

What do past AberForward trainees have to say about the Graduate Scheme?

“The AberForward placement gave me confidence to apply for jobs I previously wouldn't have applied for.”

“It made the process of working a full working week (9-5) far easier to adjust to. It also made understanding office dynamics and relationships easier and showed my current employer that I had work ethic despite long periods of unemployment.”

“I am certainly more confident in the work place. I am more confident in my own abilities to complete a task, as well as my communication skills with colleagues. It's also shown me the value of thinking outside the box and how positive contributions in a workplace can have a positive effect.”

“It helped to boost my confidence in the job market as, prior to the experience, I had applied to a lot of jobs with only one interview and no success, whereas I was offered four interviews in the two months after the scheme. The scheme also made me more motivated to find a job as I had discovered that having a routine made me feel less of a failure and to feel valuable.”

“Before starting the Graduate Scheme, I felt deflated after leaving University and having to begin full time employment in a sector I was not interested in. Gaining a position with the scheme brought my spirits up as I was back in the university environment and also working in a position which was relevant to my interests.”

“I would recommend the Scheme to anyone because it can lead to longer employment within the university, if not it certainly helps to increase the chance of finding a good level of employment after the month long scheme.”

“Thank you for the fantastic opportunity. Aberystwyth has become such a special place to me and I am eternally grateful for the opportunity AberForward offered me.”