

Careers and Enterprise

Finding Work Experience

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What we'll be covering

- The value of work experience
- Types of work experience
- Finding work experience
- Another option- Degree Placements (BSc X with Professional Experience)
- How work experience can help in the long run:
Clinical Psychology Route & other Masters/PhD routes
- Work experience application tips
- Support beyond today from the Careers & Enterprise team



The Value of Work Experience



The value of work experience

- Allows you to sample and test out potential career pathways
- Demonstrates your motivation to work in a particular field to employers
- Enables you to build connections and a network of contacts
- Provides experience in the world of work & a professional environment
- Opportunity to 'test' career options before committing to a particular route
- Develop additional skills beyond your degree programme



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

Work experience also helps you avoid the below...



1 st year	2 nd year	Final year	Job or further study
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Learn,
study

Learn,
study

Dissertation!

- I have no idea what I can do with my degree!
- I don't know what career/further study are right for me.
- I don't have enough work experience.
- I don't have anything on my CV besides my degree.

And instead build your knowledge and skills throughout your studies so you feel ready to take your next step after graduation!



1 st year	2 nd year	Placement Year (Optional)	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. • Work shadowing • Employer Events. • Develop skills. 	<ul style="list-style-type: none"> • Industrial Placements. 	<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



Types of Work Experience



What activities do you think count as work experience?

Types of work experience

- **Internships** - A short term, structured opportunity usually offered and advertised by usually larger employers (although may also be secured through a speculative application with a smaller organisation). Should be paid (unless a charity).
- **Insight Days/Weeks** - generally consist of talks and presentations about the company, the sector and the roles available. Sometimes paid – often ‘expenses only’.
- **Placements** - generally an integral part of the individual’s course and is usually assessed or credit bearing. Sometimes paid, but if mandatory there is no legal requirement to do so. (Covered more later)
- **Work Experience:** any type of experience undertaken in the workplace. Like an internship, should be paid unless a charity or a 2 week placement where typically its expenses only. Could be part-time, or temp work, or voluntary.
- **Work Shadowing** - Short term, informal activities conducted on company premises. Unpaid
- **Volunteering** - Usually associated with charities and caring professions. Counts as work experience! Unpaid

STEM related and wider work experience

Clinical areas

- Largely linked to NHS but also other areas
- Hospitals
- Local clinics and health centres
- Care homes
- Local government/London Borough services:
- Community mental health teams
- Public health services
- Social services, schools and prisons
- Charities (Mental Health/Disability)
- Labs

Non-clinical and wider industry areas

- Local and national government (i.e. councils/London boroughs and civil service)
- Charities
- HR
- Marketing agencies, in house roles and Market research
- Consulting (generalist and healthcare focused)
- Media
- Education (Research, Teaching or Support)
- Data analytics
- Science communication, Technology
- Pharma (including sales, development & other areas)

When to apply



Internships, placements & work experience: when to apply

Autumn & Winter: Larger businesses with formal application processes:

- Psychometric testing
- Assessment centres
- Online games etc.

Spring: Smaller businesses

- CVs
- Cover letters

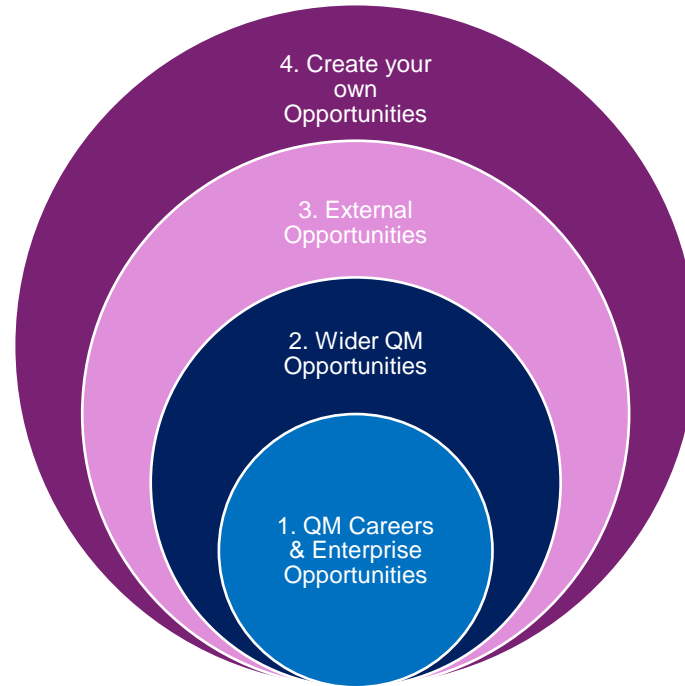
Any time of year: Voluntary, Speculative applications (use your discretion)

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

Finding Work Experience



Getting Started



Queen Mary 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.



