

## Graduation\_mixdown.mp3

**Voiceover** [00:00:03] This podcast is brought to you by the University of Aberdeen.

**Bekah** [00:00:11] Hello and welcome back to our BeWell podcasts. I'm Bekah Walker your host, and I'm delighted to be here with a new panel of guests for today's episode in which we are going to discuss building up to graduating and what to expect once you do graduate. So, before we start our discussion, I would just like you guys to introduce yourselves to our listeners telling us why you're here and what you do at the university. And we'll start with Julia.

**Julia** [00:00:37] Thanks, Becca. Yes, so my name is Julia Leng. I'm a careers adviser here at the University of Aberdeen. I look after the schools of Divinity, History, Philosophy and Art History and the School of Social Sciences. There are six careers' advisers and we each look after two schools. So, if you're in either of those schools, you can talk to someone who knows a little bit about the sector you want to go into or the degree you're studying. So that's me from the careers service, please do come and see us we're on campus now, we love to see students. You can find us on the second floor of the Students Union Building or we are still doing appointments online and over the phone, of course.

**Micaela** [00:01:12] So, hi, my name is Micaela, I'm alumni from the university I graduated in 2020, so I have not had my graduation ceremony yet. I did English and History and at the moment I'm doing a master in Security Studies at the Swedish Defense University.

**Nancy** [00:01:38] Hi, I'm Nancy Jayakumar, and I'm doing masters in Artificial Intelligence, I have worked before, have worked about 15 years before starting my masters, and I've also worked as a Project Manager just before starting my masters and I have had different experiences of interviewing and being interviewed. Glad to join this podcast today.

**Iza** [00:02:03] Hello, my name is Iza Kuna. I studied at Aberdeen University, I did my undergrad in Linguistics together with Julia and then I did my master's in Translation Studies at University of Aberdeen, as well. I graduated from my masters in 2020 and then I moved to London, and I work now for TransPerfect, which is a translation company as a Final Eye Specialist. And I'm very glad to be on the podcast today as well, thank you for having me.

**Bekah** [00:02:35] Brilliant, guys, thanks so much for coming. It's great to have such diverse panelists today, so I'm really looking forward to our insightful discussion. So I guess I just wanted to start with thinking back to as you were coming up to graduation, and I suppose the end of your university journey, you'll likely be thinking, "What next?", "Where do I go from here?" and "What does the future look like?" To some people, the prospect of getting out into the real world is really exciting, you know, starting their career. But for others, the pressure and uncertainty of leaving university can be an overwhelming and anxious time. Did you have similar feelings in your final year of university and if so, how did you overcome this?

**Nancy** [00:03:19] I completed my bachelor's and India in 2006, and the last year of my education, I was quite nervous and anxious to find a job and the recession was just, the world was just coming out of the recession, so I wasn't too sure. I attended a lot of interviews, and I was a bit anxious and worried, what's going to happen, whether I have to do my master's or not. But thankfully, I got a job before I got my results of the last semester, which was kind of, really cool. So as an experienced person, I would say it will

come in its time, do not be anxious and do not get nervous, just keep applying and preparing yourself and there will be the right job that will come at the right time.

**Iza** [00:04:18] Yes, I agree with Nancy. I had similar experiences during my undergrad, I wasn't entirely sure what I wanted to do as a natural step was to take masters, to give myself more time to think about, you know, my career. And I think for some people, it could be a good solution, depending, of course, where you're based and what your career goals are. But I think in my case, it's really helped me to settle my thoughts a bit more and actually make sure that I want to pursue the career in translation. So once I finished my master's, I also got a job before even graduating, so that was slightly easier by giving myself more time to think about different options.

**Micaela** [00:05:03] Yeah, I had kind of different experience because of the pandemic, but I wasn't too anxious before graduating because I always knew that I kind of had a job to fall back on. So I knew that if I didn't want to do a master's or if I didn't get a job, I could always be a temp at my old school. Which I think that helped quite a lot, but I do know that a lot of, some of my friends were anxious about what they wanted to do, and then it didn't help that the pandemic came. So I think I was lucky, but I also knew that I didn't want to do a master. I knew that I needed that gap year to be happy about going back to school. I was quite calm. The only thing I was anxious about was the graduation ceremony and not being able to say a proper goodbye to my friends because everyone just disappeared kind of. I think there were maybe a handful of people left in Aberdeen when I left in May, but otherwise my friends, who was here they had already left Aberdeen. A lot of my friends who were in the same year as me, they had also left because they didn't want to get stuck in Aberdeen if they couldn't fly back home in time.

