

Activity Title		Criteria to Complete Activity
1	Academic English modules	Complete at least 9 hours of additional Academic English modules over two terms alongside your compulsory modules.
2	Accommodation Representative	Complete a minimum of 4 shifts in one academic year.
3	Advocacy Training	Complete advocacy training and all co-session activities. Practice advocacy techniques in the fictional scenarios provided and reflect on your skills development.
4	Be Me – Black and Ethnic Minority Entrepreneurs programme	Complete a six-week programme and participate in the culminating pitch event.
5	Career Mentoring	Complete 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 and a reflection and evaluation.
6	Citizens UK - Community Organising	Minimum of 19 hours including: Undertaking a listening campaign; Reflecting on findings and identify pertinent issues; Articulating a well-formed campaign goal; Planning a campaign; Implementing a campaign; Reflecting upon the effectiveness of campaign actions.
7	Click Crowdfunding - Group Project Initiator	Attend at least 1 Click workshop. Working as part of a team, club or society to create design and successfully fund a project.
8	Click Crowdfunding - Individual Project Initiator	Attend at least 1 Click workshop. 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 fundraising target.
9	Client Interviewing Competition (national competition, national finalist)	Win the Regional Client Interviewing Competition Final, represent the University of Essex at the National Client Interviewing Competition.
10	Client Interviewing Competition (national competition, regional finalist)	Win the University of Essex Client Interviewing Competition, represent the University of Essex at the Regional Client Interviewing Competition.
11	Colchester On-Campus Arts	Attend a total of 3 exhibitions or theatre performances at Art Exchange and the Lakeside Theatre, 6 talks, Q&As or discussion sessions at the Art Exchange or the Lakeside Theatre and participate in 2 object-based learning sessions and 3 drama, music or art classes with critiques in the Hex (or the online equivalent to these activities).
12	Community Volunteering - 4 units	Complete between 19 and 99 hours volunteering in an academic year.
13	Community Volunteering - 5 units	Complete 100+ hours volunteering in an academic year.

14	Competition Trained Client Interviewer	Complete interviewing training and participate in the University of Essex Client Interviewing Competition.
15	Competition Trained Negotiator	Complete negotiation training and participate in the University of Essex Negotiation Competition.
16	Empower - Female Founders programme	Complete a six-week programme and participate in the culminating pitch event.
17	Essex Abroad Ambassador	Work as an Essex Abroad Ambassador for a minimum of 20 hours, creating social media posts, blogs, and meeting (online or face to face) prospective students.
18	Essex Blades Committee	Complete a minimum of 25 hours of this activity in one academic year; Attend weekly Essex Blades Exec Committee Meetings.
19	Essex Interns	Complete a paid internship organised through Essex Interns (minimum 60 working hours).
20	Essex Startups - The Big Idea	Complete the Essex Startups Summer Bootcamp; business plan and The Big Pitch Event
21	Essex Startups Weekender	Attend the Essex Startups Weekender and submitted a business plan to the unit supervisor.
22	Essex Student Journal Author	Have your work published in the Essex Student Journal.
23	Faculty Convenor	Complete introductory training; Attend all required University meetings (approx. 12); Minimum of 20 hours course rep contact time over one academic year.
24	Futurist – Science and Tech Programme	Complete the six-week programme and participate in the culminating pitch event.
25	Government Student Module Representative	Volunteer for at least 9 hours as specific module representatives within the Government department.
26	International Internships	Apply for and successfully take part 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.
27	International Students Association (ISA) Volunteering	Complete at least 19 hours of volunteering through the ISA.
28	Internships	Complete a minimum of 50 hours in a paid internship NOT organised via Essex Interns.
29	i-Teams	Complete 25 hours a made up of 18 hours of session time (3 hours per week over 6 weeks); Meetings outside of session time each week to develop the project.
30	Languages for All Express	70% overall attendance at class; Completing all three assessments; Achieving an overall mark of 60% or more.
31	Languages for All Online Portfolio	15 hours of online lessons; Complete 2 assessments; Achieving an overall mark of 60% or more.

