

Accessing the Career Zone

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Career Zone can help:

Self awareness & decision making

1-to-1 appointments
Skills and advice workshops
Online tools

Networking

Careers Fairs
Networking events
Career Mentor Scheme

Internship & job applications

CV, applications and interview sessions
Exeter Award & Leader's Award
1-to-1 appointments

Explore your job options

Alumni events
Employer presentations
Sector webpages



Work Experience

MyCareerZone – find jobs &
internships
Placement modules

Career Decision Making is an ongoing process

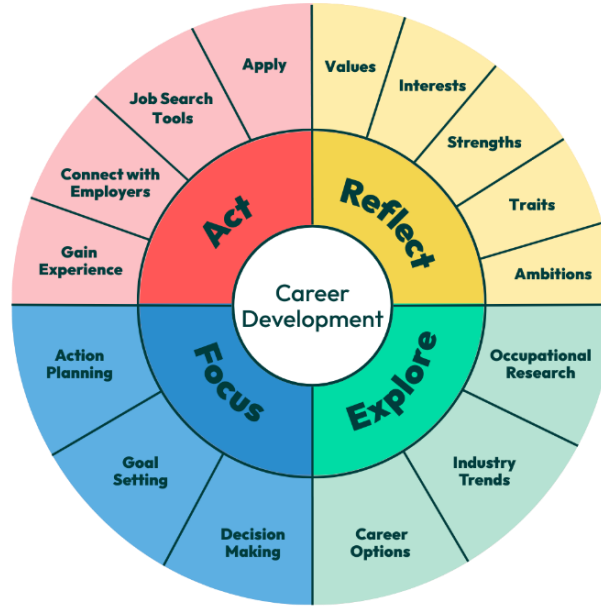


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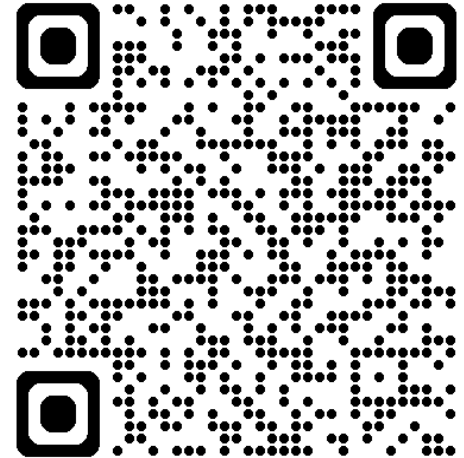


Career Development Framework



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REFLECT ...”Know Yourself!”

- Identify what kind of **knowledge** you want to use?
- Explore your **passions** and **interests** – examine why these things are important to you
- Consider what **skills** you want to use? What do you **enjoy**?
- Explore the kinds of **working environment** you are most happy in?
- What’s important to you- **values**? Work/life balance/money?



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Transferrable Skills

Skills you have gained which you can demonstrate are applicable to a job role.

Eg. where have you demonstrated :

-  Problem solving
-  Resilience
-  Teamwork

Think – part time work, study, work experience, voluntary work, teams....



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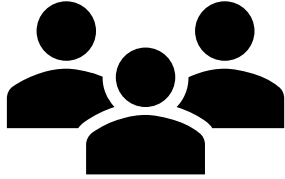
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Values – what's important to you?

Values are uniquely held, personal beliefs of importance which help us to behave and make choices which align with the way we see the world.

- Family
- Profit / Financial Gain
- Adventure
- Stability
- Competition



- Planet
- Uniqueness
- Creativity
- Curiosity
- Justice

- Wellbeing
- Family
- Honesty
- Respect
- Learning
- Fairness



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EXPLORE – What do Exeter students do after graduation?

