

Academic Tutor Professional Development Litmus Test

Where is your student on each line?

1	I have no idea which career I want to pursue after graduation	_____	I know what I want to do after university
2	I feel really worried about my future career	_____	I feel relaxed about my future career
3	I have little experience of the workplace	_____	I have plenty of 'graduate' level experience of the workplace
4	I don't really know what my career options are	_____	I have a clear idea of what my career options are
5	I don't really know what skills/ qualifications I need to pursue my career interests	_____	I fully understand what skills/ qualifications I need to secure the career I want
6	I don't know how to develop the skills/ experience I lack	_____	I know how to develop the skills/ experience I lack and am working on it
7	I don't know how to write a good CV/cover letter / Application	_____	I know how to write a good CV / Cover letter / Application
8	I don't know how to present myself at an employer interview	_____	I know how to present myself at an employer interview
9	I feel anxious about applications and interviews	_____	I feel fairly relaxed about applications and interviews

Referral

Most student professional development needs identified in this document can be supported via [Essentials](#), one of our [careers events](#) or a [careers appointment](#) bookable on [My Jobs Online](#). Also, it is important to be aware of the professional development embedded in your subject's curriculum.

1 Gaining career direction

- [Careers Appointment](#)
- [Identifying what you want from a job](#)
- [Thrive Mentoring](#)

2 Support with career anxiety

- [Careers Appointment](#)
- [Thrive Mentoring](#)

3 Gaining work experience

- [RED Award/RIS/UROP](#)
- Long and short [Placements](#) modules/degree programmes
- [My Jobs Online](#)

4 Boosting knowledge of labour market and career options

- [Careers Fairs and events](#)
- [Prospects sector pages](#)
- [What can I do with my degree?](#)
- [Networking](#)

5 Identifying skills/competencies and qualifications requirements for jobs.

- [Prospects job profiles](#)
- [Find a Masters.com](#)
- [Thrive Mentoring](#)

6 Support with developing skills and competencies

- [RED Award](#) or [Thrive Mentoring](#)
- [Work experience](#) (see 3 above).
- [Careers Appointment](#)

7 Support with CVs/ Cover letters / Applications

- [Applications and interviews advice on essentials](#)
- [CV workshops](#)
- [Careers appointments](#) for feedback

8 Support with Interviews and assessment centres

- [Applications and interviews advice on essentials](#)
- [Interview and assessment centre workshops](#)
- Video interview practice - [Shortlist.me](#)
- [Mock interview appointments](#) for mock interviews and advice on preparation.

9 Support with anxiety about self promotion

- [Careers appointments](#)
- [Mock interview practice](#)