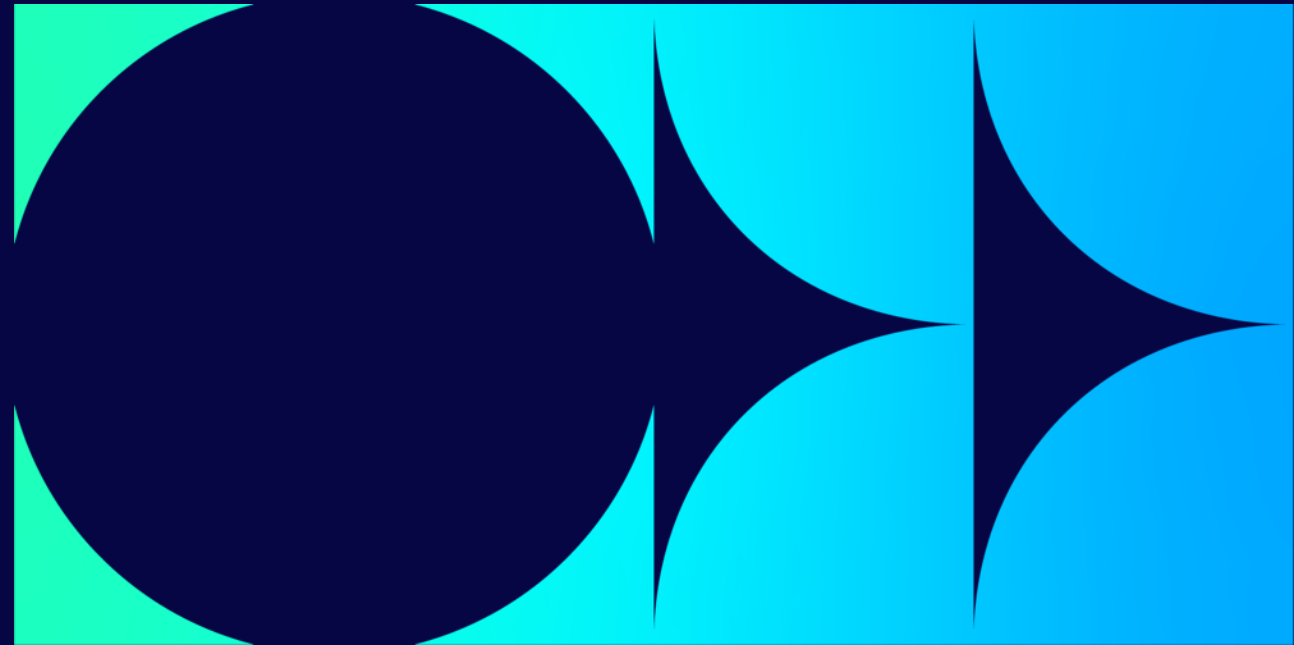


Kickstart your **STEM** Career

Presented by:
Rachel Jolly, Alex Hession

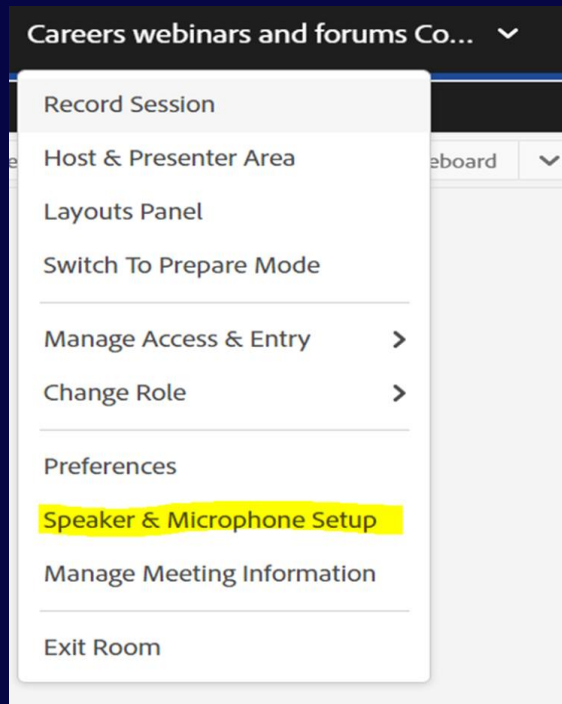
10.20 am Tuesday 27th February 2024



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.

