



Your HE Careers Service resources include:

- Facebook
facebook.com/HEstudentservices
Job vacancies including internship programmes
- Moodle – Employability tips
- Employability Handbook
- Free publications
- Employer Contacts
- Information Leaflets
- Mindfulness handouts
- Event Promotion



Your HE Careers service can help you to:

- Improve your CV
- Gain confidence in the selection and interview process
- Research your career ideas
- Research postgraduate programmes of study
- Find job vacancies
- Make effective applications
- Develop key employability skills
- Find work experience and voluntary work
- Cope with the stresses of looking for work through mindfulness support
- Meet employers
- Develop your online job search



What can you gain from your HE Careers Service:

- One to one advice
- A listening ear
- Friendly, informal and professional support
- Signposting towards exciting employability opportunities
- Access to employability events
- Part of the Collaborative Careers Forum with the University of Essex, University College Suffolk; Writtle College; University Centre Colchester – to enhance our knowledge.