



*Helping you
look up, look
forward and
be in the know*

FutureMe

www.uhi.ac.uk/careers

Careers and Employability Centre

Iain Eisner

Helen Anton

'Look up, look forward, be in the know'



Helen Anton
Careers and
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Officer



Iain Eisner
Career Manager



Nicola Smith
Head of Careers
and Employability



And there are others.....meet our CDEEO's



Lorna Ferguson

Applied Life Studies
Humanities, Education and
Gaelic



Alana MacLeod

Business, Management
and Leisure/Creative
Industries



Audrey Decou

Science, Technology and
the Environment/
Engineering and the Built
Environment



Academic year 2020/2021

- 268 'face to face' meetings
- 1,192 workshop attendees
 - 20,300 website visits
- 2,476 students used 'FutureMe'
- 3,260 vacancies published within JobShop
- 1,831 Facebook Followers and 611 on Twitter



What are we going to consider today?

- *'Future Fit'*
- *Perspectives on our 'careers'*
- *Our key messages to students*
- *What we offer*
- *FutureMe*



On a scale of 1-10 how would you rate yourself?

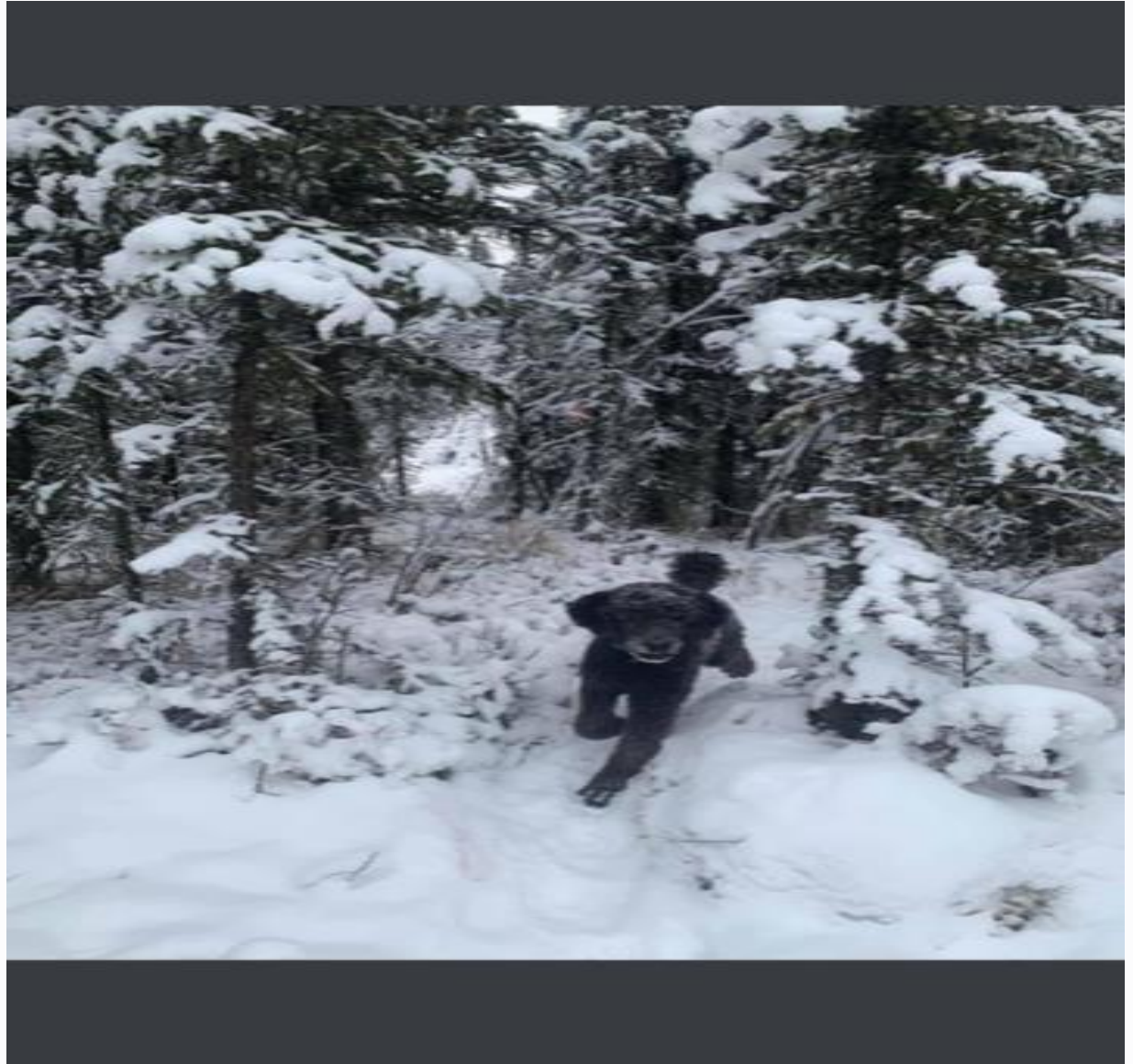
- *You are preparing yourself right now for the workplace after your study with the university*
- *You are clear about the skills and strengths you have*
- *You view your future with excitement and optimism*
- *Life does not always go the way we would like. How would you rate your resilience/ability to 'bounce back'?*
- *I am effective at looking a few moves ahead to seize opportunities and thinking out of the box*
- *I understand the world of work in relation to change, unpredictability, opportunities and chance?*