Wider Queen Mary Opportunities

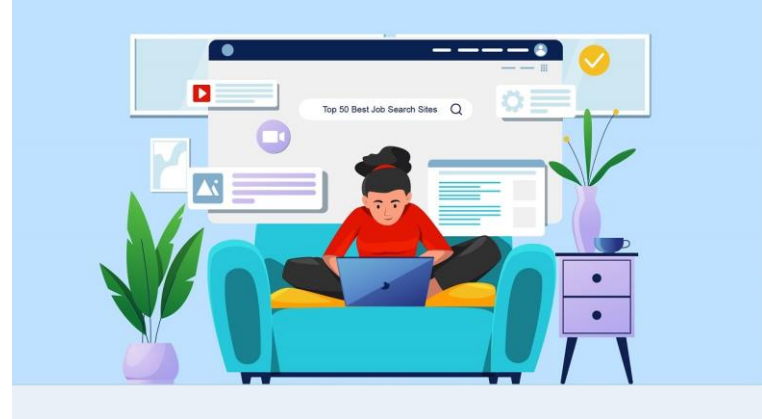
- QMUL Volunteering
- Become a mentor through programmes such as PASS – Peer Assisted Study Support and Buddy Scheme
- Apply to be a Student Rep or Student Ambassador
- Speak to contacts within your department on potential opportunities (e.g. supporting research or a PhD student with their work) Note: these aren't always guaranteed or available to UG students.



Where to find External Opportunities...

Wider Jobs Boards:

- LinkedIn
- Indeed.com
- Rate My Placement
- Target Jobs
- Total Jobs
- QM Careers Job Vacancies



Where to find External Opportunities...

Psychology Specific and Specialised Boards:

- [Jobs in Psychology](#) - contains an array of job opportunities- mainly for graduates but may have placements too.
- [NHS jobs](#) - useful career information and advice for job roles and entry requirements, in addition to a jobs board for careers in the NHS in England
- [Charityjob.co.uk](#)- Range of frontline & support roles in different charities
- [Jobs.ac.uk](#)- for research and support roles within universities.
- [Do-it](#) for Volunteering roles (plus organisations like [PACT](#), [The Mix](#) and [Nightline](#) offer volunteering)

STEM focused opportunities:

- [Gradcracker](#)- covers a wide range of STEM related opportunities

Marketing/HR/Wider Industry opportunities:

- [Bright Network](#) often lists summer internship opportunities from larger companies who run HR/Marketing Internships.
- Or search using the employer name, job role or industry e.g. 'marketing agency London'

Creating your own opportunities

- Sometimes, you'll need to be proactive and approach organisations that interest you directly by making what is called a Speculative Application. You can do this by:
 - Sending a concise introductory email – & attach your CV
 - Try to send to named person in **relevant** department (carry out research on company employees/ contact switchboard)
 - Personalise the approach (& outline your interest in specific organisation)
- In terms of how to find a specific contact you may wish to look at the following platforms:
 - Company Website
 - Job adverts for other roles (which often list email addresses)
 - LinkedIn
 - Or start with alumni who may be able to help or signpost you! (Again LinkedIn or the QM Network are good places to start with this)

**Another
option**



BSc with Industry/Professional Experience

- For students who have completed their 2nd year of study.
- Academic requirements: average of 60% in year 1-2 & no failed module.
- Duration: One academic year.
- Role: Any graduate level position; full-time.
- Assessment: formative (pass/fail) & based on reflection.



Where to find out more about this option?

- Make sure you visit the QMplus pages depending on your programme of study

Information for Psychology Students

Module Settings Participants Grades Reports More ▾

Key information	Student voice - your feedback	Advisors and your welfare	Psychology Society	Learning Resources
Careers and Work Experience	Archive - for staff ⓘ	Third-Year Module Fair	Placement & Year Abroad ⓘ	BPS

- > Recent job listings & Volunteering Opportunities
- > Careers Club 2023-24 - In person Talks
- > Information for the BSc with Professional Experience

SBC5001 - Year in Industry for Biomedical Sciences and Neuroscience

Module Settings Participants Grades Reports More ▾

▾ Frequently Asked Questions (FAQs)

Who is coordinating the Year in Industry (YII)?