**Bekah** [00:06:25] Yeah, I suppose the biggest thing about finishing university is that you start for your undergrad degree, you know, what you're doing for the next four years. You have that structure, you have that routine. You know that you're studying for the next four years. And when the prospect of that finishing can be quite an anxiety inducing time because you do think, "Oh, what do I do now if I am not a student?" I've heard people talk about losing their identity when they stop because, you know, they've been "Oh, my name is Bekah and I'm a student" and then suddenly you're just like, "Oh, I'm just Bekah, I'm not student anymore", like, what does that mean for me? And I think it's just transitioning to a whole new world, which you're, certainly if you go straight into your undergrad degree from school and you've always been an education and it's really difficult to think what is life out with education if you don't go on to do that, masters. So I think when I was coming up to graduation, it kind of was thinking about, "well, what do I want to do with my career and the degree that I studied?" It was quite an open degree, so I studied sport science. So you weren't really coming out to do a specific job as such. Whereas if you, I suppose, go to university, to primary school teaching, you are coming out to get a job as a teacher. Whereas if you do a degree, where there is not such a specific job it can be difficult as well to think, "Well, what direction do I want to go down?" And I'm sure we've all heard the phrase "Do what you love and you'll never work in your life" but do you think that sort of expectation puts pressure on young people to be in their dream job? And in your view, is it possible to find your dream job or is it a myth?

**Micaela** [00:08:19] Yeah, I feel like there's a lot of pressure about it or finding just finding a job when you graduated. I don't think any of my friends who did an open degree have a job at the moment that they really love or aren't doing masters. But I also have a couple of friends who they actually like what they do or they are doing their master and have a kind of idea of what they want to do. I was in the position that I don't really know what I want to

do. So doing my master's in Security Studies at the moment is to finding a job where I can hopefully do something fun or at least interesting. But I got so many questions before I graduated, "Oh, What are you going to do after you graduated? Do you know what you want to do?" and all of that and I was just like, "No, I have no idea." And also the question of, "So what can you do with an English and History degree? Do you want to be a teacher?" And then I was like, "No, I don't really want to be a teacher." I picked my topics based on what I like, subjects I like, liked in school, and I'm really happy I did. It meant that while doing my degree, I got to learn a lot of stuff that I know that I'm going to be able to use when I work but I also got to do two subjects, which I was interested in. I think that's more important than finding the dream job, doing something you like, and especially when you're at uni, you are going to do four years more of studying so it's important to do something you like. And also, when it comes to finding the dream job, it can take a couple of years before you find it. It's more important choosing something that you think you can be able to do every day for some time and also know that you can quit and you can find something else because you never know what your dream job is going to be until you actually find it. Or if you do know before then, go for it, try to get that dream job. Just take your time.

**Iza** [00:10:45] Yes, I definitely agree here. I used to think when I was a student that I do have a dream job and I do have a dream company, so that's the company I'm working at right now, and I used to think like once I have that job, you know, everything will be just perfect. And then you get that job and you start to realize how things actually are, how the world works and it's a huge shock with reality like, I really had to rethink what I wanted to do. And I think it's a great learning experience but looking back, I can see that, you know, thinking, oh, I'll find the dream job is not the right attitude. It might lead you down the way where you put really high expectations and then, you know, the reality is different so I think as a student, it's better to just keep an open mind and, you know, explore all the options you might have when you're doing research. When you're applying for jobs, it's important to try and look for jobs from all the different directions, sides of things. If you think you could really like the company, just emailed a company, even if they're not recruiting, they might get back to you. I do have friends who have gotten jobs like that. I think I have one friend back in Poland who wanted to apply for like a fashion job, and they weren't looking for anyone but he made like a video of how he is applying, and he sent like a little package to them and they were like, "Well, we loved it so much, we'll give you a job." So I think keeping an open mind is something that will always get us through, you know, the worst times and not putting all the pressure on ourselves. It's definitely important as Micaela mentioned, we don't know what our dream job will be until we try it so having those expectations is not very helpful.