- *You make the most of the all the learning and development opportunities available to you through the UHI and elsewhere?*
- *How effective is your Network? You can identify people who support, advise and encourage you?*
- *How comfortable are you with career uncertainty?*
- *You know where to go for help to support your career development?*



Perspective.....



Perspective on career development?

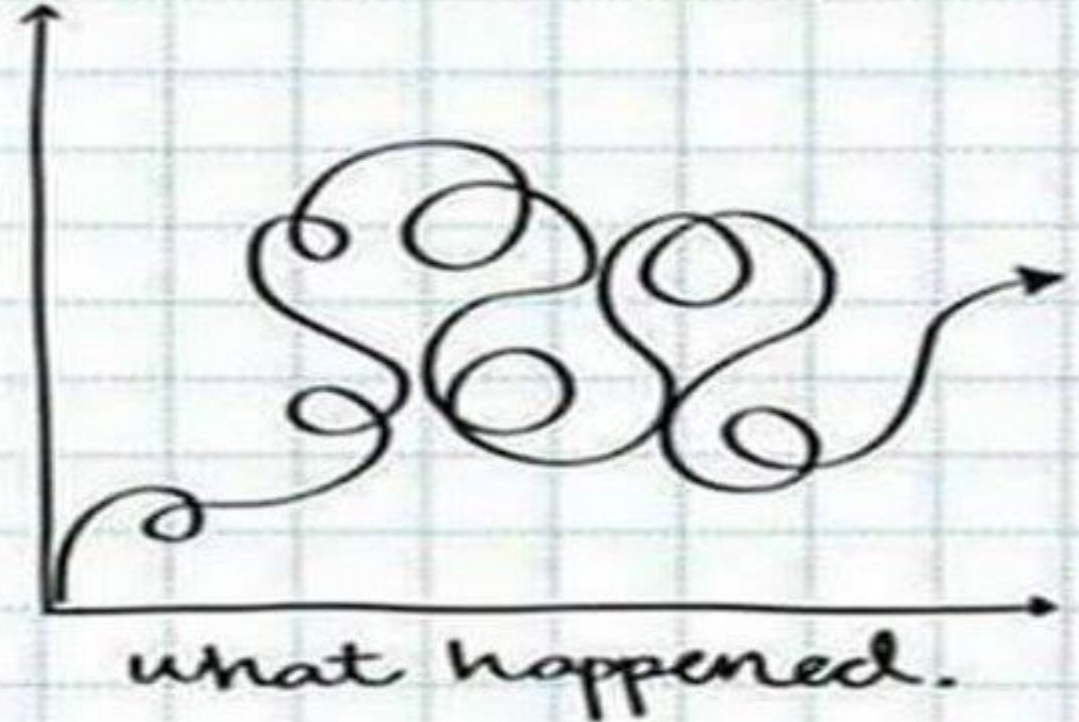
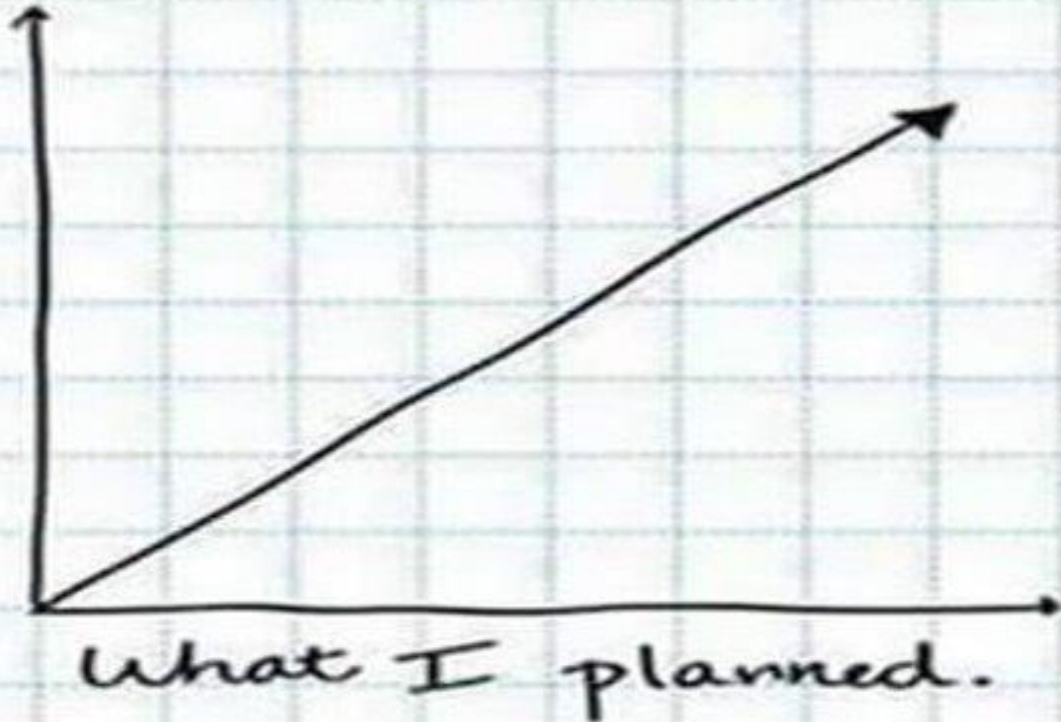
- Explore self (Tests)
- Explore occupations (Information)
- Match individual traits and choose a “best fit” career
- Develop a career plan to get there
- Implement that career plan
- Work hard, be secure



