

Work Experience



By Ambrin Khan



About me

I graduated from QMUL in 2021 studying Psychology BSc

During my time at QMUL I had a variety of roles throughout:

1. Well-being mentor for two semesters at London Academy of Excellence
 2. Tutoring GCSE students Biology and English both freelancing and on MyTutor (<https://www.mytutor.co.uk/tutors/signup/?rc=AMBRIN1581768>)
 3. I worked for a mental health start- up QUOL - creating content
 4. I worked as a well- being mentor at St Hilda's for an all girls group between the ages of 13-18
- After graduating, I picked up my first full-time job at The UCL Academy as an Special Needs Assistant (SEN) working with secondary students who have developmental disorders such as ADHD, Autism or Social and Emotional Mental Health Needs.
 - While committing to my full-time job I also took up a volunteering position at the Alzheimer's Society where I shadowed a district nurse to meet patients and have one-to-one sessions to reduce feelings of isolation.
 - I am currently at King's College London studying Mental Health Nursing (Msc)

My Advice & Things to Consider

- Utilise the opportunities offered by SBSS careers advisors. When I was at QMUL I made sure to opt-in for the email notifications for relevant posts that I may be interested in.
- Make appointments with our QMUL careers officers. There are a variety of opportunities from guidance on potential job opportunities as well as CV and Cover letter feedback opportunities.
- Any experience counts so get as involved as possible e.g. Course Representatives, Society leaders.
- Volunteering positions for mental health. A plethora of charities e.g. Shout, The Alzheimer's Society, Mind, Samaritans.
- Try to do some online training there are many online websites for mental health training e.g. Ohana, Papyrus, LinkedIn professional training or when you volunteer at any charity they usually provide training.
- Ask your lecturers if they are conducting any research that you could shadow or facilitate.
- Watch videos and hone your skills in SPSS, Excel and other Microsoft Office platforms.
- Attend the Psychology weekly seminars/ guest speaker events. You can learn a lot and great for networking.
- Eventbrite has great psychology related events to network as well as training opportunities.
- Personally, I loved doing wider reading so I created a blog on Instagram to talk about evidence based topics around mental health.



Any Questions?