**Nancy** [00:12:39] Yeah, I certainly agree with that after my own experience after I finished my bachelor's, I always wanted to do masters and I landed up in masters after like 16 years of working because that was my dream from the beginning. But then I finished my bachelors I wasn't too sure which specialization I should be taking in and I was doing a lot of research and finally got into the masters that I'm in right now. But the job that I got was not my dream, but it became a dream after I started, so some jobs are different once you start working on it, you will enjoy working in it. When I finished my undergrad application software was so famous of a lot of MNC's recruiting engineering graduate engineers, and I wanted to be a part of one of the MNC, but I did not get any big advances as I wanted to, but I got a job and now and I feel that was closer to what my graduation degree was and I was able to exercise my skills what I have learned through the degree. Sometimes your dreams as the other girls we're seeing and the jobs that do get, it might not be a dream, but it will become a dream once you start it. And also, as soon as you start, things are not

going to be like, you're not going to be given a job right next day. You will be given a lot of time to explore and know about the things before you have a hands-on experience. So if you really want to have a hands-on experience sometimes at startup companies and those things, what would be really working out well, because you'll start from scratch, and might not be paid a lot as you would want to, but you will learn a lot of things that you wouldn't get from big companies.

**Julia** [00:14:39] I think that's a great point, Nancy at the end there and it sort of ties into what is Iza and Micaela are both saying and from a careers perspective, you know, we're very much about it's not just what you want to do, think about as well, where you want to work, how you want to work. So Nancy obviously gave a great example there do you want to work for a big company or a small company? Is there a city that you've always wanted to live in? You know, having these sort of parameters can help you with deciding for a job and even thinking about things like, do you like working with people? Do you want to do shift work? You know do you want to have your weekends, a 9:00 to 5:00? You know, all these factors play into finding out what you want to do in life and it's not just a question of I want to, you know, work in this field forever actually, there's lots more elements at play. And I just wanted to say, here are the careers and employability service, we do take that into account and we can help you explore those motivations, those sort of career anchors where your passions lie. I think what Micaela said, you want to do something that's fun and interesting so thinking about actually what's right for you at that point, but there's definitely more to it than just what do you want to do and many more questions to ask yourselves and many more routes to explore, for sure. And we can help, as I said here at the career service.

**Bekah** [00:15:45] Yeah, I completely agree with everything that you've all said really, and I think the most important part that I take away from that is it's time and a process. And I think it is really important to highlight that even if you have a clear vision in your head of what your dream job is going to be it would be very, very rare to see that in like a job advert. There's always going to be angles to a job, I guess that, there will be some things that you'll absolutely love and you'll thrive in within your job and there'll be others that you don't enjoy so much. So I think the kind of that pressure of saying, "oh, I'm in my dream job" kind of tints that a little bit, that "oh, I'm not, I'm a dream job because I don't like every single thing that I do." And I think you're right as well and sometimes that you don't really realize that, you maybe don't apply for a job and this is going to be my dream job but when you get into the job, you get to know your colleagues in the company it can then become your dream job and it can be what you make it and I think that's such a valuable point as well. It can it can take a while, so I've been working now for five years and it has taken me well, yeah, five or six years anyway. It's taken me all that time to be within a dream job but every job that I have had, there's been aspects that I've been able to take out of them. Whether I've enjoyed the job or not there's things that you've learned from that job, which you can then apply into other jobs. And I think that's important to remember as well that although at this moment in time, you might not be in a job, you're particularly thriving and you're not particularly enjoying, just think about the skills that you can learn from that job and that just because you're in a job now doesn't mean that you're still going to be in that job next year. Look at the opportunities that are available to you, but still try and learn as much as you can from each job that you're in because you'll learn all these skills, all transferable skills that you can take to what you deem as a dream job. And I think as well, it is important because I know that sometimes when you graduate like, there's things you have to think about, like you do have to think about what are the wages going to be like, and it can be easy to follow the pound and chase the pound, or whatever currency you use I guess. But I would try not to focus too much on that because you will gain that

experience and you'll be able to work up in your career. I suppose it is difficult to think about if you if you're a parent or you have caring responsibilities as well, that is going to be a huge factor in the job that you go for and again, looking at things like flexible working policies and stuff as well, if you do have caring responsibilities is going to be make or break for you because you have to do what is best for you and your family as well when you when you think about your career as a whole.

