Planning your career

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In this session we will look at:

- Planning your career path
- The different options available to you
- How to improve your skills
- Where to search for jobs
- Interview tips
- How to access support
Some things to think about!

- What interests you about science?
- How ‘involved’ – or not – do you want to be?
- What do you enjoy doing?
- What are your skills, strengths, qualities?
- Your motivations and values?
- What sort of organisation do you want to work for?
- Your experience
- Not sure what you want to do – what are your next steps?
Successful Career Management for Life

Self-Awareness
- What motivates you?
- Skills assessment
  - Values
  - Dreams
  - Likes, dislikes
  - Strengths
  - Realism
  - Resilience
  - Review
  - Reflection
  - Repeat!

Opportunity Awareness
- Labour Market Information
- Knowledge of what’s involved
  - Realism
  - Contacts
  - Networking

Strategy for Securing a Position
- Top notch application documents
- Excellent interviewing techniques
To help you navigate your career path

- Assess your current motivation and capability
- Understand who you are becoming & what you can offer
- Create a vision of where you want to go
- Position yourself to make things happen
- Track your learning experiences & achievements
- Review and improve your performance
- Seek opportunities to develop your skills & experience
- Develop a clear and achievable personal development plan for you to follow
- Support ongoing reflective practice - invaluable to personal development

*In an ever changing world, managing your career is a lifelong process*
The Grow Model
Goal – Reality – Options/Obstacles – Will/Way Forward

Goal:
What do you want to achieve next?
What could achieving this lead to long term?
When would you like to achieve this by?

Reality:
What is your current position?
What, if anything, stops you from moving on?

Options:
What could you do?
What else?
What else?

Will:
What will you do?
What will be the first step?
Exploring Possibilities

Opportunity awareness ....

Think of 2 jobs you have considered at any point during your life.

How did you find out about them?

Often from: TV, friends, family
So.....what sort of jobs are available?

The next slide lists 15 jobs previously advertised on My Career HUB.

How many do you think you could have applied for with a science degree?
ALL of them
## Previous destinations of Healthcare Science students

### Science related
- Medical Lab Assistant – NHS
- Microbiology Lab Technician – Food Testing Company
- Quality Control Analysis – Pharmaceuticals
- Clinical Trials Assistant – NHS
- Scientific Officer – HE
- Optical Assistant
- Trainee Dispensing Assistant
- Management Officer – NHS
- Dental Technician
- Biomedical Scientist
- Medical Writer
- Cardiac Physiologist
- Medical Rep

### Alternative options
- Training and Development Executive
- Teaching
- Deployment Analyst – in a bank
- Technical Support
- Account Executive
- Business Analyst
- Hospitality Manager
- Forensic Investigator – Accountancy firm
- Logistics Assistant
- Associate Lecturer
- Account Manager
- Retail Manager
Policy

• National Government
• Learned Societies
• Charities
• Research Councils
Education

• Teaching
• Museums
• Associations
• Charities
Communication

• Journalism
• Publishing
• Writing
• Media
• Multimedia
How else can you explore career ideas?

• Use MMU’s [Researching your career options](#)

• [www.prospects.ac.uk](http://www.prospects.ac.uk) good starting point

• Use social media [LinkedIn](http://www.linkedin.com) is a huge resource - especially the alumni pages


• NHS Careers [www.healthcareers.nhs.uk/explore-role](http://www.healthcareers.nhs.uk/explore-role)

• Speak to people who are doing jobs that appeal to you
Stepping Stones

What might yours be?

- Volunteering?
- Internship/work experience: [Work experience in the NHS](#)
- Related job
  - In the same sector
  - Using the same skills
  - Developing some useful experience/contacts
- Further study or can you go directly in to the careers that appeal?
Network and make contacts

Where? Careers fairs, industry/professional body/institute events, employer networking events

• Go with an open mind, and don’t rule out any potential employers

• Make the most of the opportunity to talk to as many employers as possible

• Find out who they are, what they do, how did they get to where they are now and what opportunities are available

• You will be surprised by how many opportunities are suited to your degree

• Think logically, what are your immediate needs? Summer internship, 12 month placement, work experience, grad scheme?

Manchester Metropolitan University

Royal Society of Biology

IBMS Institute of Biomedical Science

STEM Women
graduate job & placement fair

Wednesday 31 October 2018 | 12.00 – 3.00pm
Employability Hub, Business School Building

Take charge of your future! Meet employers, find a placement or secure a job for after graduation.

Don't miss out!
Find out more and register now at mmu.ac.uk/gradfair
Interview tips

• **3 As:** Acquire, Acknowledge, Articulate
• Understand the organisation and their **values** eg: [The NHS Constitution for England](http://gmcareershub.nhs.uk/ForLearners/resources)
• [Whittington NHS Trust Core Values](http://gmcareershub.nhs.uk/ForLearners/resources)
• Research the job role
• Prepare your best examples
• Ask questions
• Positive body language
• Follow up email
• Ask for feedback
• Practice!
• [Interviewing Graduate Candidates](http://gmcareershub.nhs.uk/ForLearners/resources)
• [http://gmcareershub.nhs.uk/ForLearners/resources](http://gmcareershub.nhs.uk/ForLearners/resources) resources, documents and links to websites and organisations which can help you find out about roles in the NHS and plan your career path.
Different types of questions

**Competency:** Describe a time when you have worked effectively as part of a team

**Use the STAR technique**

**Scenario:** What would you do if.................

**Strength:** What’s your greatest professional strength?

**Motivation:** Where do you see yourself in 5 years' time?
Where to look for opportunities

IAESTE

Careers Guide: Scientists seeking employment
Your Careers Service is there to help you

- 1:1 advice and guidance
- Application & CV checking
- Interview preparation
- Resources
- Job opportunities
- Events and workshops
- Help available after you graduate

Visit [mmu.ac.uk/careers](http://mmu.ac.uk/careers)

Call us on 0161 247 3483

Email us on careers@mmu.ac.uk
It’s ok not to know what you want to do, but...
Make the most of opportunities
It’s ok to make mistakes & fail
Ask for feedback
Take risks
Your first job might not be your career defining one
Don’t give up on your dream job
Give yourself one action point from today’s event
Thank you for listening

Any Questions...
Just Ask!