



CLASS OF 2024 GRADUATE TOOLKIT



ADVICE, RESOURCES, AND SIMPLE ACTION CHECKLISTS TO HELP YOU PREPARE FOR LIFE AFTER YOU GRADUATE.

This document collects all the information and resources from the Class of 2024 Graduate Toolkit campaign so you can keep a physical copy of your toolkit on hand for whenever you might need it in the years to come.

The QR codes will take you straight to each tool on the Student Global Hub Page.

The main Hub page address:

unicumbriaac.sharepoint.com/sites/StudentGlobalStories/SitePages/Class-of-2024-leavers-information.aspx

Don't forget- University of Cumbria Careers Team are here for you even after you leave!
Stay in touch!



03

Get Graduate Career Ready (Tool 1)

05

Money and Finance (Tool 2)

07

Transition & Adaptation (Tool 3)

12

Accommodation (Tool 4)

15

Enterprise & Professional Skills (Tool 5)

18

Becoming Alumni and Deadlines (Tool 6)



CLASS OF 2024 GRADUATE TOOLKIT

Every 3 weeks we'll introduce you to a new tool to prepare so that come Graduation you're ready to tackle what comes next.

Topics include:

- Get Graduate Career Ready
- Money and Finance
- Accommodation Next Steps
- Transition and Well-Being
- Enterprise and Professional Skills
- Preparing for Graduation Day

Check out www.cumbria.ac.uk/careers for help and support. Scan the QR to find your Graduate hub page.



TOOL 1: GET GRADUATE CAREER READY!

Try and complete these tasks and start building your graduate toolkit now.

- PREPARE A GRADUATE CV**
- SEARCH GRADUATE SCHEMES AND POST-GRAD COURSE DEADLINES**
- WRITE SOME DRAFT PARAGRAPHS OR BULLET POINTS OF THINGS YOU'VE DONE THAT SHOW KEY SKILLS READY FOR JOB APPLICATIONS AND INTERVIEWS**

Check out www.cumbria.ac.uk/careers for help and support.

Every 3 weeks we'll introduce you to a new tool to prepare so that come Graduation you're ready to tackle what comes next.



**CLASS OF 2024
GRADUATE TOOLKIT**



Prepare yourself for your next big challenge: job hunting!

CVs

CVs should be curated for each job application- take your time to find out about the organisation and role you are applying for and write your CV targeted at them.

They typically include

- Name and Contact details
- A brief personal statement that says who you are professionally and the top reasons you'd be a good fit for this position
- Work experience from most recent to least recent (including voluntary work & placements) – you may want to include one or two bullet points describing key responsibilities if relevant to the role you're applying for
- Education from most recent to least recent
- Skills, achievements, and interests (i.e. languages, musical instruments, sports)

Don't overlook the small things.

Keep in mind that some roles can have hundreds of people applying with similar backgrounds and qualifications so think about what can really make you stand out. Research is key. If you're applying for a teaching role at a primary school that posts photos from their school plays on social media each year mentioning a background in drama or an artistic habit might make you stand out.

Job Applications, Cover Letters, and Job Interviews

Make a list of all your qualifications and keep it up to date with the dates you achieved them.

Make a list of any past jobs or volunteering roles and think of how each of these has given you skills that could be useful in your future career. Working at a bar could have taught you excellent conflict resolution skills, babysitting could have taught you about enterprise.

You want to show an organisation that you are qualified for the role, capable of doing it, and would fit in well with their culture / community. Preparing notes and lists in advance can make the process less overwhelming when it comes to it.

Check out links and resources on CVs and applications here:

<https://my.cumbria.ac.uk/Student-Life/careers/CVs-and-Applications/>

Promote Yourself

Remember, if you have a public profile online your future employers might see it. Check what is public and what is private. If you want to make the most of your online presence consider joining networks like LinkedIn or communities related to your profession.

Not sure what to do next?

My.Cumbria has a huge amount of resources from finding out about your employment rights to starting your own business. Get help with applications, CVs and much more or book a careers interview. Did you know: Graduates can access careers support for up to three years after graduation. Bookmark- www.cumbria.ac.uk/careers now.