**Micaela** [00:18:50] I've had two gap years, one between my high school and my undergrad, and then when I graduated from Aberdeen and before I started my masters, I think I mentioned it. I worked at the school. And even though I knew that I didn't want to become a teacher in Sweden where I live, we have, I think you have it in the UK also like aftercare, after school care. Which is more like the kids get to play and run around and do other stuff like that but in connection with school and I did that for at least one of my years and I realize that it's actually quite fun to work with kids. So even though I didn't want to have the main responsibility for a class, I was thinking now before I started my masters, I was thinking, maybe doing a teaching degree kind of. You guys don't have a word for it in English, we call it fritidspedagog. Like, oh languages, free time teacher kind of. But then I ended up deciding that, no, I don't want to do another undergrad because that would have been three years it would have been a new bachelor. Two years is enough. It also made me realize that I knew that I didn't want to become a teacher before I started doing this but it also opened up my eyes to thinking that if I don't get the job that I want to do when I'm finishing, when I finished with my degree, even though either my undergrad or my masters, I wouldn't mind working in school, I would be fine doing that for a year or a couple of months or two years. So as you guys, as we've been saying, take your time, don't worry if you don't find the job you absolutely want to do straight away. There is other jobs that might open up other possibilities or other pathways.

**Julia** [00:20:56] Definitely, and I think both of you said what I was sort of wanting to say as well in terms of you learn so much of a job, Bekah you mentioned skills, but even just networking as well, you know, people will say it's not what you know, it's who you know and when you work in a job unless you're doing, I think one of those submarines where there's literally just two of you, you'll always be working with other people. So you'll always have someone who knows something more than you do or has a different angle on something from what you have. And I think that just doing something and thinking about those motivating factors and actually gaining a lot from the world of work, whatever you go into. I also wanted to say, you know, thinking of graduation as an opportunity, obviously Bekah you did mention some people do have responsibilities and that it isn't quite a world's your oyster situation. But for a lot of people, actually, it's a chance to really get out there and try something new and pursue your passions. Micaela, you made an interesting point in terms of knowing what you don't want to do, and actually, that can be so helpful in figuring out what you do want to do. And again, thinking about how do you like to work, do you like to work in a big team? No. Ok, so then you want to look at small team jobs, that kind of thing. So I think don't be disheartened if you get into a job and you think, "Oh, this isn't what I want to do, it's not really what I thought it was going to be. It's not for me." Use that information to inform your next steps. So I think you're never going to go completely wrong because you'll always gain something from every experience.

**Bekah** [00:22:17] Yeah, I think that's so important to highlight as well Julia, that I suppose sometimes coming out of university, you don't know what you want to do, so you might not know if you want to work in a team or individually or what you want to do and that's OK too because the only way you're going to know is to try, so try something. If you like it, then that's absolutely brilliant but if you don't, then you can change. You're not stuck in that job

forever other opportunities will come up, so just be patient and you know, your time will come and you will get to the place where you want to. And I'm sure as you go through your career or even when you've started university to when you finished university, your thoughts of what you want to do will change and they'll be different angles that you might want to explore as well. So I would like to ask each of our alumni guests, that what is the one piece of advice that you would like to give someone who is coming up to graduation that you wish you knew before you were in that situation? So thinking back to when you were just finishing in fourth year, what's the one piece of advice that you wish that someone had told you before you finished university?

**Nancy** [00:23:34] As a graduate, I was always preparing because as a graduate, the interviews are quite longer than if you're experienced and as we already went through about the anxiety and the nervousness and all those things just like go for a walk before, calm yourself and being that place of quietness before you start, you go for the interview. Try to collect information about the company that you are going for it will be very helpful if they would also want to see like how much you have prepared about the company, like how much you're interested to know about the company. LinkedIn and all those things now things are very easy that you can even see what your interviewers are and what is their background, so you can prepare yourself based on those things, which I didn't know as a graduate there was no LinkedIn during those times. But there are a lot of opportunities now which you can explore getting to know about the company and the interviewer before.

**Micaela** [00:24:45] I would also say, don't forget to spend time with your friends. When you're in the moment of trying to finish your dissertation you can be very focused on that, and maybe forget about, this is actually the last months you're probably spending with a lot of your friends. So don't forget to do that. I lost at least two/three months of the time that I could have spent with my friends just because we weren't all in Aberdeen or we were in lockdown. So I kind of wish that I had spent more time with my friends during my undergrad also. But, if you had the opportunity, if you can do it, don't forget to spend time with your friends and do stuff with them, even if it's just like going out for a walk or maybe taking a trip to Edinburgh or St Andrews or to see the seals, which I never did because I was studying. Don't forget your friends, make sure to make time for them too.

