



Queen Mary
University of London

Psychology Careers Club

Careers and Enterprise

Finding Work Experience

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The Structure of this Session

- Types of work experience
- Finding work experience
- Internships
- Graduate schemes
- Annual placements (BSc Psychology with Professional Experience)
- Clinical Psychology Route
- Insight from an alumna!



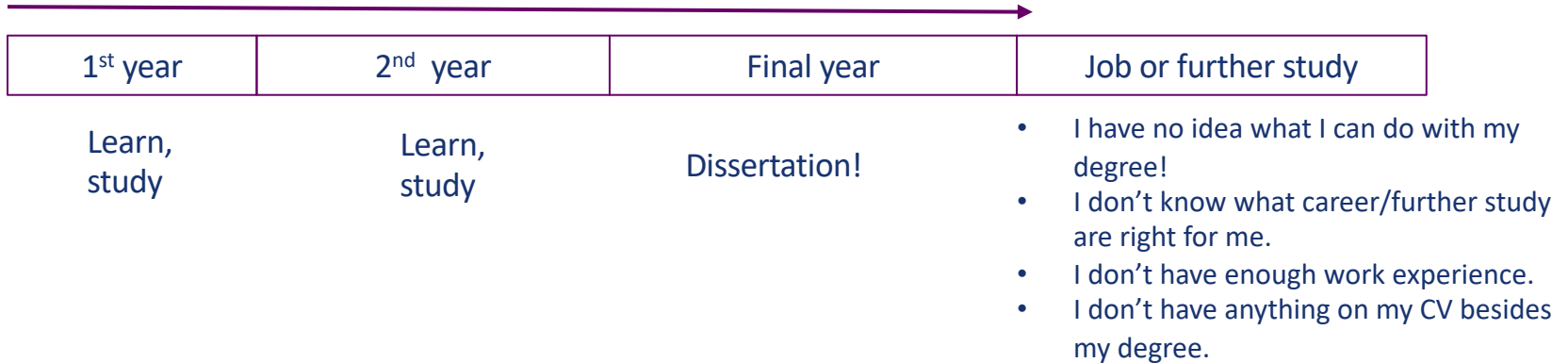
What jobs/further study are you considering for after you graduate?

Go to
Menti.com and
enter the code:
28 32 52 3



Or use QR code

Undergraduate Trajectory (To Avoid)



Undergraduate Trajectory

(With career-planning)



1 st year	2 nd year	Final year	Job or further study
<ul style="list-style-type: none">• Learn, study.• Research career options.• Insight Weeks.• QM Careers Programmes.• Careers Fairs.• Part-time work/ volunteering• Student societies.	<ul style="list-style-type: none">• Internships.• Industrial Placements.• Work shadowing• Employer Events.• Develop skills.	<ul style="list-style-type: none">• Dissertation!• Apply for Graduate schemes/ jobs/ further study.• Take stock of skills and experience.	<ul style="list-style-type: none">• Ready for my next step!

You career journey... EAST

EAST is the Queen Mary student career journey, which will help you prepare for your next steps, whether that be work, study, or your own enterprise.

- Explore** your career options
- Acquire** experience and skills
- Showcase** your experience and skills
- Transition** towards your next steps



How do I stand out from the crowd?



Why do you need work experience?

- You need (work) experience to get a job or apply for post-graduate.
- Test out a sector or role.
- Build your network.
- Get more out of your remaining study



Your degree

- Subject knowledge
- Specific software
- Research
- Report writing
- Data analysis
- Technical presentations



Work experience

- Social media
- Customer service
- Communication
- Industry knowledge
- Self-motivation
- Transferrable/ soft skills

Hard skills



vs

Soft skills



Hard Skills:

- Microsoft office
- Interpreting data
- Financial planning
- Copywriting
- Troubleshooting
- Project management
- Spoken languages

Soft Skills:

- Communication skills
- Timekeeping
- Critical thinking
- Leadership skills
- Motivation
- Ambition
- Negotiating

Where does evidence of your skills come from?

Technical skills:

- Online courses
- Coursework
- Evening courses
- Sector-specific internships such as industrial placements
- Volunteering
- Work-shadowing

Interpersonal skills:

- Student societies
- Sports
- Part-time work
- Volunteering
- General internships
- Group projects
- Starting your own business

Work Experience Opportunities

- [Qtemps](#) - Paid temporary work for Queen Mary students and graduates, including roles on campus and with our external business partners.
- [Qmentoring](#) will pair you with a mentor with whom you can explore your career ideas, or if you are looking to acquire experience can help you gain a deeper understanding of a particular career or industry.
- [QTaster](#) helps you gain insight into different companies and roles. It also helps those looking to build their network and commercial awareness.
- [Student Consultancy Project \(SCP\)](#) - Gain first-hand experience working with a client whilst receiving support from a Queen Mary supervisor. This programme gives you the opportunity to develop skills you can take forward into any profession - not just consultancy.
- [Micro Internships](#) - Take part in a short internship with a business, charity or social enterprise and gain experience in a real-life, professional setting with support and training from Queen Mary careers and internships staff.



What are my work experience options?

Some psychology graduates become professional psychologists, but many go on to work in related fields, so consider your options.

Here are some ideas. Some will offer formal internships, others may be open to providing informal volunteering opportunities:

- NHS – your local NHS trust, hospital or GP surgery
- Charities – especially mental health/disability
- Social services (by London borough)
- Human resources jobs (HR) – in any industry
- Local & national government
- Marketing agencies & in-house marketing roles in any industry
- The media
- Police, National Probation Service & Prisons
- Schools & Colleges
- Psychotherapy centres
- Data analytics companies

Remember!