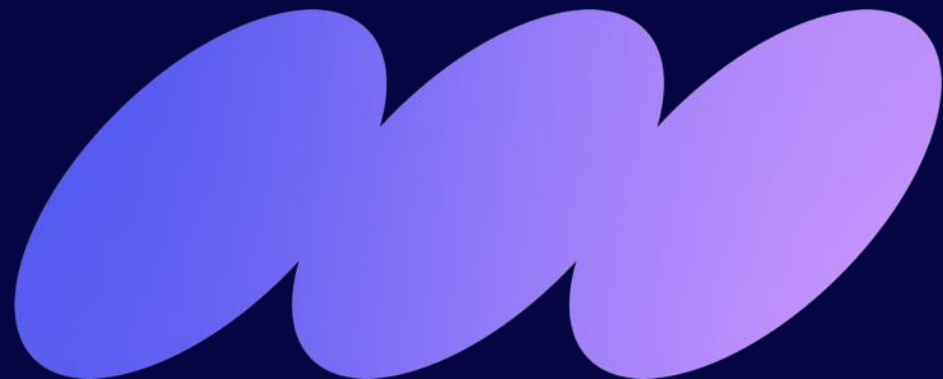
Content

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

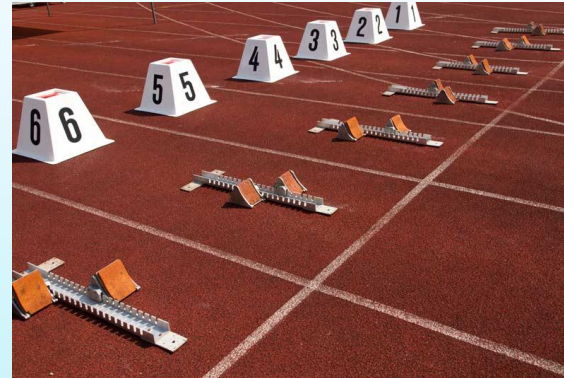
Quick polls

Do you feel you have consciously planned your career previously?

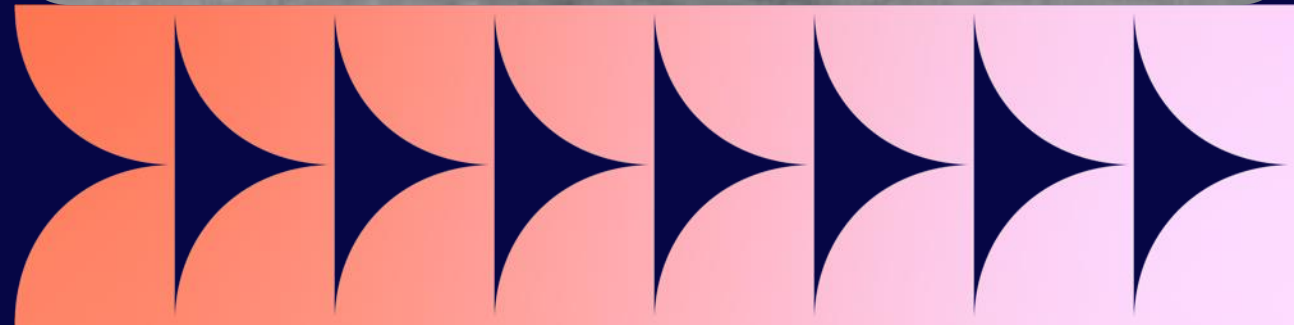
How confident do you feel about how to plan your career?



What does your career journey look like?



What if the 'car'
is still in the
garage?



Skills



Self-reflection



Resilience



Curiosity



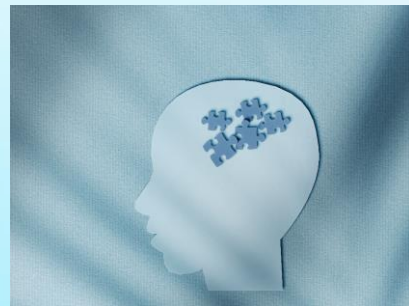
Research



Time management



Communication



Problem solving



Adaptability



Risk taking



Networking

Polls

Which are your top 3 skills?

Which 3 skills do you think you need to develop?



CAREER READINESS STAGES





NAVIGATE YOUR FUTURE ACTIVITY PATHWAY

Click here to start your journey

Careers and
Employability
Services



[HOME](#) [OPPORTUNITYHUB](#) [OPPORTUNITIES](#) [ORGANISATIONS](#) [APPOINTMENTS](#) [RESOURCES](#) [ASK A QUESTION](#)