**Iza** [00:25:42] Yes. So following up on this, I would say that perhaps having some extracurricular activities and actually making the most of what university offers is certainly something I don't think I made, I used enough because I've only started using career services, I think, in my final year, but right at the end. So I remember I was a bit of a rush updating my CV and asking for advice because I wasn't really aware of that earlier or I didn't pay too much attention and it was very helpful to have that guidance from the career service. But I would also say, if you're earlier on during your degree, try all the things you always wanted to do like I remember when I was in high school, I wanted to go to Spain as an au pair, but then moved to Scotland, so things could have been in the way and then it got into my third year and I still haven't done that. So I just went, you know, and did it and now I remember it's one of the most fun times I've ever had. I practice my Spanish, you know, I learned a lot about new culture, so I would say, like when you're still at uni, you try and make the most out of those things because when you leave university and you start to work and especially nine to five jobs, which might be the case for the majority of people, you lose that time, you lose that freedom. So really, enjoy your time as a student because it's very unique and you build really strong connections for life and there is not too much point worrying about getting a job, especially a dream job. I think it's better to enjoy yourself. Still have your goals in your mind what you want to achieve, but give yourself that

freedom because once you start working, you will probably work forever, so might as well enjoy yourself whilst you can.

**Micaela** [00:27:31] Yeah, following up on what Iza said, I was actually talking about that with a couple of friends today during lunch, how when we were finishing our degree it's going to be a nine to five job most likely. And we were saying that when you are a student, you have such flexible working time, make use of it. And if you want to go to the gym in the middle of the day or if the gym is open 24/7, you only want to go in the middle of the night, you can do that. Having the opportunity to spend the last of your undergrad however you want, or if you're in the middle of your undergrad or if you're in the beginning, just knowing that you have the option of controlling your own schedule really, use that, if that makes sense, but still try and have a structure somehow, a better structure that works for you. Some people are better at studying late at night or in the evening, and some are morning person. Don't worry about fitting in. You can do that when you have a job, then you can try to fit in, at least to a time schedule just enjoy being a student for the last month or the last year or the full four years.

**Julia** [00:29:01] Bekah, I hope you don't mind me jumping on the back of what Micaela and Iza were saying, I know I am alumni, but not, my personal experience here, but just from the careers perspective. I wanted to say that, yes, university obviously offers you a great opportunity with that flexibility, but also to try out new sorts of careers. You know, there's co-curricular programs. We've got one where you can go into a school and try out teaching for first semester. There's lots of societies you can actually write for the student newspaper if you were looking at journalism, you know there's opportunities sort of without any, without having to tie yourself into a full company you can actually try different aspects of different jobs. As well, we're always running sessions getting employers in to talk about the world of work they give you an insight into their company. We get alumni in to talk about what they're doing. So I think just being aware as well of the opportunities that the university presents for flexibility and having that fun time before the nine to five, but also actually for exploring, you know, thinking about again, what motivates you, what you enjoy doing, what you don't enjoy doing and if you've no idea where to start and of course, come and speak to the career service and we're very happy to chat to you about that.

**Micaela** [00:30:10] I maybe didn't use the career service that much, but it did a lot, quite a lot of other curriculum things. I volunteered at the Gordon Highlanders museum, which was a really fun experience because I got to meet people from Aberdeen who were passionate about the Gordon Highlanders, and that was really fun. And I got to see another side that I didn't get to see at the university because a lot of my friends were international students and I was also part of the Floorball Club. So a lot of the people were from Scandinavia or the Nordic countries or Slovakia or something like that. So being at the museum once a week or once every other week, it gave me another perspective on the scope of Aberdeen. And I really enjoyed that. So, yeah, try to do other things outside of uni also.

**Bekah** [00:31:07] Thanks guys that's some great advice there, and kind of what I got out of, what you guys were saying is really to try and take advantage of the opportunities that present yourself when you're at university. But also, to look after your wellbeing like a couple of you touched on the importance of keeping in contact with your friends and having fun with your friends and also taking that time to prepare for interviews and, you know, getting some time out and fresh air going for a walk. So, kind of all these things like just try to take advantage of those opportunities and look after yourself as well, you know, that's ultimately the most important thing. It leads me quite nicely on to directing the next

question towards you, Julia. And I just wanted to ask a little bit more about what you as a career and employability adviser do and the support that you can provide to our students that are coming up to graduation, but also those who have graduated and are still looking for a little bit support.

