Seminar 7

1. Career planning
2. Sourcing opportunities for work and study
3. Effective CVs and covering letters
4. Successful applications
5. Preparing for interviews
6. Developing your online presence
7. Developing resilience to cope with setbacks
Developing resilience: seminar outline

By the end of this seminar and suggested activities you should:

• Have a better understanding of how common it is to have setbacks.
• Have a greater understanding of what resilience is.
• Have gained an understanding of how you can develop resilience.
• Identify additional resources.

TO DO

• Check the suggested actions at the end of each slide.

www.abdn.ac.uk/careers
Before you start: checklist

- Are you clear about the kind of work you really want to do?
- Are you targeting your applications to relevant jobs?
- Have you had them checked by a Careers Adviser and proof read them carefully?
- Have you had feedback from employers?

TO DO

- Undertake seminar 1.
- Review seminars 3 and 4 for advice on effective applications.

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Who needs resilience?

Everyone needs resilience!

TO DO

• **CV of failures**: plenty of off-target shots behind a success story in academia.

• **CV of failures**: an example of all the things that usually do not go on a successful CV but it doesn’t mean they didn’t happen.

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What is resilience?

Bounce-Back-Ability

TO DO

• Resilience calculator.
• Resilience quotient.

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What enhances resilience?

TO DO

- Consider past setbacks: list what helped you to be more resilient at the time.
Confidence

- Having a thorough understanding of the job.
- Being clear why you want the job.
- Clarifying your strengths and how you fit the role.
- Having your applications checked.
- Undertaking interview practice.

TO DO

- Seminars 3 and 4.
- Identify signature strengths:
  - Ask positive people two things you do well.
  - Ask positive people two things they admire you for.
- Use interview stream for a practice interview.
- Book a practice interview with careers staff.

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Networks

- Keeping in touch with friends and family.
- Receiving objective insights.
- Developing connections and networking.

TO DO

- Construct a good [Linked In](https://www.linkedin.com) profile.
- [Ensure you have a good CV](https://www.abdn.ac.uk/careers) for networking.
- Review [networking](https://www.abdn.ac.uk/careers) advice.
Adaptability

What have I learnt and how has it changed my understanding?
How will I change my approach in the future?
How can I reframe my thinking productively?

TO DO
- Request feedback from employers.
- Review your plan.
- Make changes.
- Reframe your thoughts for better adaptation.

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“It’s easier to brave the storm if you keep the harbour in mind”
(Anon)

TO DO

- Frequently review the goals you set in seminar 1.
- Make an appointment with a Careers Adviser.

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Key to developing resilience

In summary

• Setbacks are part of life and everyone needs resilience to be more successful.
• Resilience is the ability to bounce back and continue effort despite a setback.
• Resilience is a mindset that anyone can develop and nourish.

TO DO

• Write down key skills using a skills audit.
• Identify your long term career goals.
• Map your support networks and keep in contact.
• Use the Careers Service to help you move forward.
What’s next?

1. Career planning
2. Sourcing opportunities for work and study
3. Effective CVs and covering letters
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7. Developing resilience to cope with setbacks