

Career development and student services

Sussex postgraduates benefit from a wide range of student services – from PostgradPlus, our bespoke Masters employability programme, professional development for researchers, and work experience opportunities to health services – to help everyone get the most from their time at Sussex.

Career development and part-time work

- PostgradPlus, our bespoke Masters employability programme, offers career masterclasses with alumni, alongside skill-building and career exploration workshops offered by career experts
- professional development for researchers offers research and career management skills for PhD researchers
- career consultations, events and workshops can help you build towards success
- our online database of work experience opportunities, internships, part-time and post-graduation jobs will help you to earn and to build your skills and experience during your studies, as well as to achieve your goals after graduation

Careers and Employability Centre

The Careers and Employability Centre is an indispensable, free campus resource available to you during your studies and for three years after graduation. Our team of career professionals complement the academic experience at Sussex and help you with highly focused information, advice and guidance to identify specific career aims and develop the career strategies you will need to achieve your ambitions. Our large open-access resource centre includes a variety of type-of-work information, reference books and take-away publications. For more information, visit www.sussex.ac.uk/careers

Our skill development and career transition workshops will help you to plan your local or global job-search strategy, make effective applications and deal successfully with employer or academic selection processes. If academic research is your goal, Sussex aims to give you a head start in this competitive world, by providing a range of professional skill development activities.

Careers support for postgraduate taught students

Postgraduate students on taught programmes at Sussex are offered tailored support with their career development through PostgradPlus. This bespoke employability programme offers career-enhancing opportunities such as employability skills workshops (a series of sessions focusing on the key skills and attitudes sought by employers) and career masterclasses involving high-profile alumni such as Helen Boaden, Director of BBC News, and Sean Phelan, founder of Multimap (for more information on our alumni, refer to page 27). Delivered by industry experts and our careers advisors, the career masterclasses provide insider knowledge about what employers are looking for and how to manage your career to achieve your goals.

By engaging in PostgradPlus events you can:

- learn more about types of work and what makes work meaningful
- make contacts with industry representatives and Sussex alumni
- develop skills and attitudes sought by various employers
- learn to be more successful in job applications and other selection processes
- review your career progression and develop strategies for your future.

PostgradPlus also complements the academic support provided by your school of studies, helping you to make the most of your degree programme in terms of building effective relationships, staying motivated and making the most of your dissertation. For more information about support from your school of studies, refer to page 23.

Ashwin's perspective

'As an international student, I came to the UK with high hopes of learning new things and establishing my career. Right from the first day Sussex has guided me thoroughly in how to make the most of my time here to enhance my job prospects.'

'The Careers and Employability Centre has played a pivotal role, helping me to make the best of my skills and experiences to succeed in the job market. The support they offer through career development initiatives like PostgradPlus is invaluable. The various job fairs they held also allowed me to meet a wide range of employers and to understand what they expect from graduates and how to reach those goals. Given that my MSc is in Information Technology with Business and Management, I was very grateful to have the chance to meet several software giants such as Accenture and Eriksson, and learn more about their recruitment process.'

'With all I've learnt, I'm now ready to get into the corporate world with an experience at Sussex that I will cherish all my life.'

Ashwin Rao
Prasanna Venkateshvar
MSc in Information Technology with Business and Management



Daisy's perspective

'I did my BA in Anthropology at Sussex but always wanted to get into the media industry and make documentaries. The Careers and Employability Centre helped me to identify what I needed to do to achieve my career goals, which is why I decided to stay on to do an MA in Digital Documentary. They also helped me find a work placement at a documentary distribution company in Brighton.'

I learnt so much about documentaries, and I now know what to expect from such a competitive industry and how to navigate it. In Brighton there are loads of small media companies emerging that are great to get work experience with, and the Careers and Employability Centre can help you find them.'

'The Careers and Employability Centre also run lots of industry-specific events and workshops, so if you are interested but not 100 per cent sure, you can go along and ask questions. Lots of the guest speakers are alumni, and it's great to know such successful people started out in the same place you're in now!'

Daisy Whicheloe
MA in Digital Documentary



Kelly's career perspective

'Working in international development was always my plan. After honing my application and interview skills with the Careers and Employability Centre, I secured a placement as a press officer with a local international development charity and gained valuable skills, insight and contacts in the industry. 'Once I had finished my Masters, I worked for a few months at the House of Commons where I learnt the importance of developing my transferable skills. This led to my next opportunity as a communications officer for a small charity in London. After 18 months, I was offered two further paid internships: one working for an international development charity and one for a women's rights charity. 'The help I received at the Careers and Employability Centre gave me a vision of my career path and helped me set realistic goals to achieve this, along with valuable support throughout the process. This combination of positive guidance and persistence has, for me, been a formula for success.'

