



University of Essex

# CAREERS SUPPORT FOR INTERNATIONAL STUDENTS



# AT ESSEX, WE'RE INVESTED IN YOUR FUTURE.

We believe that the graduates who really succeed are the ones who put in that little bit extra. We support and encourage you to make the most of your time at university and beyond.

Work experience and transferable skills are an essential part of your life toolkit, along with an understanding of how to navigate the job market. At Essex you'll find a range of opportunities to help you build your career. We also help you find options for your future, whether you're planning on further study, starting your own business or embarking on your dream career either in the UK or abroad.

## DLHE (Destinations of Leavers from Higher Education) statistics\*

91%

of our EU students are in professional employment or postgraduate study within six months of graduating from Essex (DLHE 2016).

87%

of our international students are in professional employment or postgraduate study within six months of graduating from Essex (DLHE 2016).

*\*Statistics from 2016 are the latest available at the time of printing. More recent statistics will be updated on our website when they become available.*

## ENHANCE YOUR EMPLOYABILITY

Our courses are designed to equip you with a range of transferable skills and experiences which will make you attractive to future employers. All of our undergraduate degrees include a module on employability, with special emphasis on your area of study. We also offer a whole range of additional services, support and opportunities for you to develop yourself further to really stand out in front of future employers.

### An international experience

At Essex you'll find the world in one place with more than 140 nationalities represented on campus, and our global outlook is reflected in your student experience. Many of our courses offer you the opportunity to study or work abroad for a period of time, up to a year.

You'll have the opportunity to study a foreign language alongside your studies at no extra cost with our Languages for All programme. If English is not your first language, there's also plenty of support available to help you build your confidence in different situations.

Our Employability and Careers Centre offers information on holiday and post-graduation volunteering and paid work abroad. Such opportunities are great for gaining international experience and helping you gain work experience in an area related to your studies. We can also provide guidance on using your overseas qualifications for applying for work or study in the UK, including practical tips on how to include these in your CV.

[www.essex.ac.uk/careers/](http://www.essex.ac.uk/careers/)

### Student societies

Our student societies and International Students' Association are very active and help all students learn more about different cultures, languages and boost intercultural communication skills.

[www.essex.su](http://www.essex.su)

### The Big Essex Award

Our Employability Award lets you gain recognition for extra-curricular activities, which will then be recorded in your HEAR (Higher Education Achievement Record). There are three levels to the award – Bronze, Silver and Gold – so you'll have a chance to work through the levels during your time at Essex and impress your future employers.

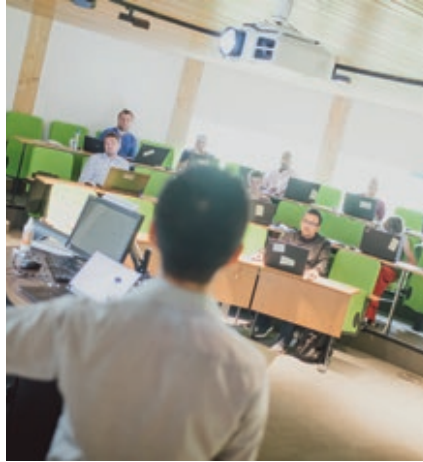
Activities that may count towards your Big Essex Award include part-time work, volunteering through the Students' Union vTeam, language learning through Languages for All, having an executive role in a student society or sports club, becoming a course representative, taking part in an undergraduate research placement and more.

[www.essex.ac.uk/careers/big/](http://www.essex.ac.uk/careers/big/)

### Employability workshops

We run and facilitate training and workshops on employability skills to help you successfully apply for work, both during and after your studies. Training includes help with creating the perfect CV, tips on how to excel at interviews and guidance on delivering a professional presentation. Training is also available on how to get the most out of networking and LinkedIn. Employers and employer organisations also offer talks on how to prepare for a career or training opportunities in their field.





## GAIN REAL-LIFE EXPERIENCE

Employers are always happy to see applicants who have previous work experience, and there are a number of ways in which you can gain some experience during your studies at Essex.

Our Career Hub job listings board lists vacancies for a wide range of part-time work opportunities, both on and off campus, including Frontrunner student placements, work in the Students' Union venues and services, opportunities to work as a Student Ambassador or Residence Life Assistant, and a whole range of jobs available through local businesses and organisations. You can also use Career Hub to search for full-time graduate jobs.

[www.essex.ac.uk/careers](http://www.essex.ac.uk/careers)

**“I was a Marketing Frontrunner for the Students’ Union. This was a fantastic opportunity to work on several successful projects, such as redesigning the SU website and managing the marketing department’s vital stats. My placement allowed me to gain insight and practical experience in marketing as well as develop commercial awareness, communication and project management skills. I feel that being a Frontrunner has definitely boosted my graduate prospects. It made me realise that I would like to pursue a career in marketing and helped me take a step further towards achieving this goal!”**

**Miruna-Daniela Ivan,**  
BSc Accounting and Finance

### Develop your research skills

Research is an important component of our degrees and all of our undergraduate students carry out their own research project at the end of their course. If you want to develop your research skills even further, our UROP (Undergraduate Research Opportunities Programme) allows undergraduate students to take part in ongoing research at the University as research assistants. This paid opportunity gives you training in research skills and may help you prepare for your final year dissertation or project. Placements are usually available in most university departments and students will benefit from working closely with their supervisor.

