

CAREERS ADVICE FOR GRADUATES

As a graduate you may know what direction you want to pursue or you may be wondering, “**What do I do next?**” Graduating from your degree leaves you with a diverse range of opportunities to consider. Explore these opportunities using the table below. Remember to be positive and persevere towards what you want to do!

Self-Assessment	Identify your skills, strengths & personal qualities	Career & personality tests www.careersportal.ie	‘What job would suit me?’ www.prospects.ac.uk	Character Strengths www.viacharacter.org
Labour Market Information	Know the key growth areas & what’s going on!	www.cso.ie	www.skillsireland.ie	www.esri.ie
Employment	<p>Research careers, jobs & employers; www.gradireland.com www.prospects.ac.uk</p> <p>Register with graduate friendly websites; www.gradireland.com www.targetjobs.co.uk</p> <p>Check out jobs on; www.mycit.ie/careers & on other college/uni websites.</p> <p>Register your CV with Recruitment Agencies that specialise in your field of interest.</p> <p>Register your CV with specific job websites; www.jobsearch.ie www.jobs.ie www.irishjobs.ie</p> <p>Search jobs section in the newspapers.</p>	<p>Speak to any personal contacts you may have in industry.</p> <p>Use networking to build up your contacts:</p> <ul style="list-style-type: none"> • Use social media in a safe & targeted way to build up relevant industry contacts e.g. LinkedIn. • Join or affiliate yourself with relevant professional associations or Business Networking Groups (Google groups in your locality). • Attend networking or industry events. <p>Pick up a free copy of the gradireland publications: ‘Ireland’s 100 Leading Graduate Employers’ & ‘UK’s 300 Leading Graduate Employers’ from the Careers Service, 2nd Floor, Student Centre.</p>	<p>Make Speculative Applications to companies of interest i.e. send a targeted CV to a manager or decision maker in the company. Target industry growth areas!</p> <p>Find lists of companies on; www.enterprise-ireland.com (Enterprise Ireland has lists of Irish employers in the various industry sectors)</p> <p>www.idaireland.com (The Industrial Development Agency - IDA has a list of all multi-national companies in Ireland)</p>	<p>Entrepreneurship – become your own boss! Seek out support through structured local or national programmes e.g.</p> <p>SECAD – Free ‘Start Your Own Business’ course & free mentorship www.secad.ie</p> <p>Contact your local enterprise office www.localenterprise.ie</p> <p>Greenshoots Programme www.greenshootscork.ie</p>
Further Study	Read about further study options on www.mycit.ie/study-skills_further-study	Research full-time & part-time postgraduate courses in Ireland, Northern Ireland, UK & Europe; www.gradireland.com/further-study www.prospects.ac.uk www.mastersportal.eu	For further info on courses of interest to you, research the relevant college website and contact the relevant department.	Decide on the right option for you: Higher Diploma, Postgraduate Diploma, Masters or PhD. Remember to check application deadlines!
Volunteer Work	Volunteer in your local area or abroad...	Enhance your skills!	Research websites like www.volunteercork.ie	www.projects-abroad.ie
Travel/ Work Abroad	Some useful websites include...	www.goinglobal.com	www.gradireland.com/careers-advice	www.usit.ie
CV & Interview Preparation	Prepare a strong CV or application form. Make yourself unique & memorable!	Use your CV or application form to truthfully emphasise the qualities that make you the right person for the job.	Prepare for interviews – know your skills & portray them properly to an employer!	Find CV & interview preparation tools on; www.mycit.ie/careers
Careers Advice & Guidance	Make an appointment with a Careers Advisor.	(FT Course) Graduates can use the Careers Service for a year after graduation.	We provide support, practical help & guidance.	Contact us on (021) 4326232