how you can! Most courses at Essex offer the chance to work a year in industry between your second and final years, so why not turn up to find out how you can secure a placement as part of your degree.

■ Find out more by attending one of our workshops, suitable for first and second year students considering a placement year in the future.
30 January 11.00 - 11.50am
22 February 11.00 - 11.50am
5 March 3.00 - 3.50pm

For more information or to book a place check out
www.essex.ac.uk/see/careerhub
Essex Startups
Brave enough to be your own boss and set up a business? Whether you already have your own company or just a great idea, our business coach offers a support package just for you.

- [www.essex.ac.uk/careers/enterprise](http://www.essex.ac.uk/careers/enterprise)
- startups@essex.ac.uk

Events this term
- Mini Bootcamp: Creating and Validating Business Ideas
  29 January 1.00 - 5.00pm
- Mini Bootcamp: Modelling and Planning your Business
  12 February 1.00 - 5.00pm
- Basic Accounting for Start-Ups
  12 February 5.00 - 6.00pm
- Mini Bootcamp: Refining your Business Idea
  19 February 1.00 - 5.00pm
- Presentation Skills (Online Webinar)
  20 February 5.00 - 6.00pm
- Mini Bootcamp: Get Business Ready
  26 February 1.00 - 5.00pm
- £100 Challenge
  1 March From 6.00pm (24 Hour Challenge)
- Networking Evening and Pitching Opportunity
  6 March 6.00 - 8.00pm

Eastern Arc Start-Up Weekender
24 March 9.00am - 25 March 6.00pm
Run with the University of Kent and University of East Anglia, we are holding an entrepreneurial adventure at Essex Outdoors. You get the opportunity to be entrepreneurial, network and have fun with free outdoor activities, free accommodation and free food. During the two days you will develop business ideas that contribute to the UN Sustainable Development Goals, plus improve your presentation skills. At the end of Day 2 you can present your idea and win fantastic prizes.

For more information or to book a place check out
[www.essex.ac.uk/see/careerhub](http://www.essex.ac.uk/see/careerhub)
HOW TO FIND US

WE ARE HERE

Colchester Square 2
T 01206 87 2494
E careers@essex.ac.uk
▶ www.essex.ac.uk/careers
 אחרת @UoE_Careers
facebook /EmployabilityAndCareersEssex
instagram /essex_ecc