

## International students: Introducing the Careers Service



This guide is one of a series available from the Careers Service. All students, graduates and postgraduates are very welcome to visit the Careers Service and to make free use of the services available (see contact details at the end of this leaflet).

### ➔ Studying at a UK university

Welcome! You are one of the many international students from more than 90 countries who have decided to study in Wales, at Aberystwyth. Our international students bring their own languages and cultures, which add to the richness and diversity of this small, Welsh university town. Wales itself is a bilingual country where a sense of national identity or 'Welshness' is evident in everyday work and life - from the bilingual road signs to the strong historical and cultural roots.

### ➔ Why use the Careers Service?

Higher education at university is, for many, a big commitment of time, effort and money; future success during your working life will be improved by a combination of academic achievement, development of skills and experience and the ability to manage your own career. The Careers Service helps you to do this by providing careers education programmes as well as information, advice and guidance to support you during your studies here. We aim to provide a friendly, confidential and high quality service that helps you to develop employability skills and achieve your career potential in the short and longer term (see handout: 'How to present yourself in the UK job market').

### ➔ What services are available?

To help you prepare effectively for a future career, the services available to you include:

- term-time job vacancies
- work placement opportunities
- confidential one-to-one discussions with a careers adviser
- online job vacancy listings.

As part of our comprehensive employability events programme (see [www.aber.ac.uk/careers/events](http://www.aber.ac.uk/careers/events)), a series of workshops is offered each semester, aimed at helping students understand what employers want, how to apply for jobs successfully and how to make yourself more employable.

Skills training is also offered via careers education workshops delivered through academic departments

(see [www.aber.ac.uk/careers/careersed](http://www.aber.ac.uk/careers/careersed)). We also have a system designed to support your personal development planning (PDP) (see [www.aber.ac.uk/careers/pdp](http://www.aber.ac.uk/careers/pdp)).

For postgraduates, there is a specific skills training programme which includes a range of career management and employability workshops (see [www.aber.ac.uk/en/grad-school/res-skills-training/](http://www.aber.ac.uk/en/grad-school/res-skills-training/)).

You can talk with our friendly team, use reference materials and take away copies of some literature. Also available are handouts dedicated to the requirements of international students. (See also our website [www.aber.ac.uk/careers/](http://www.aber.ac.uk/careers/)).

### ➔ Will the Careers Service meet my expectations?

The Careers Service is here to help you and provides high quality, professional services in a friendly and welcoming environment. To gain the most benefit, it is important to understand that the boundaries of our service may not always match your initial expectations and may differ from those in your own country. Be aware that:

- Our expertise relates mostly to the UK and its systems of recruitment and applications. These may differ from those in your home country. We have less extensive information on many other countries.
- We offer support, help and guidance on all career matters and encourage you to take ownership of your career development. For example, we can direct you to useful career websites but we expect you to do the research.
- You can get personal feedback and help with your CV, job application forms and covering letters; information about employers in the UK, occupations, interviews and assessment centres.
- We are happy to check the content of your CV, covering letter or job application but we do not offer an English language writing service, or grammar and spelling checks (contact the International English Centre for information

about English classes and support:  
[www.aber.ac.uk/en/international-english/](http://www.aber.ac.uk/en/international-english/)).

- We do not give advice on visa and immigration matters (contact the International Office for help with student visas - [www.aber.ac.uk/en/international/visas-support-advice/](http://www.aber.ac.uk/en/international/visas-support-advice/)). We can point you to information on visas and work permits if you wish to remain in the UK after graduation. (For information about employability in the UK, look at the guide for international students: 'How to present yourself in the UK job market').

### ➤ Living in the UK

Living and studying in the UK offers many opportunities from which you can benefit by getting to know the British way of life. However, moving to a new and unfamiliar culture, a different climate and lifestyle can be stressful, especially in the first few weeks. For example, you may notice that local people speak in English and Welsh on campus and in the town (and sometimes a mixture of both!). If English is not your first language, listening to it all the time and speaking it can be tiring. You are not expected to learn Welsh (although a few words might be useful) but developing friendships is an important part of adapting to a different culture and will help you to cope better with living, studying and possibly working in the UK. (For welfare advice, counselling and support, contact Student Support - <http://www.aber.ac.uk/en/student-support/>. The Students' Union also provides information and advice - <http://www.abersu.co.uk/advice/>).

### ➤ British people

The British are often described as friendly but reserved people who use humour on many occasions. There is a core British culture based on values of democracy, human rights, tolerance and social justice, which, to some extent, defines the essence of Britishness.

In addition, they have a reputation for punctuality, especially in work and business; for example, employers will expect you to arrive on time for an interview. If you make an appointment with the Careers Service, you will also be expected to arrive on time. However, social occasions may have a more relaxed arrival time. For more information about living in Wales, see the resource section at the end.

### ➤ Suggested next steps

- Find out more about what we have to offer you by visiting our website ([www.aber.ac.uk/careers/](http://www.aber.ac.uk/careers/)).

- Plan time to visit the Careers Service where you can collect a copy of the leaflets suggested in this guide and talk to a careers adviser about your options.
- Ask us to answer any questions you may have.
- Get involved in university life and local activities; join a society, play a sport and socialise! Employers are interested in the skills you have developed in all areas of your life.

### ➤ Resources

Aberystwyth University Careers Service -

[www.aber.ac.uk/careers/](http://www.aber.ac.uk/careers/)

Prospects website - [www.prospects.ac.uk](http://www.prospects.ac.uk)

UK Council for International Student Affairs (UKCISA)

[www.ukcisa.org.uk/](http://www.ukcisa.org.uk/)

### ➤ Living in Wales

Wales Cymru - Living in Wales

<http://www.wales.com/en/content/cms/English/Live/>

BBC - Living in Wales

<http://www.bbc.co.uk/wales/livinginwales/>

Aberystwyth

[www.cardigan-bay.com/aberystwyth-cardigan-bay-wales.php](http://www.cardigan-bay.com/aberystwyth-cardigan-bay-wales.php)

[www.aberystwyth.org.uk](http://www.aberystwyth.org.uk)

[www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

## Location and Contact Details

### ➤ Careers Service

Students' Union (next to the Union Shop)

Open Monday - Thursday 9am - 5pm and

Friday 9am - 4pm

Closed until 10am and between 1pm - 2pm during vacations

Tel: 01970 622378 E-mail: [careers@aber.ac.uk](mailto:careers@aber.ac.uk)

---

[www.aber.ac.uk/careers/](http://www.aber.ac.uk/careers/)

This information can be made available in alternative formats.

© 2014 Careers Service, Aberystwyth University.