

How to become a Career Coach

Find out more from *Helen Elsworth*

Insider Imprint: Hello Helen! Can you tell us a little bit about yourself?

Helen: My name is Helen Elsworth and I am from Yorkshire. I am studying Tropical Disease Biology here at UoL.

Why did you apply to become a career coach at the career studio?

I applied to be a career coach at the career studio because I was excited by the idea of being able to help students on a peer-to-peer level in a space that is more welcoming than a traditional careers model.

Could you describe a typical day in the career studio?

A typical day in the career studio involves running our drop in service, which allows students to attend without an appointment for help with careers related problems ranging from assistance with their CV to help searching for graduate jobs or internships. We also often help with departmental activities and regularly hold events that involve our partner employers.

What help and support is available to Life Sciences students in the career studio?

For Life Sciences students there is a great deal of support available at the careers studio; we can support you through application processes for anything from placements and internships to graduate jobs and schemes. We are able to help assist you from start to finish; from exploring where to look and in what sector, to application forms, to preparing for interviews and assessment centres.

What is the best part of the role?

The best part of the career coach role is seeing students grow in confidence as they progress through their career journey. When you see students start with no direction and end with achieving their goal is really great.

What is challenging about the role?

Sometimes my role as a career coach can be challenging when students have specific queries, but together with the student it is possible to co-explore and make sure they leave the studio with the help they needed.

How do you fit this role alongside your studies?

Career coaches work up to 10 hours per week during term time, and the role is designed to fit around our timetables. As coaches we are allocated slots based on our commitments, and so it doesn't get in the way of our studies. As well as our regular times in the career studio



there are other activities such as open days and evening careers events that we can get involved with if we want.

What are your career ambitions?

When I finish my undergraduate degree my aim is to apply for post graduate entry medicine here at the University of Liverpool in order to become a doctor within the armed forces.

How do you feel the role is preparing you for the graduate job market?

I think that being a career coach has given me opportunities and skills that will aid me greatly when entering the graduate job market. The commercial awareness I have gained has massively helped me in the way I would apply to and understand the companies I am applying to.

What would be your one piece of advice for Life Science students wanting to apply to be a career Coach for 2020?

The advice I would give to a Life Science student wanting to apply to be a career coach would be to do your research. The career studio is not a traditional model so by doing your research and understanding how we work and the events we put on you would put yourself in a stronger position when applying. ■

The Careers & Employability team are hoping to shortly be opening applications to recruit a new cohort of Career Coaches for the 2020-21 academic year – look out for an email from the team to let you know once the vacancy is live on CareerHub.