

Seeking Career Advice at University

Your university career advisor should be your first point of call when looking for careers advice at University. From helping you make your initial career choice to pointing out relevant career opportunities for you, university career advisors are trained professionals who can help you in every stage of your career choice and development.

A university career advisor will take you through all the career choices that your degree has opened up for you and help you decide which direction you want your future career to go in. Your career advisor will also be able to show you career opportunities that you might not have been aware of, from graduate placements and further study opportunities to career fairs and job opportunities abroad.

Many university careers advice centres also offer extensive resources to students to help them find and take advantage of each career opportunity as it arises, including free CV workshops, internet access, coaching on interview techniques and help with filling in job application forms.

If you are currently studying and seeking help with career choices you should always contact your own university career advisor. If you are a graduate, you should make contact initially with a career advisor from the university you graduated from before getting in touch with a local University career advisor.

Each university careers service listing includes a specialist section called 'Graduate Services', which lists the level of help & advice graduates can expect from University career advisors in the UK and the Republic of Ireland.

Whilst at University another opportunity which is not to be missed are graduate recruitment and careers fairs. Whether you are seeking career inspiration or you're out to target specific employers, you will need to prepare. In a competitive graduate job market careers fairs are bustling and busy. As a result you may have less time to spend with recruiters on stands, so make sure you plan your visit well and be focused and ready to impress in seconds.

Make sure you know what the fair is about, when it is and how to get there.

Try to find out in advance which employers or course providers will be attending – this will help you focus your preparation and save you valuable time on the day.

Some events run advice seminars - find out the programme in advance so that you can fit these in around visiting employers' stands.

If you are targeting specific employers, find out some basic information about them before you go – you'll make a much better impression.

Prepare questions you want to ask and write them down - this helps if you get stage fright when talking to recruiters.

Not all recruiters accept CVs at fairs, but take an up-to-date copy with you just in case.

Good luck!

Give yourself the Edge in the jobs market with a [professionally written CV](#).