Contact us or book an appointment via the careers hub, My Career Enriched (<https://mycareerenriched.cumbria.ac.uk/>) or careers@cumbria.ac.uk

TOOL 2: MONEY AND FINANCE



CLASS OF 2024 GRADUATE TOOLKIT

Every 3 weeks we'll introduce you to a new tool to prepare so that come Graduation you're ready to tackle what comes next.

Check out www.cumbria.ac.uk/careers for help and support. Scan the QR to find your Graduate hub page.



Learn how to read a payslip



Plan a Graduate budget



Find out your salary need before you begin job searching

Graduation brings about a lot of changes and finances is one of them. Whether you are moving into employment, entrepreneurship, or further study your financial situation is likely to change and preparing now helps you to start your graduate life well.

Payslips

If you become employed your payslip will contain important information about your earnings and deductions. It's where you will find your tax code, pension contribution, and much more.

These resources will help you to read and understand a payslip:

<https://www.moneyhelper.org.uk/en/work/employment/understanding-your-payslip>

<https://www.cipp.org.uk/resources/payslip-tool.html>

<https://employmenthero.com/uk/blog/payslip-abbreviations/>

Budgeting

Budgeting is something you might already be familiar with, but a budget should be regularly reviewed and updated. Take the time now to plan what your financial needs post-degree will look like.

Here are some things to consider:

- Housing costs (and moving costs)
- Transport/ vehicle costs
- Food
- Childcare
- Pets
- Clothing (will you need a new professional wardrobe?)

Check out the Money Helper budget calculator and other resources linked below to help:

<https://www.ukcareersfair.com/news/how-to-budget-after-graduation>

<https://www.moneyhelper.org.uk/en/family-and-care/student-and-graduate-money>

<https://www.gov.uk/funding-for-postgraduate-study>

Your Salary Need

If you are looking for a job understanding your ‘take home pay’ and essential expenses from working through the steps above will help you to understand what level of salary you should be looking for in your job search.

Get to know your profession, research typical salaries, and understand what you can expect your income to look like.

These websites might be a useful starting point:

<https://www.payscale.com/research/UK/Job>

<https://www.reed.com/tools/uk-salary-guide-2023>

<https://www.glassdoor.co.uk/index.htm>

Not sure what to do next?

My Cumbria has a huge amount of resources from finding out about your employment rights to starting your own business. Get help with applications, CVs and much more or book a careers interview. Did you know: Graduates can access careers support for up to three years after graduation. Bookmark- www.cumbria.ac.uk/careers now.

Book an appointment via the careers hub mycareerenriched.cumbria.ac.uk/ or contact us via email at careers@cumbria.ac.uk .

TOOL 3: TRANSITION & ADAPTATION



CLASS OF 2024 GRADUATE TOOLKIT

Every 3 weeks we'll introduce you to a new tool to prepare so that come Graduation you're ready to tackle what comes next.

Check out www.cumbria.ac.uk/careers for help and support. Scan the QR to find your Graduate hub page.



How will your healthcare change after graduation?

How do you discuss Mental Health and Disability with an employer?

Make use of university support services whilst you still have them!

Check out our Transition Resource List here



Preparing for graduation and moving on after studying can be both exciting and daunting. You may be thinking about your future career or about the support you will want after completing your course. It's a good idea to think about the steps you can take to help you manage the move out of studying and look after your mental health.

Preparing for life after your course

It's completely normal to have no idea what you want to do after your course finishes. This can feel stressful or affect how you feel about yourself. But it's important to remember that many people take months or even years to work out their next steps.

How do I decide what to do next?

If you're studying a course that could lead onto a specific career, relevant societies will have information about career options in your field.

Make use of your university careers service. This is a great place to help you start thinking about what you might like to do when you finish studying. Check out your MyCareerEnriched account or contact careers@cumbria.ac.uk to make use of jobs boards, skills courses, 1:1 appointments and more.

The National Careers Service (England) or Careers Wales and UCAS have advice and information on planning a career.

Maintaining your support network

Friendships and community play a key role in resilience during life transitions. When you graduate, it's likely that the support networks you have may no longer be as easily available. If you're moving away from the place where you studied, it might be worth thinking about the support that's available in the new place where you'll be living.