32	Law Commercial Awareness Programme	Attend 4 commercial awareness workshops, prepare research for each workshop and present on the topics covered in the session.
33	Law Competition Coordinator (volunteer)	Volunteer as the Law Competition Coordinator for an academic year.
34	Law Stars (Core)	Work as a Law Star for at least 2 terms.
35	Law Stars (Senior)	Work as a Senior Law Star for a full academic year.
36	Mediation Training	Complete mediation training and all co-session activities. Practice mediation techniques in the fictional scenarios provided and reflect on your skills development.
37	Mentoring for Language Skills	Complete a minimum of 25 hours of this activity.
38	Mooting Competition (national competition)	Win the Regional Final, going on to represent the University of Essex in a national mooting competition.
39	Mooting Training and Competition	Complete Mooting training and all co-session activities. Compete in the University of Essex Mooting Competition.
40	Negotiation Competition (national competition)	Win the Regional Negotiation Competition, represent the University of Essex at the National Negotiation Competition.
41	Negotiation Competition (regional competition)	Win the University of Essex Negotiation Competition, represent the University of Essex at the Regional Negotiation Competition.
42	Outreach Mentor	Completed training and work as an Outreach Mentor supporting year 9 students in local schools through mentoring, personal and academic support for at least 25 hours.
43	PAL Mentoring	Complete at least 20 hours of PAL mentoring support for students within Economics, Essex Business School, Essex Pathways, Sociology and Government (Q-Step) departments.
44	Part-time work - 4 units	Complete between 19 and 99 hours of paid work during one academic year.
45	Part-time work - 5 units	Complete 100+ hours of paid work during one academic year
46	Peer Mentor	Completed compulsory Peer Mentor Training (face-to-face and online); completed at least 20 hours of mentoring activities over one academic year.
47	Peer Mentor (Returning)	Completed compulsory Peer Mentor Training (face-to-face and online); completed at least 20 hours of mentoring activities over more than one academic year.
48	Placement Preparation Programme	Attend at least two workshops from the Placement Preparation Series or the Placement Preparation Conference and attended a Placement Support Drop-in session.
49	Placement Student Ambassador	Complete Ambassador/Mentor Training - face to face or online alongside Moodle modules on Unconscious Bias, Safeguarding, and Equality & Diversity, and will have participated in at least 25 hours of activity from the outlined selection.
50	Psychology Research Experience Scheme (RES) - 3 units	At least 9 hours participation over 2 or fewer terms.

51	Psychology Research Experience Scheme (RES) - 4 unit	At least 19 hours participation over the course of at least one term.
52	Psychology Research Experience Scheme (RES) - 5 unit	At least 50 hours participation over the course of a year on an impactful project or where you held a position of responsibility.
53	Psychology SHOUTS	Volunteer for at least 19 hours over two terms in Psychology SHOUTS.
54	Psychology-CSEE Joint Research Experience Scheme - 3 unit	Complete at least 9 hours volunteering on a research project outside of your department (CSEE or Psychology) or on a cross-department project over the course of 2 or fewer terms.
55	Psychology-CSEE Joint Research Experience Scheme - 4 unit	Complete at least 19 hours volunteering on a research project outside of your department (CSEE or Psychology) or on a cross-department project during a single academic year.
56	Psychology-CSEE Joint Research Experience Scheme - 5 unit	Complete at least 50 hours volunteering on a research project outside of your department (CSEE or Psychology) or on a cross-department project over the course of an academic year.
57	Rebel Committee	A minimum of 50 hours of this activity in one academic year.
58	Rebel Member	A minimum of 25 hours of this activity in one academic year.
59	Research Abroad	Apply for and successfully take part in a research abroad activity either through Essex Abroad or organised by yourself. The research programme abroad must last at least 2 weeks/14 days.
60	School of Law Career Development Series	Attend five scheduled lectures and produce two reflective statements which support your engagement with the series (500 words each).
61	Social Media Ambassador	Interview and training; Must complete a minimum of 20 hours of SMA work.
62	Sociology Study Support Mentors	Complete at least 19 hours of volunteering as a Sociology Study Support Mentor.
63	Sports Coaching	Complete training; Must complete at least 25 hours over one academic year.
64	Sports, Rehabilitation and Exercise Science Work Placement	Must complete a minimum of 25 hours of activity.
65	St John Ambulance Training and/or Fundraising Volunteer	Complete a minimum of 25 hours volunteering; Attend at least 6 of the weekly training session per term. Please ensure that you log your volunteering hours for this activity on the vTeam section of GradIntelligence.
66	Student Ambassador	Interview and training; Must complete a minimum of 20 hours of SA work.

