Kickstart your STEM Career

Presented by: Rachel Jolly, Alex Hession

10.20 am Tuesday 27th February 2024
Welcome

• Whoever you are and whatever your needs, we’re eager to hear from a mix of different voices at this event.
• Please be respectful of other’s contributions and constructive in your own.
• Please do not share private information such as your address, phone number, or student ID.

Audio Set Up

Adobe Connect set up

We recommend using the latest version of the Adobe Connect desktop app.
Content

1. Introductions
2. Career as a journey
3. Skills to use to reach your destination
4. Career readiness
5. Navigate your future
6. Signpost to Resources
7. Summarise and Close
Quick polls

Do you feel you have consciously planned your career previously?

How confident do you feel about how to plan your career?
What does your career journey look like?
What if the ‘car’ is still in the garage?
Skills

Self-reflection
Curiosity
Research
Time management
Networking
Communication
Resilience
Adaptability
Risk taking
Problem solving
Polls

Which are your top 3 skills?

Which 3 skills do you think you need to develop?
CAREER READINESS STAGES

DISCOVER
EXPLORE
PROGRESS
ACHIEVE

YOUR FUTURE
Navigate Your Future - Current Career thinking

You have 8 other submissions for this form (click for more info)

Career Readiness Planning
Identify where you are in Career Readiness planning
Navigate Your Future - Current Career thinking

You have 2 other submissions for this form (click for more info)

Career Readiness Planning

Identify where you are in Career Readiness planning

*How would you describe your current stage of career planning? Please select the most appropriate response.*

- I am not ready to start thinking about my future career yet
- I have no future career ideas yet but want to start exploring my options
- I have some ideas about my future career and am ready to start planning
- I have a career in mind and would like to gain relevant work experience
- I know what I want to do but I'm not sure how to get there
- I am thinking about starting my own business
- I am ready to apply for graduate level/professional job opportunities
- I am ready to apply for further study
- I have been applying for graduate level/professional job opportunities but so far have not been successful
- I have a graduate level/professional job, further study or my own business plan confirmed
- I am pursuing my current course out of personal interest and do not need any careers support
- I am pursuing my current course out of personal interest and would like support to help me achieve my goals, for example to participate in community related activities
- I am really not sure and don't know where to start
Career Readiness Poll

What stage are you at?
4. REFLECT ON YOUR SKILLS AUDIT

Pause to reflect on what you have learned through completing the Skills Audit by completing the exercises. Clicking on the link above will open a new browser tab at the top of this screen. Once you click your progress button,

Discover Your Future - Reflective Questions on the Skills Audit
Submitted: 28 Sep 2023, 4:25 pm

5. DISCOVER YOUR OPTIONS

Now you know more about what you are looking for and what you have to offer it is time with your OU subject where you can make the links with your OU study and career route. Clicking on the link above will open a new browser tab at the top of the screen. Once you click your progress button.
Discover Your Goals

**VISUALISING YOUR FUTURE YOU**

Thinking about that dream goal, let’s take things a step further and visualise what that might look and feel like for you.

**Consider the following questions**

**Exercise 2**

1. What environment you would like to work in?
2. What would your working conditions be like e.g. salary, annual leave or working pattern?
3. What development opportunities would you like to explore?
4. What would this mean to you?

Write in the bubbles, add more if you want to, and try to visualise the future you in that role or working in that sector.
Discover Your Goals

Rate each of the following statements

Use this scale – try to avoid choosing 3 if you can:

6 Very high, outstanding performance
5 High level, reliably perform better than average
4 Good level, generally able to do it quite well
3 Reasonable level, just acceptable skills
2 Very basic level, not usually adequate
1 No significant level of skills

<table>
<thead>
<tr>
<th>Communication</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Listening, taking in what others say and checking your understanding of the information</td>
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<tr>
<td>2. Clear verbal expression, ability to convey information without confusion. Fluent speech, words flowing easily</td>
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<tr>
<td>3. Drawing people out, to encourage them to speak</td>
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<td>4. Commanding an audience, giving a presentation</td>
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<td>5. Using the telephone effectively: few misunderstandings</td>
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<td>6. Reading efficiently: readily taking in written information</td>
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<td>7. Writing effectively, matching style to purpose</td>
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<td>8. Structuring reports and other written communications logically; using a wide vocabulary accurately and appropriately</td>
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<tr>
<td>9. Speaking clearly and adapting communication style to the audience</td>
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<tr>
<td>10. Spelling and grammar</td>
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</tbody>
</table>

Total score
if you know what you’d love to do in life, but don’t know how to get there or find the wealth of information overwhelming
Goals on the Go Resource Pack – Explore

"This is the second in a series of four resources that sit alongside the Goals on the Go webinars. The webinars look at the different steps and stages of planning and achieving your goals.

In each of the webinars tools and information are highlighted to support you in reaching your goals and in this resource you will be able to discover these in more detail.