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

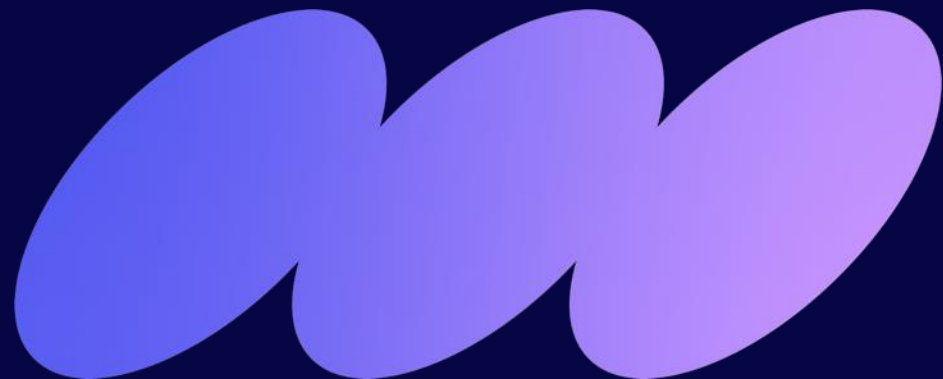
How would you describe your current stage of career planning? Please select the most appropriate response.

- 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

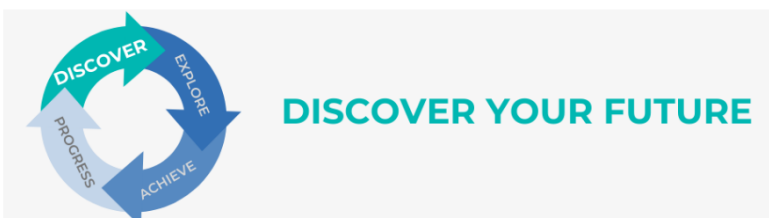


What stage are you at?





▼ Your current career readiness



DISCOVER YOUR FUTURE

You've told us you don't currently have any career ideas or are just at the start of your career planning. Maybe you don't know where to start, are feeling unsure of your future, or perhaps you find yourself stuck in a rut. If you are looking to find some direction, then help is at hand to navigate the uncertainty and uncover your future with practical tips. This is a great opportunity to spend time reflecting on what you've got to offer, what you are looking for, and what your options are. These Discover Your Future resources will guide you to consider your skills, values and motivations and how these connect to possible career paths. Understanding yourself will not only help you to identify the right career direction for you but will also impact on how you highlight what you've got to offer on your CV or in an interview setting.

4 REFLECT ON YOUR SKILLS AUDIT

Pause to reflect on what you have learned through completing the Skills Audit by complete minutes)

Clicking on the link above will open a new browser tab at the top of the screen. Once you 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 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.

Exercise 2



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

Communication

Rating

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

Total score _____



EXPLORE YOUR FUTURE

- ▶ 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



ACHIEVE YOUR FUTURE

- 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

1 WATCH A WEBINAR ON ACHIEVING YOUR GOALS



The short [webinar](#) introduces the Achieve stage of career readiness and covers topics such as networking, job applications, CVs and interview preparation. (6 minutes)

There is a transcript of the webinar and to watch it click on the 'view previous recordings' link on the top right of the screen. Once in the previous recordings screen, you'll be presented with a list of recordings - scroll down a short way to the Achieve recording link. If using a mobile phone or tablet, please select the MP4 version of the recording, rather than the Adobe Connect version.

Clicking on the link above will open a new browser tab at the top of the screen. Once you have completed the activity, return to this tab and click the 'update your progress' button.

2 FOCUS ON YOUR JOB SEARCH TECHNIQUE



Read and explore this article on [Job Seeking](#) to build your understanding of how to find the jobs that are right for you. (30 minutes)

11 CONSIDER WHERE YOUR CAREER THINKING IS NOW



Having worked through this programme complete and submit these questions to reflect on where your career thinking is now and what your next steps might be. (30 minutes)

Achieve Your Future - Reflect on your job or further study search



ACHIEVE YOUR FUTURE

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?

Linked In

Reflection on the Understanding Job Applications Activity



ACHIEVE YOUR FUTURE

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.

[↑ Back to top](#)

Find volunteering opportunities

Look for advertised opportunities

There are many sites and organisations that promote volunteering vacancies, including [OpportunityHub](#). You can focus on opportunities in your location, or if you need flexibility or if travel is a constraint, there are some organisations that offer volunteering from home.

Here are some websites for you to try.

- > [OU Students Association](#)
Volunteer for a range of roles through the OU Student Association.
- > [Do-It Life](#)
Search for voluntary opportunities by location, your availability and preferred type of activity. Includes home-based opportunities.