Kelly Barber
MA in Human Rights graduate



Professional development for researchers

The Doctoral School coordinates a number of professional development activities and events, which provide for all skill and experience levels, and are often presented within a discipline context. Examples of opportunities that are offered throughout the year include:

- technical skills: SPSS, LaTeX, UNIX, Matlab, Emacs, STATA, EndNote, NVivo, Dreamweaver, MS Office programmes
- engagement skills: measuring research impact and bibliometrics, preparing a paper for publication, poster presentations, science journalism, presenting at conferences, public engagement, presentation design, peer review, getting published, media skills, personal webpages, communicating research to non-specialists
- researcher skills: literature review, writing retreats, writing your thesis, preparing for your final year and your viva, becoming an effective researcher, getting research funded, research ethics and integrity
- professional skills: managing professional relationships, personal effectiveness, project management, career management, bringing creativity to your career, managing your professional development, time management, applications and CVs, and the Doctoral School mentoring programme (in which research staff mentor doctoral researchers over a nine-month period).

For details of professional development events, visit www.sussex.ac.uk/researcherdev/events

Employer and careers events

We invite around 300 employers on to campus each year, giving you a chance to meet employers with graduate and postgraduate vacancies and to explore your future at a range of flagship events such as our Gradfairs. Employers visiting campus include Accenture, American Express, KPMG, Procter & Gamble, Thales and Teach First. Career exploration events cover topics as diverse as careers in the media, careers in development, charities and not-for-profit organisations, careers in science, careers in Government and the Civil Service, global job search, and careers in business and professional services.

Creating your future

Your postgraduate degree at Sussex may be the first step to a career in academia or you may go on to work in the private, public or voluntary sectors. As a result of our support, Sussex students achieve a high level of academic and professional expertise during their time here, and this is evident in the positions recent postgraduates have obtained:

Application Architect, **Tata Consultancy Services** • Assistant Archaeologist, **Archaeology South East** • Assistant Curator of Fine Art, **National Museums Liverpool** • Assistant Intelligence Officer, **National Anti Fraud Network** • Cultural Services Team Leader, **Havant Borough Council** • Drama Consultant, **Talkback Productions** • Editor/Writer, **Thomson Reuters** • Educational Inspector, **General Social Care Council** • Embryologist, **NHS** • Fundraising Officer, **National Deaf Children's Society** • Head of Strategy and External Relations, **Geological Society** • Hospital Social Worker, **St Richards Hospital** • Firmware Engineer, **VCA Technology** • Lecturer in Midwifery, **Brighton and Sussex University Hospital Trust** • Parliamentary Assistant, **European Union** • Preservation Co-ordinator, **British Library** • Project Assistant, **Runnymede Trust** • Research Consultant, **Tearfund** • Senior Researcher, **Fondazione Eni Enrico Mattei – Sustainable Development** • Senior Scientist, **Oxford Nanopore Technologies** • Substance Misuse Support Worker, **Turning Point** • Teacher of German, **New International School, Madrid** • Technology Assistant, **Royal Botanical Gardens, Kew** • Tennis Co-ordinator, **Wimbledon All England Tennis Club** • Think Tank Research Assistant, **One World Trust** • Trainee Patent Intern, **Procter & Gamble** • United Nations Fellow, **United Nations** • Welfare Officer, **Royal Navy**.

Finding work

All types of vacancies are advertised on our website including graduate opportunities, work experience, vacation placements and internships. We also offer guidance and support with employment issues.

Learning to live on what is often a tight budget, while making the most of university life, is one of the challenges of postgraduate study. We advertise a broad range of part-time work opportunities to help you make ends meet while you study at Sussex and we have a special scheme to employ students on campus, where possible. Over 3,000 vacancies a year are advertised and around half of these are for part-time work opportunities. Visit www.sussex.ac.uk/careers



Success after Sussex

You can be confident that your experience at Sussex will help give you the best possible start in your chosen career. You will be joining the many Sussex graduates who have gone on to be highly successful in a variety of fields.

