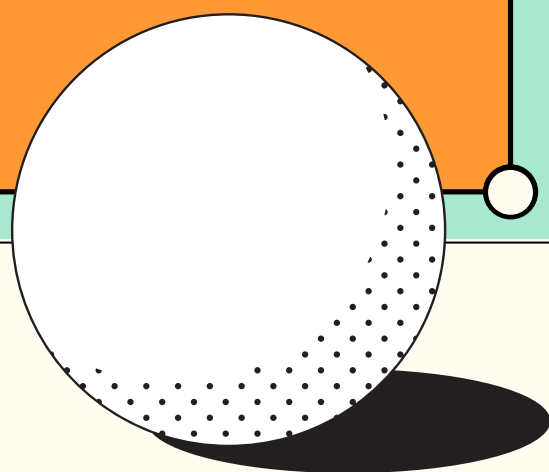


STUDENT SURVIVAL GUIDE

University can be tough but it can also be one of the most enriching experiences. Here's a cheat sheet full of resources to help you through!

All the best,
Flora x



Aisling's Top Tips



- Try not to overwhelm yourself and put too much pressure on your final year
- Value your friendships

BUILD A NETWORK

You will often hear that your network is your net worth and it is partly true! However, do not be quick to discount networking with students and other people at entry-level.

Getting acquainted with people who may also just be starting out is as important as you can exchange notes, go to industry events together and who knows you may end up working together one day!

Mental Health Support

Make sure to explore your University's resources in the first instance and apply for DSA if necessary.

Some great external organisations :

- Student Minds
- SANE
- Better Help

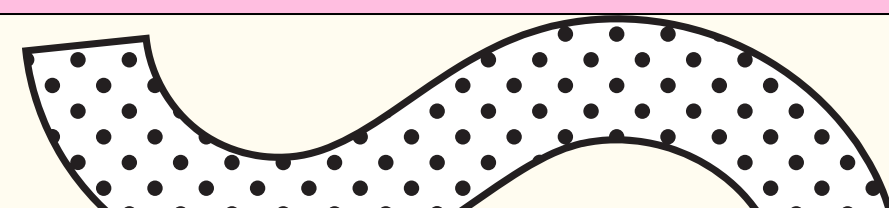
Career Support

Do not feel as though you need to know what exact career you intended to go for. What is important is experiencing being in a work environment.

Flora's Quick Exercise

Here is how I figured out what industries I wanted to try out...

- First, write down every activity that interests you at the moment - could be anything from gaming to styling.
- Now group your interest in terms of the industry they typically belong in, rank them in order of where you see yourself working or your favourite and start from there.



STUDENT SURVIVAL GUIDE

Courtney's Top Tips

- Ask for help
- Network and connect with people
- Explore programmes that will help you get real-world experience



MENTORSHIP

- Help you get a deeper insight into a career path you may be interested in
- Give you a different perspective on your career
- Opportunity to build a 2-way relationship where your experience could also help them

Where to get a mentor?

Approaching someone on LinkedIn or at work are some ways people ask someone to be a mentor. However, there are organisations that have annual mentorship programmes which you can sign up for and be assigned a mentor.

Example of programmes:

- Like-Minded Female Network
- Women in Tech Mentorship
- KPMG Mentor Match

Career Support

There are many organisations whose mission is to help young people get industry experience.

Here are some:

- SEO London
- Rare Recruitment
- 10k Black Interns
- PSALT RISE
- Future Leaders Network

PERSONAL BRAND EXERCISE

You are your own brand, and creating a personal brand which reflects your passions, goals and motivations can help give you some direction for your career and lets other people know what opportunities to make you aware of.

Here is a quick exercise:
Write down -

- **What excites you**
(e.g creating events for young people to experience new things)
- **What do you want to be remembered as?**
(e.g someone who is always able to come up with creative and innovative ideas)
- **What drives you?**
(e.g financial freedom and creating impact locally)