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

Resources

Careers and Employability Services on the Help Centre

Your Career Planning Guide

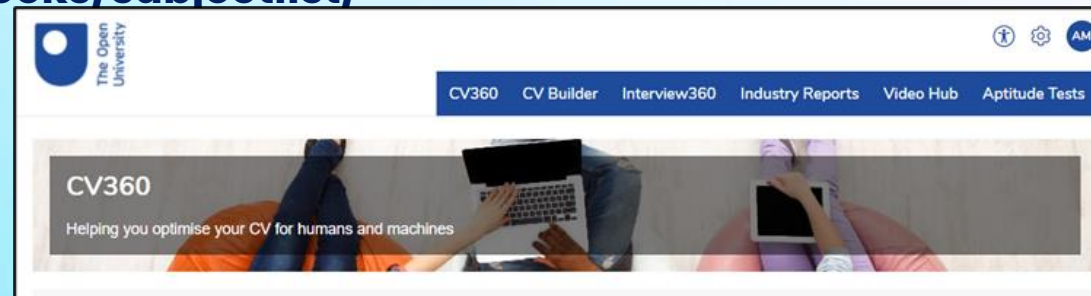
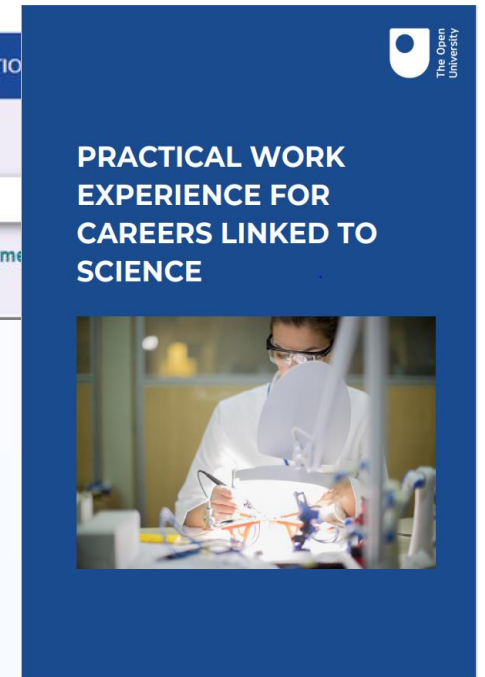
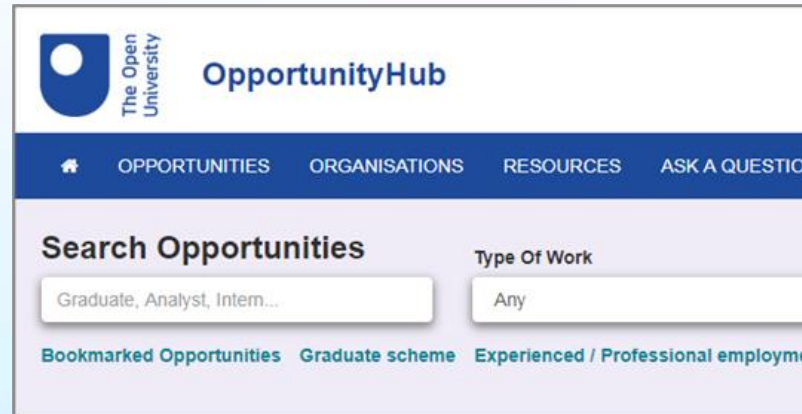
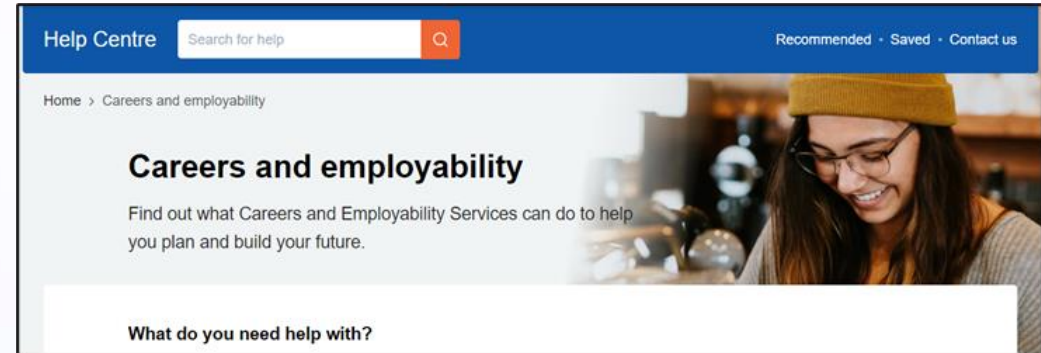


OpportunityHub

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



@openunicareers



@openunicareers

Evaluation and feedback

How satisfied with the session 1-10 (10 great!)	Something learned/ found out/ will take away
Something will do now	Improvements? Anything expected and didn't cover



**The Open
University**