Dr Kashaf Junaid is the programme coordinator for the YII

Please contact me (but first read the FAQs, Handbook, other info on the QMPlus page) if you have any more questions.

kashaf.junaid@qmul.ac.uk

Biochemistry with a year in industry/research

Module Settings Participants Grades Reports More ▾

Module Content

▾ General Collapse all

Opportunities & Deadlines

All companies we have found will be listed below under the topic "Opportunities" with their deadlines. Please Make sure to go to Careers and Book a CV workshop appointment as soon as you return to QMUL in Semester A.

Obtaining a year out position in a company is a competitive process. [Thus the applications for all companies expect the submission of some type](#)

Where to find out more about this option?

Placement managers

- Biomedical Sciences & Neuroscience: Kashaf Junaid kashaf.junaid@qmul.ac.uk
- Biochemistry: Simon Moore simon.moore@qmul.ac.uk
- Psychology: Paraskevi Argyriou & Gwijde Maegherman ug-placements-psych@qmul.ac.uk
- Pharmacology IT: DJ Gould d.j.gould@qmul.ac.uk

Placement types

Advertised placements

- Online via external platforms.
- QM Careers Hub and via your placement managers.
- Competitive process (application, interview and selection).
- Not enough for everyone.

Self-arranged placements

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

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

GRADCRACKER
Where the STEM jobs are

★ RATEMYPLACEMENT

Examples of where to go for a placement

- Mental Health
- Social Care
- Youth Work & Restorative Justice
- Human Resources

- Pharmaceutical Industry
- Biotechnology
- Healthcare Industry
- Medical Writing

- Teaching Assistant
- Research Assistant
- Market Research
- Marketing & Social Media
- Data Handling & Analysis Support

Current live placement openings

Likewise Who we are Get Support Referrals Community Learning & Opportunities Contact us More

Sandwich Year Placements

[Back to Placements](#)

Placement opportunities for students from any course background looking for non-clinical, front-line work with people (e.g. psychology, sociology, community development, law, education)

Click on the icons below to read more about Likewise Sandwich Year Placements:

Community & mental health worker in charity



Current live placement openings



Current Vacancies

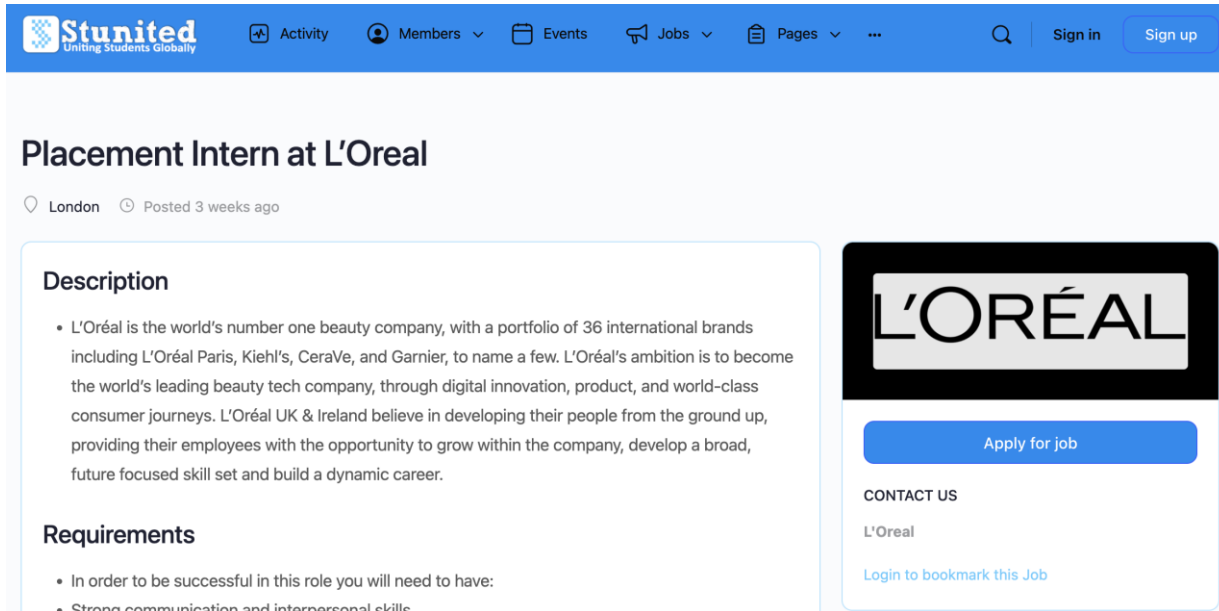
Please note that positions for September 2024 will be open for application from August 2023.

