

1. KNOW YOURSELF

(relates to **Know Yourself** module of the SEA Award)

WHAT DO I HAVE TO OFFER?

Students need to understand their motivators, skills, personality and mindset, as these will influence and inform their decision making and choices.

WHAT DO EMPLOYERS WANT FROM ME?

Students also need to develop a picture of the key skills employers look for from graduates and identify which of these they need to develop. Their experiences will provide a bank of examples enabling them to gain and demonstrate these skills.

SUGGESTED DISCUSSION POINTS:

- Which aspects of their subject do they most enjoy?
- What motivated them to come to University/choose their subject?
- Are they aware of the core skills and attributes that all employers want from graduates?
- Are they engaged in extra-curricular activities to help them develop these skills and attributes?
- How aware is the student of the way in which they learn best?

SUGGESTED ACTIONS FOR STUDENTS:

DATE

Complete the 'Know Yourself' module of the SEA award
myuni.swan.ac.uk/employability/sea-module1

Watch 3 employer videos available at
myuni.swan.ac.uk/employability/employer-videos

Attend an employer led workshop to gain their view point
myuni.swan.ac.uk/employability/workshops-and-talks

Attend an employability workshop facilitated by the SEA team
myuni.swan.ac.uk/employability/workshops-and-talks

Start to develop your CV and Linked In profile
myuni.swan.ac.uk/employability/cvs

Assess current 'Mindset' and identify ways to develop it by completing
myuni.swan.ac.uk/employability/mind-set

Follow SEA on social media

Additional actions

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