- Stay in contact with course mates and make sure you have contact information for everyone
- Think about how to build new relationships as you move into different environments
- If you have specific needs or disabilities reach out to the Disability Team or consult the resource list below to help plan for post-university life

Arranging your healthcare

If you're moving away from where you have been studying, you'll need to plan how the move might affect any support you currently receive. This could be from your GP or an NHS service.

- Visit your current GP and think about the process of transferring your care to a new GP.
- Find out where you can register with a new GP.
- If you're in touch with your community mental health team (CMHT) or crisis team, let them know that you're moving. Find out how you can access the support you want in your new home.

Transitioning into working life

Resilience is a key skill that can help you through many life transitions and in your day-to-day life. If you're starting work or returning to a job after your course, it's important to think about how you'll manage your mental wellbeing in this new environment.

- Watch Graduates speak about their experience of finishing university and starting work: <https://www.youtube.com/watch?v=xajrS7y9TIQ>
- Read Mind's information about talking to your manager about your mental health- <https://www.mind.org.uk/information-support/tips-for-everyday-living/how-to-be-mentally-healthy-at-work/getting-support-at-work/#ShouldITellSomeoneAtWorkAboutMyMentalHealthProblem>

- See their pages on being mentally healthy at work for more information too- <https://www.mind.org.uk/information-support/tips-for-everyday-living/how-to-be-mentally-healthy-at-work/>
- Check out some quick videos on how to build resilience here- <https://www.youtube.com/watch?v=1FDyiUEn8Vw> and here- https://www.youtube.com/watch?v=dgk7nml_nXI

Work, just like studying can take different forms. Part-time, full-time, freelance, there are many options to find something that works for you. Explore your options and find the path that is right for you.

Not sure what to do next?

My.Cumbria has a huge amount of resources from finding out about your employment rights to starting your own business. Get help with applications, CVs and much more or book a careers interview. Did you know: Graduates can access careers support for up to three years after graduation. Bookmark- www.cumbria.ac.uk/careers now.

Transition Resource List

Resilience

Building resilience: https://www.youtube.com/watch?v=dgk7nml_nXI

Quick tips to build resilience: <https://www.youtube.com/watch?v=1FDyiUEn8Vw>

Look After Your Overall Wellbeing in Preparation for Graduation

Togetherall: An anonymous and stigma-free environment. You follow your own path to better mental wellbeing. Consists of a peer support community and self-help courses and information

<https://my.cumbria.ac.uk/Student-Life/Health-and-Wellbeing/Big-White-Wall/>

The Wellbeing Hub: Helping you to develop healthy habits to look after your wellbeing

<https://my.cumbria.ac.uk/Student-Life/Health-and-Wellbeing/My-Mental-Health--Wellbeing-Hub/>

Transition to Life After University

Brief video from Student Minds about life after university:

<https://www.youtube.com/watch?v=xajrS7y9TlQ>

Advice for transitioning to the workplace:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/finishing-your-course/>

Support Charities for Specific Disabilities

Mind - <https://www.mind.org.uk/> - Support for Mental Health and Wellbeing.

Scope - <https://www.scope.org.uk/> - Equality for Disabled People.

ADHD UK - <https://adhduk.co.uk/> - Support for people with ADHD.

National Autistic Society - <https://www.autism.org.uk/> - Support Autistic People.

The Dyslexia Association - <https://www.dyslexia.uk.net/> - Support for Dyslexia.

British Dyslexia Association -

<https://www.bdadyslexia.org.uk/about/about-the-british-dyslexia-association> -

Support for people with an SpLD.

Dyspraxia Foundation - <https://dyspraxiafoundation.org.uk/> - Support for people with Dyspraxia.

The ME Association - <https://meassociation.org.uk/> - Support for people with ME / CFS.

General Support for Disability in the Workplace

Citizens Advice:

Main website - <https://www.citizensadvice.org.uk/>

General work guidance - <https://www.citizensadvice.org.uk/work/>

ACAS - <https://www.acas.org.uk/disability-at-work> - Advice on supporting and treating disabled people fairly at work. For employers, managers and disabled employees, workers and job applicants.