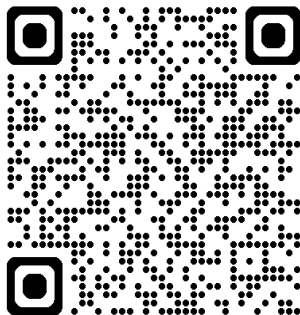
- Career Zone website – www.exeter.ac.uk/careers

- Career research and planning
- Explore
- Explore options beyond your Degree
- Choose Faculty
- Select subject



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- **84% of graduates in or due to start employment or further study 15 months after graduation**

(HESA Graduate Outcomes Survey 2023/24)



- **Exeter graduates in the UK's top 10 for most targeted by leading employers**

(Graduate Market in 2025 report by High Fliers Research)

Explore

Step 1. Online resources: eg. Career Zone, Prospects.ac.uk

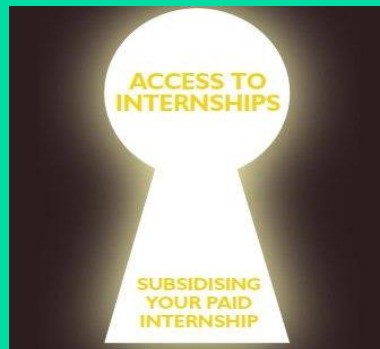
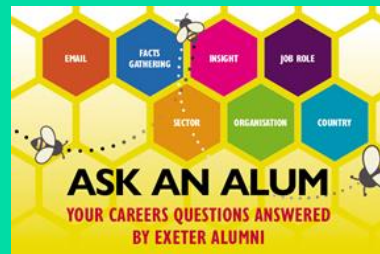
Step 2. Talking to people: eg. careers events, Mentor Scheme

Step 3. Gaining experience: Work experience? Work shadowing /work experience/placements/study abroad/work abroad



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What are employers looking for? (Bright Network 2025)

Skills valued most

Insights from students

Q. What do you think employers value most in graduates joining their scheme(s)?

Existing industry experience	1
Problem-solving skills	2
Passion for the business	3
Communication skills	4
Confidence	5
A 2.1 or above	6
Commercial awareness	7
Resilience	8
Organisation & team management skills	9
Teamwork	10
Digital skills	11
Leadership skills	12

Insights from employers

Q. What do you value most in graduates joining your scheme(s)?

Passion for the business	1
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A 2.1 or above	10
Confidence	11
Existing industry experience	12



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ACT – Gain experience

- Part time/casual work/previous work /career
- Voluntary work – Charities, Societies
- Work Placements –
 - professional placements as part of Degree
 - 12 months (3rd year of Degree) – UK or Abroad?
 - Part of a module
- Vacation/ Summer internships



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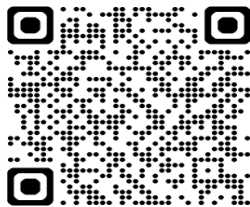
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ACT - Gain experience

- **University of Exeter Schemes include:**

- Professional Pathways
- Aspiring Teachers
- Green Consultants
- Global Leaders



- **University of Exeter Internship opportunities:**

- Student Campus Partnerships
- Student Business Partnerships
- Access to Internships



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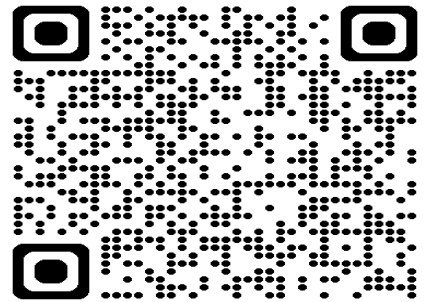
Access to Internships (A2I)

- provides support and funding to help eligible students arrange a paid internship in the UK – 80 or 140 hours (4 weeks).
- students can apply for one employer subsidy and one 'Help Getting to Work' bursary, per year.
- 3 different types of funding:
 - a. University of Exeter Internship (with an Academic or Professional Service) - £14.12 an hour
 - b. SME (less than 250 employees), Charity or Statutory Organisation - £12.60 an hour
 - c. 'Help Getting to Work' Bursary - up to £250



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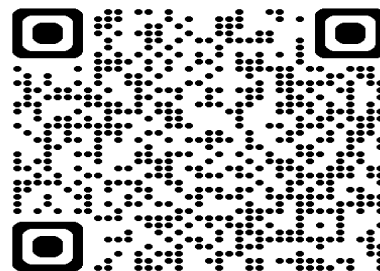
Create your Future