Ian McEwan, CBE, Author

Ian, an English Literature graduate, is one of the UK's best-known living authors. Over the past 30 years, he has written novels, short stories and TV and film scripts. Ian has won several prestigious literary awards.

Michael Fuller, Chief Inspector of the HM Crown Prosecution Service Inspectorate

From a cadet with London's Metropolitan Police Service, Michael rose to the rank of Deputy Assistant Commissioner before becoming Chief Constable of Kent Police in 2004. In 2010, he was appointed Chief Inspector of the Crown Prosecution Service Inspectorate. A Psychology graduate, Michael has been awarded the Queen's Police Medal for distinguished service.

Helen Boaden, Director, BBC News

Helen, an English Literature graduate, began her career with the BBC as a news producer with Radio Leeds. Since then she has worked in a variety of roles including Controller of BBC 7, Controller of Radio 4 and, since 2004, Director of BBC News.

Zhang Xin, Property developer

After achieving a degree in Economics at Sussex and a Masters at Cambridge, Zhang Xin worked on Wall Street before returning to China to pursue a career in real estate. Her company, SOHO China Ltd, has undertaken a series of award-winning building projects that have made her into one of China's most successful property developers.

Sean Phelan, Founder of Multimap

After taking an Electronic Engineering degree at Sussex, Sean became a programmer for a software consultancy. He then took an MBA, and worked as a media and technology consultant before setting up Multimap in 1995. In 2007, Sean sold his majority stake in Multimap to Microsoft for over £12 million.

The Alumni Network

The Sussex Alumni Network is dedicated to helping you stay in touch with the University and your friends after you graduate. The organisation boasts a network of 75,000 former students in over 100 countries, and provides lots of ways to keep in contact, including alumni groups, two magazines, regular email newsletters, and events in the UK and overseas.

Membership also entitles you to a wide range of benefits, including discounts on travel, books and accommodation.



Other high-profile Sussex graduates

Arts

Jeremy Deller, Turner Prize winner and Tate Trustee • **C J Sansom** and **Philippa Gregory**, authors.

Business

Sir Robert Wilson, KCMG, Chair of BG Group • **Hannah Jones**, Vice President: Corporate Responsibility of Nike Inc • **Keith Skeoch**, CEO for Standard Life Investments • **Dame Gail Rebuck DBE**, Chair and Chief Executive, Random House Group • **Shamshad Akhtar**, World Bank Vice-President for Middle East and North Africa Region.

Law

Michael Turner QC • **Richard Wilson QC** • **Richard Miller QC** • **Iain Cullen**, Partner at Simmons & Simmons • **Sandra Davis**, Partner at Mishcon de Reya.

Media

Alexandra Shulman OBE, Editor of UK *Vogue* • **Catherine Mayer**, London Bureau Chief of *TIME* • **Dermot Murnaghan**, News Presenter, Sky News • **Robin Lustig**, BBC Journalist.

Public service

Sir Suma Chakrabarti KCB, Permanent Secretary of the Ministry of Justice • **Jamie Shea**, Deputy Assistant Secretary General, Emerging Security Challenges Division at NATO.

Politics

Rt Hon Hilary Benn MP, **Rt Hon Ben Bradshaw MP**, and **Rt Hon Tony Baldry MP**, three of our eight alumni who are currently Members of Parliament • **Festus Mogae**, former President of the Republic of Botswana.

Science

Calestous Juma, Professor of the Practice of International Development and Director, Science, Technology and Globalization Project at Harvard University • **Professor Georgina Mace CBE FRS**, Director of the NERC Centre for Population Biology at Imperial College • **Professor Sir Peter Knight FRS**, at Imperial College.

Richard's career perspective

'I did a PhD in Cognitive Science and my abiding memory of Sussex is of working with fellow students in my research community – debating a topic, sharing a problem, or discussing an exciting new discovery – and I consider many of the people I met during that time to be life-long friends. 'Sussex has had a profound impact on my career: from my very first job and throughout every project since, the skills and attitude Sussex furnished me with have been a huge asset. Brighton has also had a great influence on my professional development. When I returned to the area to start up my company I realised what an astonishing place Brighton is for new technology – full of skilled people working on diverse and interesting projects.'

