**Careers sessions offered by the Careers & Employability Service**

Below is a menu of sessions which could be delivered within your course by or in conjunction with a member of the Careers & Employability Service. Session lengths are a guide and it may be possible to combine some sessions. Please contact your linked Careers Adviser for further information and to discuss their availability.

Please contact Neil Laurenson if you would like an Introduction to the Worcester Award presentation.

Please also see our series of lunchtime workshops that students can sign up for independently here: <https://www2.worc.ac.uk/careers/careersworkshops.html>

**Level 4/Year 1**

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| **Session** | **Approximate session length**  |
| Intro to Careers & Employability & making the most of your time at university | 15 minutes |
| Intro to the Worcester Award | 15 minutes |
| Self Awareness in relation to career planning | 30 minutes |

**Level 5/Year 2**

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| **Session** | **Approximate session length** |
| Intro to/refresher on Careers & Employability  | 15 minutes |
| Intro to the Worcester Award | 15 minutes |
| Skills & Options with your course | 1 hour |
| CVs & applications | 1 hour |
| Graduate Recruitment Process | 1 hour  |

**Level 6/Year 3**

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| **Session** | **Approximate session length** |
| Refresher on Careers & Employability & what next | 30 minutes |
| Intro to the Worcester Award | 15 minutes |
| Graduate Recruitment Process | 1 hour |
| Skills & Options with your course | 1 hour |
| CVs & applications | 1 hour |
| Interview preparation  | 1 hour |
| Interview preparation & practice | 2 hours |

**Date updated: 19/12/19**