



The A to Z of life after Loughborough

Congratulations! You've made it through to your final year as a student at Loughborough University. Before you go though, check out this handy A-Z of links and advice to help you enjoy and make the most of your life after Loughborough.

A - Applications. Whether you are applying for a temporary role, graduate scheme or further study there's plenty of help on hand to assist with your applications. Graduates can access all [Careers Network](#) services for up to 5 years after graduation so give us a call to make an appointment.

B - Bullying and harassment in the workplace. This is never acceptable. [Gov.Uk](#) and [Citizens Advice](#) have advice on how to respond if you experience or see bullying in your workplace.

C - Choosing what to do after graduation. Everyone is different and there are no set routes after university but if you're stuck for inspiration Careers Network can help you explore what's next. Just get in touch to discuss, and if it's a job you're after, keep accessing [Careers Online](#) where numerous employers advertise their graduate jobs.

D - Disabilities – how and when to share information. Don't feel pressured to share your disability or mental health condition during the recruitment process. [Student services](#) have more information and guidance on this area.

E- Employment contracts. All employees should have an employment contract with their employer that sets out an employee's employment conditions, rights, responsibilities and duties. Before accepting a role, read the contract carefully and if needed get advice before you accept. [Gov.Uk](#) and the [LU Student Advice and Support Team](#) have some advice on this area.

F – Freelancing and becoming self-employed. Freelancers are extremely valuable members of the UK workforce, currently contributing approximately £125 billion to our economy with 49% of Brits working as freelancers in 2020 (IPSE). Many graduates will elect to freelance and become self-employed during their careers because it provides them with the flexibility and control they desire. [Gov.Uk](#) advise on how it works and what's required to make sure you're following the law.

G – Going Global. If you are looking for overseas employment, use [Going Global](#) which you can also access as a graduate from the Careers Network website. If you plan to defer your plans and want to travel after graduation, don't forget you can use us when you return.

H - Housing Contracts. It's important to know what you're signing up for when you sign a new housing contract. [Gov.Uk](#) have advice on what is acceptable from a landlord and what is not.

I – Intellectual Property (IP). If you've had a great idea for a product, service or business visit the [Intellectual Property Office](#) to ensure you protect it and don't lose out.

J - Juggling work-life balance. In a new job it's vital to protect your mental health against the potentially detrimental effects of work-related stress. [Student services](#) and the [Mental Health Foundation](#) have useful advice on how to maintain your mental health and work-life balance.

K – Know yourself and the job market. Careers Network has a range of [online tools](#) that can help you gain a fuller understanding of yourself. Use [Prospects](#), which has job profiles and sector information, to research your job ideas.

L – Leaving a job. Sometimes the job you're in just isn't right for you. Before you leave, consider potential alternative roles in your current workplace and maybe talk to your manager/HR team about this. If you do decide to leave, [Citizens Advice](#) have advice on how to do so professionally.

M – Money Money Money. When you leave uni, there are all sorts of things you need to take care of financially. The [Student Advice and Support Service](#) has a resource on finance after leaving university and [Money Saving Expert](#) is a useful website to help your hard earned cash go further.

N – Networking. Building a network can be of enormous benefit to you once you have left University. You already have fellow students and lecturers (who may have a presence individually or in departmental groups on LinkedIn). Having contacts from your industry can give you a great insight and be very valuable as you search for employment or other opportunities. Most industries will have networking sties and events you can get involved in. Follow groups on Twitter and engage with companies and experts on LinkedIn. But, don't just send a request, engage in a conversation! [TargetJobs](#) has a useful section on how you can network effectively both in person and online and you can also find some advice on the [Careers Network website](#).

O – Overcoming disappointment and being resilient. Job hunting can involve a lot of rejection and that's not always easy to withstand. Try not to compare yourself with your peers who you may feel are doing 'better' than you.

P- Postgraduate study. Further study can deepen your knowledge in an area closely aligned with your degree or can take you in a new, unrelated direction. For some jobs, further study is essential. If you plan to stay at Loughborough University, there are [bursaries and scholarships](#) you can apply for.

Q – Quick I need to earn some money now! There's nothing wrong with finding temporary work after graduation.. Use websites such as [Indeed](#) to find temporary work in your location. Recruitment agencies may also help you find temporary work. Admin work is always useful. Another tip to look for lower level jobs or maternity cover posts in the sector you are interested in. It's a great way of getting into your chosen area usually with less competition for roles. If you're good, employers will be keen to promote you. Whilst you're doing temporary work, it's a good idea to use your time effectively, so network, seek advice on career ideas, and consider volunteering.

R – Receiving multiple job offers. This sounds like the dream situation, but it can be a stressful experience. It's useful to draw up a list of pros and cons relating to each role so you can compare them. Once you've made your decision, [Careers Network](#) can give you advice on how to professionally accept and decline the offers.

S – Setting up your own business. If you have an idea for a product or service, you might be considering setting up your own business. [Gov.Uk](#) offer advice on what steps you will need to take and what the difference between a sole trader, a partnership or a limited company is. [The Studio](#) can also provide you with bespoke advice and support after graduation.

T – Transitioning from university to the workplace. There's no doubt about it, it's different and it's important to understand that it may take you time to 'acclimatise' and get used to it. The recruitment agency [Hays](#) have some useful suggestions for managing your transition successfully.

U – Unions. Many industries have associated trade unions. Unions help workers get together, stop people being treated unfairly and get a better deal from their employers. They're there when times are tough, providing free legal advice if you need it. The [TUC \(Trades Union Congress\)](#) has further advice about unions and how to join one.

V – Volunteering. This is an excellent way to boost your CV. As well as giving back, it can also evidence key transferable skills. In some sectors such as social care it is essential. Most large towns and cities have organisations who can put you in touch with voluntary groups. [Doit.life](#) also advertises voluntary roles.

W – Workplace pensions. Retiring seems ages away but that said it's important to understand what a pension is and how it can help you save for later life. [The Department for Work and Pensions](#) is a good place to start your research plus [Moneysaving Expert](#) has a useful section on pensions too.

X – XO. Hugs and kisses. Congratulate yourself on getting a degree from a top ten university. Take time to celebrate as you start this next exciting phase of your life.

Y – You. Always be yourself as much as you can, it's exhausting trying to be someone else! The people you work with should respect you for who you are, not what they want you to be.

Z – Zzzzzzzz. Take a well-earned rest. You've studied and played hard. If you need a rest, go for it, recharge your batteries and come back brighter. Employers want you to feel rested, positive and ready for work.

That's all from us, and don't forget, you have full access to [Careers Network](#) for several years after graduation, so if you need any help get in touch.

If reading from a printed version, all the links for these resources and sources of support can be found on the Careers Network Graduates webpage:

<https://www.lboro.ac.uk/services/careers/students-and-graduates/graduates/>

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