83% of graduate jobs are 'degree agnostic'

- There are many careers you can pursue with your degree, in or beyond science.
- You may want to get more general work experience and transferable skills in your first year, then aim for a sector-specific internship in your second year.
- Your study subject does not dictate your career options.

[10 Great Graduate Careers You Can Get With Any Degree](#)

['Degree agnostic' employers hire graduates with thinking skills](#)

Internships, placements & jobs: when to apply

Autumn & winter: Larger businesses with formal application processes:

- Psychometric testing
- Assessment centres
- Online games etc.

Spring: Smaller businesses

- CVs
- Cover letters

Any time of year: Voluntary, Speculative applications (use your discretion)

- *Apply early – vacancies are often filled before deadlines*
- *Quality over quantity!*
- *Life goes on if you don't get the perfect internship*

Where to find opportunities

QM Careers Hub jobs board

[www.Linkedin.co.uk](http://www.linkedin.co.uk)

www.jobs.nhs.uk

www.jobs.ac.uk

<https://do-it.org>

www.ratemyplacement.co.uk

www.milkround.com

www.gradcracker.com

www.brightnetwork.co.uk

www.theforage.com

Use Google to search directly for employers

Search using the employer name, job role or industry
e.g. 'marketing agency London'

Alternatively:

- Look out for Careers emails
- Create your own opportunity with a speculative application

Graduate Schemes

- Normally involve working on rotation for 1 – 3 years, giving you experience of different areas within the business.
- Tend to be with larger businesses – so apply ASAP in autumn.
- Great career option, but relatively few graduates end up on a grad scheme, so apply for other grad jobs too.
- Similar search process and timeline for graduate schemes/jobs as with internships & placements.

Current Live NHS Opportunity

Staff Awards

Training and Development >

Benefits

Apprenticeships

Allied Health Professionals

Clinical Associate Psychologists

Aspiring Clinical Psychologists
Access Scheme

Quick information

Trainee Psychological Wellbeing Practitioner (Apprentice)

NHS AfC: Band 4

Main area	Trainee Psychological Wellbeing Practitioners
Grade	NHS AfC: Band 4
Contract	Fixed term: 15 months
Hours	Full time - 37.5 hours per week
Job ref	334-LAM-4642424-JC
Site	Bethlem Royal Hospital, New Admin Building, Behind the Museum Monks Orchard Road Beckenham Kent
Town	London
Salary	£28,057 - £30,390 per annum inc HCAs
Salary period	Yearly
Closing	24/10/2022 23:59

[South London and Maudsley NHS Foundation Trust](#) has a rich history, well-established community links and an international reputation. We deliver specialist services in the London boroughs of Croydon, Lambeth, Lewisham and Southwark, Bexley, Bromley and Greenwich.

Current Live NHS Opportunity

Skills

Essential criteria

- Excellent verbal and written communication skills, including telephone skills
- High level of enthusiasm and motivation
- Ability to work within a team and foster good working relationships
- Ability to use clinical supervision and personal development positively and effectively
- Ability to work independently within defined occupational procedures and use initiative within a service

[Link to the Wellbeing Practitioner role here!](#)

BSc with Professional Experience – Annual Placement

- For students who have completed their 2nd year of study.
- Duration: One academic year; minimum of 900 hours; 30-40 weeks.
- You will submit self-reflective assignments.



Placement Types

Self-arranged placements

- You will most likely do this.
- Best chance of getting something you want to do.

Advertised placements

- Advertised online (e.g., ratemyplacement.co.uk).
- QM Careers Hub and Qmplus Information for Psychology Students Careers & Work Experience (check regularly!)
- Competitive process (application, interview and selection).
- Not enough for everyone.

**Don't wait for the 'ideal' placement & be open-minded!
Placements may be paid or unpaid.**

Information for Psychology Students

Key information	Student voice - your feedback	Advisors and your welfare	Psychology Society
Learning Resources	Careers and Work Experience	Third-Year Module Fair	

- > [Recent job listings & Volunteering Opportunities](#)
- > [Psychology Careers Club 22-23 - Online Talks](#)
- > [Undergraduate Research Assistantship Schemes](#)
- > [Information for the BSc with Professional Experience](#)
- > [International summer opportunities](#)
- > [Useful links for career planning/research](#)

Potential destinations for placement

- Mental Health
- Social Care
- Youth Work & Restorative Justice
- Teaching Assistant
- Research Assistant
- Market Research
- Marketing & Social Media
- Human Resources
- Data Handling & Analysis Support

Clinical Psychology

- Competition for postgraduate training is strong.
- You'll need a first or upper second class degree, and evidence of excellent research skills to apply.
- You'll also need relevant work experience.
- It takes a long time to qualify – potentially around ten years from starting university. Will you be OK with this?



DClinPsy Information Evening at King's College London

Online event to be held between 18.00-20.00 on Thursday 20th October 2022.

Will include talk from head of selection Professor Lucia Valmaggia, videos from current trainees and stakeholders and the opportunity to ask questions to members of the team.

[Link to book here](#)



Support from Careers

1:1 Appointments

For career-related queries, such as:

- CV & application feedback.
- Help with cover letters and personal statements.
- Help finding work experience.
- Deciding what to do after graduation.
- Practice for an interview you have coming up.
- Any other career-related questions.

To book: call 020 7882 8533 or use [QMCareers Hub](#).



What are you going to do next?

Go to Menti.com
and enter the
code: **28 32 52 3**



Or use QR code

Questions?



Queen Mary
University of London

Bio100/101

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Thank you!

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