- **Unique to Exeter** a personal and professional development programme which is compulsory for first year students. It consists of **two short sessions and online learning over three weeks** during the first year, and all sessions **appear on students timetable**.
- During the programme, students will hear from **graduates from their discipline**, explore different **career options**, learn about how to **articulate their skills in applications and interviews**, and explore the range of **Career Zone opportunities** that will help to **develop their skills** throughout their degree.
- Whether students **haven't started thinking** about their future career plans and ideas yet, **have a clear idea in mind**, or already **have experience** in a specific sector, the content of the programme is **customised**. Students finish the programme with some **practical next steps** including relevant signposting to Career Zone support



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mycareerzone

Introducing My Career Zone,
our new careers platform.
Giving you the same
great support in a new,
easier-to-use space.



Employability Awards



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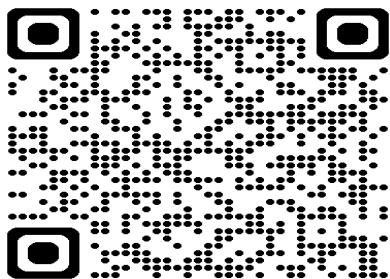
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Exeter Award: What's involved?



Online resources:

www.exeter.ac.uk/careers/equality/



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Career Zone > Career Research and Planning > **Supporting Equality and Diversity**

Supporting Equality and Diversity

Jobseekers and employees are protected from discrimination by The Equality Act 2010 on the basis of certain characteristics such as age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

We understand that you may have concerns or queries around these areas and more when career planning and job seeking, so in this section we have pulled together information and advice on common equality and diversity issues you may face, sources of support and positive employers and programs they offer.

Student and Alumni Profiles

In celebration of International Women's Day (8th March 2020) read a range of stories from our current students and graduates. They share both their career plans/ideas, and also top tips and advice on how to reach out for help and support and how they've enhanced their employability



that you are either facing or have overcome in realising your future career plans and aspirations?

My main barrier has been having to juggle motherhood with pursuing higher education. With my daughter's health issues, I usually have to dedicate a considerable amount of time caring for her when she's not at school. My future dream job (HM Customs) will mean having to travel around the country; and might be challenging with caring

Specific EDI Pages

- Care Leavers / Care Givers
- Carers
- Criminal Convictions
- Disability
- Ethnicity
- First Generation Students
- Gender
- General Social Mobility Support
- Gypsy, Traveller, Roma, Showmen & Boater (GTRSB)
- Low Socioeconomic Background
- Mature Students
- Military Families
- Refugee and Asylum Seekers
- Sexual Orientation

Podcasts

Creating Career Confidence



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Unsure about your next steps after university?

University life can feel overwhelming, especially when thinking about the future. If you're neurodivergent, have a mental health or longer-term health condition, or specific learning difficulties eg. dyslexia, dyspraxia, this can be magnified even more.

Support available through Creating Career Confidence will help you:

- Gain more confidence and increase resilience in approaching career decisions, including disclosing a disability.
- Discover your strengths, skills and values.
- Explore how to find supportive employers and opportunities.
- Gain an insight into recruitment processes and support available through reasonable adjustments.



And it counts towards the
Exeter Award!



Find out more and sign up.





www.exeter.ac.uk/careers



Contact us

Via the Live Chat icon at the bottom of our webpages

Email careers@exeter.ac.uk



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Get in touch.....

- **Face to face** – Career Zone, The Forum Building
- **Email** at careers@exeter.ac.uk
- **Live chat** to us online – www.exeter.ac.uk/careers.
- Check out our **FAQs**:
<https://www.exeter.ac.uk/careers/about/faqs/>
- **Social Media:**
 - Instagram (<https://www.instagram.com/uoeacareerzone/>)
 - TikTok account
(<https://www.tiktok.com/@uoeacareerzone?lang=en>)
- **Kate Foster** – k.i.foster@exeter.ac.uk



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