Richard Dallaway
Director, Spiral Arm Ltd,
a specialist team of
software developers



Your well-being

- NHS medical and dental care on campus
- student advisors give help on a range of issues
- disability support and counselling services available to all students
- childcare facilities on campus for children up to five years old
- space to worship on campus for those of every faith

Health services

Health facilities on the Sussex campus include a dentist offering National Health Service (NHS) treatment (T +44 (0)1273 605555) and a pharmacy offering a prescription service and over-the-counter medicines for treating minor ailments. A health centre provides NHS care and is available to all Sussex students in the practice area, including students from overseas who are on a full-time programme of six months or more. For more information about the Health Centre, contact T +44 (0)1273 249049, or visit www.sussex.ac.uk/healthcentre

There is also an NHS health centre located in central Brighton, offering early morning, evening and weekend doctors' appointments and a walk-in service. It is open from 8am to 8pm, seven days a week and offers patients convenience and flexibility about when they can see a doctor. Visit www.brightonstationhealthcentre.co.uk

Students' Union

The Students' Union is an independent, representative organisation run for students by students. Students' Union officers, who are elected from the student body each year, make sure there is student representation throughout the University community. The Union also has strong links with the local community and media and, through the National Union of Students, with regional and Governmental bodies.

The Union and the University jointly administer the student representative scheme, which elects a student from every academic department to make sure all students' views are taken into account.

The Union also supports a postgraduate society, which helps provide for the academic, professional and social interests of postgraduate students.

Every year a student postgraduate officer is elected to the Union, to represent postgraduate students at Sussex and promote their involvement in all aspects of Union activities.

For more information about the Union, refer to page 34 and visit www.sussexstudent.com

Practical advice and pastoral support

At the heart of campus you will find our Student Life Centre, where a team of specially trained advisors is available to offer you information, advice and guidance. Support is available both for practical matters, including finances and University procedures, and personal matters. We also offer guidance on how to access more specialist types of support. The support available from our Student Life Centre complements the additional independent advice service provided by our Students' Union.



Advice and representation

Staff and student officers at the Students' Union Advice and Representation Centre can also provide confidential, independent advice and representation if you need help with funding difficulties, benefits/tax credits, debt, housing or academic issues. They can provide ongoing support and negotiate on your behalf.

For more information, visit www.sussexstudent.com/advice

Dyslexia, disability and mental health support

The Student Support Unit offers advice and support to all disabled students including those with specific learning difficulties such as dyslexia, dyspraxia or ADHD, and students with mental health difficulties. The Unit is the main point of contact for any student with an impairment who requires additional support. The Disability, Dyslexia and Mental Health Advisors can advise on a range of issues, including funding for additional support, and arrangements for examinations and other assessments.

For more information, contact T +44 (0)1273 877466, or E studentsupport@sussex.ac.uk

For more information about the support we can offer you when you are applying to Sussex, refer to page 155.

Counselling services

Staff at Psychological and Counselling Services (PCS) provide a free and confidential counselling service for all Sussex students. Issues may range from academic difficulties to emotional, sexual, family, and mental health concerns, as these may arise during the normal course of student life.

Everyone contacting PCS is offered an initial 30-minute interview at which issues and therapy options are discussed. Individual and group counselling, as well as cognitive behavioural therapy and stress management, eating disorder and substance misuse programmes, are included in the range of interventions offered.

For more information, contact T +44(0)1273 678156, or E counsellingreception@sussex.ac.uk www.sussex.ac.uk/sas/pcs

Childcare facilities

There is a nursery on campus for children from four months up to three years old, and a pre-school for children from three to five years old. Older children living on campus mostly attend nearby schools.

Anyone dependent on placing children in either the nursery or the pre-school is advised to apply directly to the childcare manager at an early stage.

The University also runs a number of social events each year for families of international students.

For more information, contact T +44 (0)1273 678356, or E nursery@sussex.ac.uk, or E preschool@sussex.ac.uk

Facilities for worship

Sussex has one of the most versatile and beautiful university chaplaincy centres in the country. Known as the Meeting House, this distinctive circular building has a kaleidoscopic upstairs chapel with bright coloured-glass windows, which is used for worship throughout the week.

Services draw on different traditions of Christian spirituality, with chaplains from a range of denominations. The lower floor houses a social centre, which hosts lectures and meetings, and a quiet room for when you need space to gather your thoughts. The chapel also offers hospitality to the Buddhist and Tai Chi communities.

The Jewish community has three part-time chaplains and shares the use of the Meeting House; there is also a Jewish centre in Brighton.

The Muslim Prayer Room and mosque is in Falmer House on campus (with separate entrances for men and women), and there are two further mosques in Brighton.