[www.essex.ac.uk/urop](http://www.essex.ac.uk/urop)

### Work placement as part of your studies

In most degree subjects we offer the opportunity for you to include a work placement year as part of your undergraduate degree – this will usually be a year-long paid work placement in industry, relevant to your field of study.

“For my placement year, I chose to head to the island of Samos, Greece, to join the Archipelagos conservation team and put what I’ve learnt from my marine biology degree into practice. I’ve had the chance to take part in an array of conservation activities, from fish population studies to data collection of turtles and dolphin strandings. I have also been attending two Greek language lessons a week to help immerse myself in the local culture. This marine conservation placement year is an exceptional experience. I would definitely recommend taking a placement year in order to enrich your degree and to get the most you can from your university experience.”

Emma Ward  
BSc Marine Biology

### Working in the UK as a student

Take advantage of the support available in preparing you for work in the UK, including essential information about National Insurance Numbers (NINO) which are required for anyone who wishes to work in the UK. Our International Services Team also provides information about immigration limitations on working in the UK as an international student.

### Immigration limitations on working in the UK during your studies

EU nationals currently have the right to work in the UK. Students from outside the EU will likely have restrictions on the hours they are permitted to work whilst studying in the UK. Such conditions should be detailed on the Student Visa stamp in your passport or Biometric Residence Permit. Please visit our Immigration website for further information.

[www.essex.ac.uk/immigration](http://www.essex.ac.uk/immigration)





# PLAN FOR YOUR FUTURE

When it comes to thinking about your future career, we're here to help to connect you with future employers and graduate training programmes. We can also help you find opportunities for further study or work experience, whether at Essex, elsewhere in the UK or abroad.

## Careers fairs

If you're looking for career opportunities in the UK, our large annual Career Fair and specialised Law and Teaching Career Fairs give you the chance to meet potential employers right on campus. In 2017, the Essex Career Fair saw over 50 employers, professional organisations and internship providers network with Essex students from all years and all levels of study. This is an opportunity to meet top recruiters face-to-face and get insight into what they're really looking for from their future recruits.

## Looking for work abroad

Our Employability and Careers Centre provides a range of information, advice and resources on applying for work abroad. Whether you're looking to return back to your home country or expand your horizons by working in another country, we can offer practical information, links to job listing sites and guides to applying for work outside of the UK.

Resources include access to Going Global, a worldwide job listings site, as well as opportunities throughout Europe and the US. Students can also access GradLink UK which is a specialist careers website designed to connect UK-educated students and graduates from China, India and Malaysia with leading graduate employers in their home countries.

[www.essex.ac.uk/careers/international](http://www.essex.ac.uk/careers/international)

## Essex Startups

If you're planning a future as an entrepreneur or have a great idea you want to turn into a business, Essex Startups can help you on your way. The Enterprise team offer a series of interactive sessions to help you develop your idea, create a business plan, streamline your brand and secure funding. You'll have the opportunity to compete for funding worth up to £3,000 for your new business, network with local companies and other entrepreneurs, and make use of the Essex Employability and Careers Centre's resources and advice. You can also seek funding for your idea or project through our Click Crowdfunding platform.

[www.essex.ac.uk/thankyou/crowdfunding](http://www.essex.ac.uk/thankyou/crowdfunding)

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

## Further study

If you'd like to further your education after your Essex degree, we offer guidance and information on applying for further study, whether you're looking to stay at Essex and take advantage of our tuition fee discount for alumni, or searching for opportunities abroad. You have access to online resources for finding a course; applying for funding or scholarships; and preparing for any testing that may be required.

## Practical advice

If you've decided to leave the UK to pursue your career, we offer information and resources on current employability trends and listings around the world, as well as guides to work permits, visas and other practicalities around applying for work overseas.



# HERE FOR YOU

Our support continues after you graduate, both through graduate resources from the Employability and Careers Centre, and our alumni network of nearly 95,000 global Essex graduates.

## Support for Essex graduates

All Essex graduates can continue to enjoy the benefits of their Essex membership and access careers support even after leaving the University. This includes access to resources, individual advice on CVs and job applications, as well as listings for graduate opportunities and internships on Essex CareerHub.

## Alumni network

As part of a global network of graduates from over 130 countries, you'll be connected to a network of professionals in all sectors, and will be invited to exclusive social and professional networking events, whether you're based in the UK or abroad. You'll also be able to access the Essex Alumni LinkedIn group and keep in touch with colleagues and classmates or connect with previous generations of Essex students.

[www.essex.ac.uk/alumni](http://www.essex.ac.uk/alumni)

**"I enjoyed every part of my university studies and learnt so much during my time at Essex. Not only did my mathematical ability expand beyond belief but I also developed skills for life. I was given the opportunity to attend CV writing workshops and apply for internships and felt very well prepared for the future, compared to my friends from other universities who didn't know where to start when applying for jobs. I have now successfully received a place on the Technology Analyst Graduate Programme with Citibank in London."**

Chloe Bacon  
BSc Mathematics





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