GOV.UK - <https://www.gov.uk/reasonable-adjustments-for-disabled-workers> - General information on reasonable adjustments in the workplace

GOV.UK (Access to Work) - <https://www.gov.uk/access-to-work> - Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

Helpful Legislation related to Disability in the Workplace

The Equality Act:

<https://www.gov.uk/guidance/equality-act-2010-guidance#overview>

The Equality Act Easy Read:

<https://www.gov.uk/government/publications/easy-read-the-equality-act-making-equality-real>

<https://www.disabilityrightsuk.org/>

<https://www.gov.uk/rights-disabled-person/employment>

Self-Help Resources

Apps:

FLOWN - <https://flown.com/> gives you a virtual community to work alongside to help you keep your focus.

Remember the Milk - <https://www.rememberthemilk.com/> - “To do” app which breaks down tasks.

Priority Matrix - <https://appfluence.com/> - Helps you prioritise tasks.

Evernote - <https://evernote.com/> - Remember everything and tackle any project with your notes, tasks, and schedule all in one place.

StayFree – <https://stayfreeapps.com/> –An App that limits how long you can spend on distractions.

Forest - <https://www.forestapp.cc/> - Grow your own forest. Stay focused daily and turn hard work into a land of lush forest.

Fabulous - <https://www.thefabulous.co/> - Help you make smart changes and build healthy habits.

Calm Counter Social Story & Anger Management Tool -

<https://apps.apple.com/gb/app/calm-counter-social-story-anger-management-tool/id470369893> - A visual and audio tool to help people calm down when they are angry or anxious.

Head Space - <https://www.headspace.com/> - Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of the day.

Book Recommendations:

Mental Health and Wellbeing in the Workplace: A Practical Guide for Employers and Employees by Gill Hasson and Donna Butler (Amazon link:

<https://www.amazon.co.uk/Wellbeing-Mental-Health-Workplace-Hasson/dp/0857088289>)

Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington (Amazon link:

<https://www.amazon.co.uk/Thrive-Redefining-Success-Creating-Happier/dp/0753555425>)

Dirty Laundry: Why Adults with ADHD Are So Ashamed and What We Can Do to Help by Richard Pink and Roxanne Emery (Amazon link:

<https://www.amazon.co.uk/Dirty-Laundry-adults-ashamed-BESTSELLER/dp/1529915406>)

ADHD Works At Work by Leanne Maskell (Amazon link:

<https://www.amazon.co.uk/ADHD-Works-Work-Leanne-Maskell/dp/B0CK9SY59C>)

UNMASKED: The Ultimate Guide to ADHD, Autism and Neurodivergence by Ellie Middleton (Amazon link:

<https://www.amazon.co.uk/UNMASKED-Ultimate-Guide-Autism-Neurodivergence/dp/0241651980>)

Dyslexia: How to survive and succeed at work by Sylvia Moody (Amazon link:

<https://www.amazon.co.uk/Dyslexia-How-survive-succeed-work/dp/009190708X>)

Free Courses:

Free Finding employment e-learning module (National Autistic Society) -

<https://www.autism.org.uk/what-we-do/employment/finding-employment-e-learning-module>

ACAS Online Training Courses - <https://www.acas.org.uk/training>

TOOL 4: ACCOMMODATION



Know when your contract ends!

40-week contract - 22nd June 2024

42-week contract - 6th July 2024



Plan your next steps now



Learn about renting and guarantors

Check out your Graduate hub page for more information



CLASS OF 2024 GRADUATE TOOLKIT

Every 3 weeks we'll introduce you to a new tool to prepare so that come Graduation you're ready to tackle what comes next.

Check out www.cumbria.ac.uk/careers for help and support. Scan the QR to find your Graduate hub page.



Graduation brings an end to your studies and changes your housing situation. This tool helps you to prepare your next steps and what you need to know about housing after university.

Know when your contract ends!

Key Dates:

- Saturday 22nd June 2024 - 40-week contracts end
- Saturday 6th July 2024 - 42-week contracts end

Students need to have cleared out their flats and returned the keys by 10am. On Check out day the accommodation team will be on site to collect the keys from 9am.

All flats and rooms must be left in a clean condition with all rubbish and belongings removed. If leaving before this date keys can be returned to the main reception team during office hours or Security out of office hours.

Plan your next steps

Firstly, you need to think about where you are going to live after university. Some people move in with family, others stay somewhere more temporary whilst job searching- there are many options when it comes to housing and it's best to do your research on what will be best for you early.