∨ BUSINESS OPERATIONS			
∨ BUSINESS INSIGHTS & ANALYTICS			
∨ HEALTH AND VALUE			
∨ MARKETING			
∨ MEDICAL AFFAIRS			
JOB TITLES	JOB ID	LOCATION	DOWNLOAD PDF
Clinical Scientist Undergraduate	4892342	Walton Oaks	

Several roles with Pfizer



Current live placement openings



The screenshot shows a job listing on the Stunited website. The header includes the Stunited logo and navigation links for Activity, Members, Events, Jobs, Pages, and a search bar with 'Sign in' and 'Sign up' buttons. The job title is 'Placement Intern at L'Oréal', located in London and posted 3 weeks ago. The description states that L'Oréal is the world's number one beauty company with 36 international brands, including L'Oréal Paris, Kiehl's, CeraVe, and Garnier. The requirements include strong communication and interpersonal skills. A 'Description' section contains a paragraph about the company's ambition and a 'Requirements' section with a bulleted list. To the right, there is a large L'Oréal logo, a blue 'Apply for job' button, and a 'CONTACT US' section with the text 'L'Oréal' and a link to 'Login to bookmark this Job'.

Stunited
Uniting Students Globally

Activity Members Events Jobs Pages ...

Search Sign in Sign up

Placement Intern at L'Oréal

London Posted 3 weeks ago

Description

- L'Oréal is the world's number one beauty company, with a portfolio of 36 international brands including L'Oréal Paris, Kiehl's, CeraVe, and Garnier, to name a few. L'Oréal's ambition is to become the world's leading beauty tech company, through digital innovation, product, and world-class consumer journeys. L'Oréal UK & Ireland believe in developing their people from the ground up, providing their employees with the opportunity to grow within the company, develop a broad, future focused skill set and build a dynamic career.

Requirements

- In order to be successful in this role you will need to have:
- Strong communication and interpersonal skills

L'ORÉAL

Apply for job

CONTACT US
L'Oréal
[Login to bookmark this Job](#)

Business, operations & marketing
intern with L'Oréal



What to do next?

If it's not for you:

- This is completely fine
- Consider other ways to gain short-term work experience

If it is for you:

- Review all available info on QMplus
- Stay committed to your studies & do well to meet the requirements
- Update & enhance your CV
- Speak to placement managers, Careers Consultants, advisors, peers who returned from placements
- Attend career events/workshops
 - **November 27th at 3pm 'Meet placement alumni'**
- Apply
- Seek advice for interview prep
- If successful, submit a change of programme form

Thinking longer
term...



How work experience can help in the long run: Clinical Psychology Route

- Competition for postgraduate training is fierce.
- You'll need a first or 2:1 degree, and evidence of excellent research skills to apply.
- You'll also need relevant work experience- many programmes look a minimum of 12 months or sometimes 2 years of experience.
- It takes a long time to qualify – potentially 8+ years from starting university. Use gaining work experience to assess if this is the right path for you.



How work experience can help in the long run: Masters, PhD & Research careers

- Gives you an edge when applying for competitive programmes.
- Some programmes require work experience in the field.
- Provides evidence of your transferrable/technical skills in a real-life setting.
- Aids decision-making when choosing a programme.
- Evidences your commitment to self-development.

All careers require work experience!

How to stand out from the crowd



Application Top Tips

- **Before you even start the application/CV analyse the job description:** this will be your guide in terms of knowing what skills to focus on in your application and adapt your application/CV for each role you're applying to so its tailored for that opportunity.
- **Also go through the whole application before starting:** this will give you a good overview of what to expect and how you can plan your answers effectively.
- **Your CV should be no more than 2 pages** and should cover your education, work history and skillset.
- **Explain your motivations clearly in covers letters** using the 3 step approach- why the role? why the organisation? why you?
- **In your application, draw on a breadth of experiences and if you don't have any work experience-** refer to your degree and extra-curricular activities in your CV and application.
- **Leave enough time to draft and review your answers:** Applications take time and employers know how to spot a rushed answer.

And finally... seek support from the Careers and Enterprise team who are here to help!

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](#).



Questions?