You will also find details about the OU’s Careers and Employability Services website and information on how to book a 1:1 consultation with a Careers and Employability Consultant if you would like to discuss your own situation in more depth.

Careers and Employability Services"

CONTENTS

Explore Your Goals ........................................................................................................... 1
Explore Your Volunteering ............................................................................................... 1
Explore Self-Employment ................................................................................................. 2
Explore Employers ........................................................................................................... 3
Explore Work Experience ................................................................................................. 4
Information and Support ................................................................................................. 5
Careers and Employability Service Webinars and Forums .............................. 5
1:1 Career Consultations ................................................................................................. 5
OpportunityHub .................................................................................................................. 5
➢ if you’re ready to apply for opportunities but are struggling to break through, want to brush up your skills in handling interviews or assessment centres or just want a CV that shines.
Achieve Your Future - Reflect on your job or further study search

Provide your answers to the following questions:

1. How might you find a job via the 'hidden job market'?
   - Internet

2. Where will you be looking for vacancies, opportunities or post graduate courses in the area you are interested in?
   - LinkedIn

Reflection on the Understanding Job Applications Activity

Add your answers to the following questions:

1. What do you understand by the STAR approach?
   - using situation, task, action, result

2. Use the STAR approach to give an example of when you have effectively used communication skills
   - In an job application cover letter
PROGRESS YOUR FUTURE

You've told us you are pursuing your current studies out of personal interest rather than career interest. After working so hard in your studies and developing new skills you may be keen to see how to progress your personal development. You may feel you've come a long way, but don’t have a clear picture of how far. Working through these Progress Your Future resources and activities will support you to consider the options your study might open up for you going forward, including further study, volunteering or community initiatives, and will also help you track and reflect on your own personal development.

CAREERS AND EMPLOYABILITY SERVICES
<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday 27 Feb</th>
<th>Wednesday 28 Feb</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 - 10:30</td>
<td><strong>Keynote speech from Microsoft – “The treasure inside of you”</strong></td>
<td><strong>Keynote speech from Professor Nicholas Braithwaite, STEM Executive Dean at the Open University</strong></td>
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<tr>
<td>10:30 - 11:30</td>
<td><strong>Kickstart your STEM career-D,E,A,P</strong></td>
<td><strong>Developing digital skills – in conjunction with Cisco</strong></td>
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<tr>
<td>11:45 - 12:15</td>
<td><strong>Mapping the STEM jobs landscape D,E</strong></td>
<td><strong>No limits for women - STEM Women D,E,A,P</strong></td>
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<tr>
<td>12:15 - 13:15</td>
<td><strong>Inside computing, technology and digital careers - employer panel-D,E,A</strong></td>
<td><strong>Inside biology, chemistry, health and natural sciences careers - employer panel</strong></td>
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<td><em>or</em></td>
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<td><strong>Inside design and innovation careers - employer panel D,E</strong></td>
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<tr>
<td>13:45 - 14:15</td>
<td><strong>No limits with disabilities - Enable Science D,E,A,P</strong></td>
<td><strong>No limits – representation matters with BB STEM D,E,A</strong></td>
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<td>14:15 - 15:15</td>
<td><strong>Inside geography, environmental and earth sciences careers - employer panel D,E,A</strong></td>
<td><strong>Inside mathematics and statistics careers - employer panel D,E,A</strong></td>
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<td>15:30 - 16:30</td>
<td><strong>Inside engineering careers - employer panel D,E,A</strong></td>
<td><strong>Inside physics, astronomy, and space science careers - employer panel D,E,A</strong></td>
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<td>16:30 - 17:00</td>
<td><strong>No limits to age or experience - STEM Returners D,E,A,P</strong></td>
<td><strong>Inclusive Futures Program- DEAP</strong></td>
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Resources

Careers and Employability Services on the Help Centre

Your Career Planning Guide

OpportunityHub

CV360 and Interview360

STEM Subject Sites
https://learn2.open.ac.uk(blocks/subjectlist/)
How Far have we travelled today- Summary

1. Career as a journey
2. Skills to use to reach your destination- what you feel you are good at now and what you might need to develop
3. Navigate your future resource
4. CPG and KUDOS

How confident do you feel now after the session- Open poll
Thanks for joining us

Please spend 5 minutes telling us what you thought of this session using the feedback link below:
https://opportunityhub.open.ac.uk/Form.aspx?id=3563644

Further resources:

- Build your future with career confidence
- Navigate your future activity pathway

Careers and Employability Services

OU students and alumni make strong candidates and you are no exception.

At any time during your studies and for up to 3 years after, we provide tools, resources, events, and consultations.

Visit open.ac.uk/careers
# Evaluation and feedback

<table>
<thead>
<tr>
<th>How satisfied with the session 1-10 (10 great!)</th>
<th>Something learned/ found out/ will take away</th>
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<tr>
<th>Something will do now</th>
<th>Improvements? Anything expected and didn’t cover</th>
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