1909



Story of my life



**Studies report
that between 70% - 100%
adults report that *unplanned* factors
have led them to the career
they currently find themselves in.**

Bright, Pryor and Harpham 2005



Change

Chance

Complexity



We encourage students to reflect on.....

- We have limited knowledge and control over our futures
- Becoming comfortable with uncertainty – it's the new normal!
- The significance of unplanned events
- Your career is not a 'once and done' and unlikely to be linear
- Your qualification will not define you
- Change is inevitable – use it, don't fight it
- Your ability to use your intuition, your strengths, values to help with decision making – your North Star
- Our capacity to distort reality and worry about negative consequences that may never happen
- The strengths and weaknesses of goal setting in the light of the above



What we encourage our students to do.....

- ‘Look Up, look forward, be in the know’ACT – **A**ction **C**hanges **T**hings.
- Look to the future with optimism and excitement – your career is not a ‘problem’ to be solved
- Develop a ‘growth mindset’ - adjust perspectives
- Be comfortable with incomplete knowledge and uncertainty
- Keep learning – search for knowledge constantly
- Take personal responsibility - Me PLC – no one else will look out for you as much as you will
- Pursue your passion, use your strengths – this provides natural energy
- Be ‘employable’ - not just ‘employed’
- Learn from failure – experience is the reward
- Be curious – this makes you ‘luckier’



Career Development Support.....

- Personal consultations - Face to face/MS Teams/Email/Phone
- Reflecting on the university *Graduate Attributes*
- Job search support
- Using social media
- Personalised CV feedback
- Interview preparation
- Support with applications for graduate placements/internships
- Subject specific career sessions
- Labour market intelligence
- Connections with industry
- *'Graduate for Life'*



Our 'Menu of offering' for workshops

- Career resilience and perseverance
- Graduate Attributes/Skills/Strengths/Personality
- Confidence building
- Networking and making connections
- Career Management in today's changing labour market
- CV's, Mock Interviews, Covering Letters, Job searching, Application Forms
- Student experience – internships, volunteering, placements
- Taking Action – things to help with your future prospects
- Using social media to help your job search
- Setting up a LinkedIn profile
- Being open minded
- What graduates do
- Dealing with change
- Being Future Fit
- Time management
- The value of volunteering



FutureMe

Our online
career
development
platform



FutureMe



- Students and graduates can self manage all career appointments online
- Can book onto career related events/workshops
- Can submit CV/cover letters/application forms/personal statements for personalised online feedback
- Can submit career related questions online
- JobShop – can browse and apply for local, national, international positions and volunteering opportunities
- Pathways
- Career Discovery Tool



FutureMe - Pathways

- Asynchronous career development modules accessible 24/7
- Easiest and quickest way of embedding career development into course architecture
- Co designed between programme lead and careers team
- Can be time bound or open
- Mandatory or non mandatory
- Generic or subject specific
- You can all be registered to use FutureMe – just let us know
- Demonstration



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