67	Student Member of the Arbitrary Detention Redress Clinic	Complete 100 hours volunteering within the ADRU.
68	Student Council (Colchester)	Student Council representatives must attend 6 meeting a year, including task and finish groups where necessary and actively contribute to the discussions; They must 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.
69	Student Council (Southend)	Student Council representatives must attend 6 meeting a year, including task and finish groups where necessary and actively contribute to the discussions; They must 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.
70	Student Rep (returning)	Must have previously been a Student Rep; Complete introductory training; Attend all required Student Voice Group meetings (minimum 3); Minimum of 12 hours student rep contact time over one academic year.
71	Student Rep Bronze	Contribute to meetings and representation activities and attend relevant training. Accrued enough points to achieve the Bronze Rep Award from the Students Union.
72	SU Societies Standards Bronze	Achieve the Bronze Standard.
73	SU Societies Standards Gold	Achieve the Gold Standard.
74	SU Societies Standards Silver	Achieve the Silver Standard.
75	SU Society Execs	Compulsory initial training; Must fulfil a minimum of 12 hours a term contributing to organising your society.
76	SU Society Execs (Essential role)	A minimum of 50 hours of activity in one academic year in an essential exec role.
77	SU Society Execs (Essential role) Southend	A minimum of 50 hours of activity in one academic year in an essential exec role.
78	SU Society Execs Southend	Compulsory initial training; Must fulfil a minimum of 12 hours a term contributing to organising your society.
79	SU Sports Exec	Compulsory initial training; Must fulfil a minimum of 12 hours a term contributing to organising your sports club.
80	SU Sports Execs (Essential role)	A minimum of 50 hours of activity in one academic year in an essential exec role.
81	Summer Schools Abroad	Apply for and successfully take part 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.
82	Thrive: Flourish as a Freelancer	Complete a six-week programme and participate in the culminating pitch event.

83	Trainee First Aider	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 sessions per term. Please ensure that you log your volunteering hours for this activity on the VTeam section of GradIntelligence.
84	Volunteering Abroad	Apply for and successfully take part 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.
85	vTeam - 3 units	Complete up to 8 hours volunteering in an academic year.
86	vTeam - 4 units	Complete between 9 and 99 hours volunteering in an academic year.
87	vTeam - 5 units	Complete more than 100 hours volunteering in an academic year.
88	vTeam Communications Officer	At least 15 hours in Autumn Term and 15 hours in Spring Term in your related project. Hours need to be logged on your account; Have overall 50 hours of volunteering within a regular project, one-off or a VTeam placement. Hours gained from your related project are included; Attendance of Autumn and Spring Project Committee Training; Self-Reflective Paragraph submitted by May.
89	vTeam Project Leader	Completed at least 15 hours in Autumn Term and 15 hours in Spring Term in your related project. Hours need to be logged on your account; Have overall 50 hours of volunteering within a regular project, one-off or a VTeam placement. Hours gained from your related project are included; Attended the Autumn and Spring Project Committee Training; Submitted a Self-Reflective Paragraph by May.
90	vTeam Session Leader	Completed at least 15 hours in Autumn Term and 15 hours in Spring Term in your related project. Hours need to be logged on your account; Have overall 50 hours of volunteering within a regular project, one-off or a VTeam placement. Hours gained from your related project are included; Attended the Autumn and Spring Project Committee Training; Submitted a Self-Reflective Paragraph by May.
91	vTeam Southend - 3 units	Complete up to 8 hours volunteering in an academic year.
92	vTeam Southend - 4 units	Complete between 9 and 99 hours volunteering in an academic year.
93	vTeam Southend - 5 units	Complete more than 100 hours volunteering in an academic year.
94	Women in CSEE (WCSEE) volunteer	Complete at least 19 hours volunteering for the WCSEE during a single academic year.



95	YUFE Student Journey (extracurricular)	Participate in the YUFE student journey to complete academic or learning modules in addition to your studies
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