If you are thinking of renting check out Which's guide to renting a property: Renting a home: guide for tenants - Which?

<https://www.which.co.uk/money/mortgages-and-property/renting-a-home/renting-a-home-the-first-steps-a8Q9F10x1Pr>

Important to know: the accommodation team can offer landlord references to students who have paid their accommodation fees in full.

If you are moving remember to consider furniture, belongings, and bills. You may need to update your address for your phone contract or doctor's surgery or put some belongings in storage for a while.

New address- who is this?

Changing your address means you will have to update your details in various places.

- You will need to check your details on the electoral role to ensure you are registered to vote: <https://www.gov.uk/register-to-vote>
- Check your details for bills or subscriptions
- If you have any regular post to your current address update senders with your new address promptly to avoid missing anything
- Make sure bank details are updates
- If you are moving out of the area you may need to change GP practices or Dentists
- Check your CV personal contact section

Accommodation and budget

As we covered in previous tools, planning a budget whilst you are job searching can help you understand what your salary need is. Jobs can become available all around the world but part of checking out a job offer is understanding how it will affect your wider living.

Research property or rent prices in the area, look up typical bills costs and council tax. Understand your financial needs right now, and what they might be after you start working to help you make decisions on long or short term contracts.

Check out Money Saving Expert's tips for renters and benefit calculator: Rent a property: Tips to help if you're renting

<https://www.moneysavingexpert.com/mortgages/rent-a-property/>

Don't forget to check deposit requirements as well!

What is a Guarantor?

You might need a 'guarantor' to rent somewhere, especially as a private tenant. A guarantor is someone who agrees to pay your rent if you don't pay it, for example a parent or close relative.

If you don't pay your landlord what you owe them, they can ask your guarantor to pay instead. If your guarantor doesn't pay, your landlord can take them to court.

Your landlord might want to check your guarantor is able to pay the rent in the same way they've checked your ability to pay. For example, by carrying out a credit check.

There is a legal requirement for a guarantee agreement to be in writing. The agreement sets out the guarantor's legal obligations.

Check out Citizen's Advice's information pages to understand more:

<https://www.citizensadvice.org.uk/housing/starting-to-rent-from-a-private-landlord/using-a-guarantor/>

There are also Guarantor Services such as Housing Hand who can help: Guarantor Service | Housing Hand - Rent Guarantor Providers

<https://housinghand.co.uk/guarantor-service/>

Renting Resources

Rightmove Properties to rent in the UK | Flats and Houses to Rent

<https://www.rightmove.co.uk/property-to-rent.html>

Zoopla Houses & flats to rent | Properties to rent in the UK

<https://www.zoopla.co.uk/to-rent/>

TOOL 5: ENTERPRISE & PROFESSIONAL SKILLS



Explore starting a business & learn about our Start-up Resources



Learn about freelancing and self-employment



Develop Professional Skills via Pathways on MyCareerEnriched

Start-up advice, funding opportunities, business structure & more on My.Cumbria - Careers



CLASS OF 2024 GRADUATE TOOLKIT

Every 3 weeks we'll introduce you to a new tool to prepare so that come Graduation you're ready to tackle what comes next.

Check out www.cumbria.ac.uk/careers for help and support. Scan the QR to find your Graduate hub page.



Are you thinking of starting up your own business or unsure what Professional Skills you need? Maybe you already have a side-hustle, and you'd like to grow your existing business, perhaps taking on new staff or moving into your first office?

Whatever stage you're at in your entrepreneurial journey, even if you're just at the 'initial idea' phase, the Careers and Employability Service at the University of Cumbria can help.

Graduation is a great time to think about next steps and trying new things. The university offers a wealth of resources and support if you are interested in enterprise or developing your Professional Skills.

Student Enterprise Resources

The Student Enterprise page on My.Cumbria is your go to place for information and resources about start-ups, business development, and freelancing.

<https://my.cumbria.ac.uk/Student-Life/careers/Student-Enterprise/>

You can check out stories from alumni such as Vincent Walden who set up a design and print studio after completing his Graphic Design and Illustration course:

<https://youtu.be/oOTBQ4tNEaw>

Download our basic **Business Plan template** to help you consider the viability of your business.

Use our **Marketing Strategy template** to help you to plan your marketing activities.