**Julia** [00:32:03] Yeah, of course so, as I said there's six careers' advisers, we look after two schools each. Also, you can speak to any careers adviser you want to. I think the best way to do it is if you're studying, for example, history, but you're thinking about pursuing a career in business or so it might be better to speak to the business adviser because they can give you a broader overview of the sector. But if you're not too sure where to start, then just start with the adviser for your subject and we can direct you. So, when you come to speak to a careers adviser, we normally run 30 minute appointments. As I said, these are going to be in person this semester, but also online and over the phone. The way that these work is that we'll ask you a few questions just to gauge where you're at. I definitely want to stress that you don't have to do any preparation before you come and speak to us. You can just turn up and say, "Hey, I listened to a podcast that you were on, Julia, you told me to come to an appointment and so I'm here." You know, and we'll take it from there. We can help you reflect on, as I said, what you enjoy, what you liked of your university degree, what you didn't enjoy and actually build that picture, which helps you with your next steps. We're not going to tell you what to do, of course, we can't do that, but I'm not going to say right that's your one appointment for this year. It's a conversation that can be continued that's with your career's adviser for your subject. We also run a CV application feedback appointment for 20 minutes so if you're applying for jobs, as Nancy was saying, take your time, absolutely, preparation is key. We can help you prepare. You know, my one bit of advice for graduating students is you're not alone. Don't ever sit there thinking, I'm the only person who's feeling this way. I can assure you, you're definitely not. And we are here to support you, so we can help you with CV application feedbacks or personal statements, if you're applying to do a masters, we can do practice interviews with you. So that's just about our appointments. We also run a suite of co-curricular programs, so I mentioned briefly the BP student tutoring scheme. So, if you're a third and fourth year student and you're considering maybe teaching, that's a scheme that you can do as I said, you can go into a school and tutor there. We have our star award, the leadership academy. We've got the career mentoring program as well so that's quite an interesting one again, thinking about finding out as much information as you can about different sectors, different fields. You can join the career mentoring program and be matched with a mentor, someone who's working in a specific industry for a period of six months and basically, they are your mentor, so you can do that one. We also have our Employability Boost award, which is what I was talking about when we get employers in to discuss sort of what they look for in applications and different aspects of the world of work, we've got an interesting one coming up about diversity and inclusion in the workplace and what that means for you. So that stage you can get involved with as a student, as a graduate too, you can come back, and you can do the Boost award. We also run, as I said, sort of singular alumni events, we do open that up to two graduates as well. Something we did last year for the first time off the back of the pandemic was the ABDN Grad challenge, which was really fun, so we had Aberdeen Football Club, I think it was, let me just check the name, I think it was Tech X and I've got it open. It was Aberdeen Football Club yeah, Tech X and Aberdeen City Council and they provided challenges for graduating students to complete, so we put people into teams, and they had to actually work on these real life challenges that these three companies had. So that was a weeklong program to give you a bit of an insight into different companies and ways of working with people. So that just a little bit about what we do. I will also mention that we are open to graduates for life after you graduate. So, as we've been saying, you know, take your time with things, there's no

need to rush into anything. If down the line six months after graduation, you think, "Oh actually, I really want to speak to someone" by all means you can pick an appointment, if you're in Aberdeen, you can come in, if you're away, we can do it online. If it's a year down the line, if it's two years down the line, we're always happy to speak to you. So do you remember that you can come back and chat to us. I think that's answered most of your question there, Bekah. I will also just mention if it's useful to say you don't prepare anything before talking to us. But actually, if you do have a plan and you just want a second opinion on it, we're very happy to hear from you as well. So, it's a real balance but yeah, we're here to chat, we love chatting, so please do go talk to us if you feel it would be useful.

**Bekah** [00:36:29] I think that's such a lovely point to end on actually, that's a really uplifting message, and I really like that we're here always to support you wherever you are in the world, then you've always got someone to talk to you if you're concerned about your career. So, I would just like to take this opportunity to thank you guys so much for joining me for the episode and sharing your experiences. If you are in your final year or a recent graduate, I hope that you found this episode useful. And if you would like to know more information about how the careers and employability service at Aberdeen can help you, please visit our website and search career service and as Julia said, we have advisors who can get in touch to have one to one appointments with you. So, thank you guys so much again for coming. Thank you, everyone for listening. Hope you enjoyed the episode; take care and I'll see you next time.

**Voiceover** [00:37:21] This podcast is brought to you by the University of Aberdeen.