When starting your own business, you need to understand how much the business needs to generate for you so that you can draw wages and cover your living expenses as a minimum. Our **Personal Survival Budget** will help you to do this.

Effective networking is a skill in itself, and the first time you attend an event by yourself can be quite daunting, use our **Networking Checklist** to help you to plan and get the most from your time at events.

Freelancing and Self-Employment

If you're a freelancer, you run your own business. You're responsible for invoicing clients and tracking your income and outgoings. These days, depending on your freelance specialism, you can often provide services from your kitchen table or from wherever you're based on the planet.

Here are some great websites to help you manage life as a freelancer.

<https://www.peopleperhour.com/> This is the best website for UK freelancers wanting UK jobs. It's not exclusively UK, but it's where you'll find most UK freelancers and clients.

<https://www.freelancer.co.uk/> Lots of clients seeking lots of freelancers, this is an excellent international website to consider.

<https://www.upwork.com/> Similar to the previous website, a busy online marketplace for freelancers and clients.

<https://www.fiverr.com/> This is a site for 'micro-jobs' i.e., small jobs which don't cost very much. Don't discount this strategy as a freelancer, there are many people making a lot of money on Fiverr by offering upsells – additional services offered at the point of sale, and which make the job more profitable.

Professional Skills and MyCareerEnriched Pathways

If you haven't already- activate your MyCareerEnriched account! MyCareerEnriched is your careers hub that contains hundreds of job listings, event information, and CV and application review tools.

MyCareerEnriched also has Pathways which are short online courses that can help you develop Professional Skills. Check out the Enterprise and Entrepreneurship Pathway to develop Commercial Awareness and Influencing skills.

Other current pathways include:

- Interpersonal Skills
- Digital Proficiency
- Critical Thinking
- Applying to roles with a disability
- Discover your earning potential

Make the most of what's on offer now to build a stronger toolkit for your future.

TOOL 6: BECOMING ALUMNI AND DEADLINES



Check out the Alumni Association and Cumbria Network



Learn about Post-Grad course alumni discount



Know your Alumni Careers support
3-years 1:1 support, 1-year Linked In Learning,
Lifelong jobs board access

Register on My Career Enriched before you leave!



CLASS OF 2024 GRADUATE TOOLKIT

Every 3 weeks we'll introduce you to a new tool to prepare so that come Graduation you're ready to tackle what comes next.

Check out www.cumbria.ac.uk/careers for help and support. Scan the QR to find your Graduate hub page.



Becoming Alumni and access deadlines you need to know.

Alumni Association

Once you graduate you automatically become a member of the Alumni Association.

The Alumni Association is here to support you, through social and educational activities, careers advice and professional networking, advocacy and philanthropic giving, or just keeping in touch with friends.

The Cumbria Network

The Cumbria Network is a central hub for all alumni, whether you are just starting out in your career, wish to give back to students and recent graduates, or simply want to keep up with the latest news and find your friends, there is something for everyone.

The Cumbria Network's aim is to keep you connected to Cumbria and each other. Look out for your Class of 24 Welcome email for more detail or join here:

<https://cumbrianetwork.global/>

Alumni Post-Grad Course Discount

If you're interested in Post-Graduate study, eligible students can get up to a 20% discount on courses at University of Cumbria.

Check out further details here:

<https://www.cumbria.ac.uk/study/student-finance/postgraduate/>

Alumni Careers Service

Alumni have life-long access to our resources and jobs board. You also have access to one-to-one support for up to **three years** after graduation. This support includes workshops, webinars and events; careers appointments and mock interviews; business start-up advice; advice on postgraduate study; self-directed learning pathways and feedback on CVs and applications.

Access deadlines:

- You have lifelong access to our jobs board on My Career Enriched. You can also sign up for weekly job alert emails.
- You have access to appointments, events, feedback and pathways on My Career Enriched for 3 years after graduation.
- You have free 1 year access to LinkedIn Learning and a library of 10,000+ digital courses taught by industry experts covering a wide range of business, creative, and technical topics from leadership skills to design principles or programming.

There is a dedicated graduate page on My.Cumbria you can access anytime.

Your university email account will close 1 year after graduation so remember to change your details before then.

Follow @UoCCareers on socials for all the latest news, events and opportunities.